



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

Minister's Message



Has it really only been six weeks since I began serving this church? I'm not asking that because it feels like too long; it's just that a number of wonderful things have happened since I began at UCH on August 8. I've had multiple opportunities to meet with various groups and individuals within the church, and I look forward to getting to know so

many more of you in the weeks and months to come. I so appreciate the openness with which so many of you have shared your concerns and hopes for this church.

As I said in a recent sermon, these conversations that have happened so far have been just the beginning: "first gear," if you will. This month, we're shifting into second gear. Our first all-congregation gathering will take place from 1:30 p.m. until about 4:00 p.m. on October 13 at our Clover Lane building. This will be an opportunity for the congregation to come together, for evaluating and reconsidering its own past and story. This will not simply be a casual stroll down memory lane; while we will set some general context for the church's history, this will be just a starting point for moving UCH toward establishing a renewal of the church's identity. We will look at everything from the deeper history of the church (founded in the late 1920s), to recent events like the church strategic plan and the listening sessions last year, as well as input from people present on the 13th, to come to a fuller sense of the many perspectives on where UCH is now, and how it got there.

Following this discussion, we'll shift again, into high gear. I have laid out a "roadmap" for the interim ministry period, which I presented to the board at its Sept. 21 board retreat. This includes a general schedule for addressing core church commitments such as mission, and clarifying systems for addressing church conflict, leadership development, and governance issues, among others. (More details about this roadmap are available on my blog.) Some of the details of this plan are specific to UCH, while others are general steps many congregations pursue during periods of interim ministry. While no system is perfect, I believe this roadmap will help this congregation move forward, and prepare it to enter into its next settled ministry. If our members are willing and able to engage the work of moving through this time of transition with intentionality and persistence, I believe UCH's future will be transformative, for itself, for its members, and for the Harrisburg area. See you in church!

Unitarian Church of Harrisburg

October 2013 At-a-Glance

Please check website for last-minute updates

DATE	TIME	SPEAKER
Tue 1	7:00	Mindfulness Meditation Group (MMG), Chuck Daley
Wed 2	6:00	Queen Spirit, Randa Todd
Fri 4	5:30	Family potluck, Amy Allen/Jeff Sigel
	7:00	Clover Lane Coffee House, Bart Carpenter
Sun 6	9:00	"There's a Hymn For That," Rev. Kate Seitz Bortner
	11:00	
Mon 7	6:30	Amrit Yoga, Ed Sykes
Tue 8	7:00	MMG, Daley
		Toxic Charity book discussion, Trish Brandon
Wed 9	7:00	Board of Trustees, Judy Linder
Sat 12	9:00	Common Ground Café, Lambert
	6:00	Samhain Celebration, Nikki Stone-Thonus
	7:30	Saturday Movie, Judy Linder
Sun 13	9:00	Second Sunday Forum, David Spear
	11:00	"Coming Out to Hope," Rev. Eric Posa
	1:30	All-Church Meeting
Mon 14	7:00	Philosophy and Literature, Don Brown
	6:00	RGL leaders dinner/training, Brandon
Tue 15	6:30	Amrit Yoga, Sykes
	5:45	"Friedman's Fables," Rev. Posa
	7:00	MMG, Daley
Wed 16	7:00	UCH 101 Membership Class, Bart Carpenter
	noon	"Friedman's Fables," Rev. Posa
	6:00	Clover Grove, Nikki Stone-Thonus
Sat 19	8:30	Food for Thought, Michelle Heh
	6:45	MMG with Bhante Sujatha, Daley
Sun 20	9:00	Joint service with Shared Ministry, both services; Rev. Posa and Rev. Richard Gordon
	11:00	
	6:00	Young Adult Gathering, Leeann Rhoades
Mon 21	6:30	Amrit Yoga, Sykes
Tue 22	5:45	"Friedman's Fables," Rev. Posa
	7:00	MMG, Daley
	7:00	UCH 101 Membership Class, Bart Carpenter
Wed 23	noon	"Friedman's Fables," Rev. Posa
Sun 27	9:00	"You Cannot Change Someone Else," Rev. Eric Posa
	11:00	
Mon 28	6:30	Amrit Yoga, Sykes
Tue 29	5:45	"Friedman's Fables," Rev. Posa
	7:00	MMG Fifth Tuesday, Daley
	7:00	UCH 101 Membership Class, Bart Carpenter
Wed 30	noon	"Friedman's Fables," Rev. Posa

Occurs at Market Street campus

Community Hours, 10:00- noon, every MWF except holidays

In faith, *Rev. Eric Posa*

President's Message



Mark your calendar for our congregational meeting at 1:30 p.m. Oct. 13 at the Clover Lane campus! As we start our two-year interim period and transition to a settled minister, we will be travelling a well worn path. This meeting marks the beginning of our journey "home." As Rev. Posa explained in one of his sermons, we,

the congregation, must start this journey. We start by defining our legacy. By looking at our milestones and millstones, we can walk together with Rev. Posa over the bridge of our interim period.

This meeting is the first of the five issues of the process. It is up to us to define the history and legacy of our church as we see it, and to hear how others in the congregation see it. Each person has his/her own viewpoint, and will have an opportunity to discuss it with others in the congregation. Every congregation lives in its past as well as its present. If we are to make the best use of our interim period with Eric, we have to look at our "old" identity and compare it to our present identity. As we transition we must also take the opportunity to grieve the past; ignoring it will only hinder our progress forward to a new "home": a place with new energy, a place where we can continue our re-imagined mission, a place where we can all feel comfortable expressing our beliefs and values. We had 13 years with Howard as our settled minister; 73% of our congregation has only known that

Five Core Issues for Discussion

1. History/Legacy of the church
2. Mission/ the way forward
3. Connections: to the UUA, JPD, and others that share our values
4. Leadership/Governance
5. Future/Commitment to a new direction

ministry. His resignation was a big change for the congregation, and we need to look back at his legacy, and his predecessor's legacies. We need to look at where we have been, how we have arrived at the present. That way we can heal, and proceed to the next stage on our journey "home."

The Board held its annual retreat September 21, and Rev. Posa presented his initial findings and timeline for our interim period. He has spent many hours in small group meetings with members of the congregation, listening to

the issues as each person saw them. By having a series of congregational meetings, where we can hear each other's truth, within the framework of the Covenant of Right Relations, we will have a special opportunity to define

ourselves and then move forward together. We will all be heard, and ideas discussed. Please plan to join In Beloved Community on the 13th and plan to be willing to listen as well as to speak.

I'd also like to again remind you of Michael Durall's advice:

During this period of transition, I hope church members will hold true to your current mission statement, which reads in part, "To be a beacon of love and tolerance." The ground rule of "all voices being heard" does not mean that all ideas put forward will prevail. If a member's wish is not the direction the leadership decides, I urge members to be slow to anger and quick to forgive, and remain team players. Maybe the next decision will go your way.

May we all be well, happy, and peaceful! *Judy*

Sunday Service Assignments for October

DATE	CLOVER LANE			MARKET STREET		
	TRUSTEE	USHER	GUESTBOOK	TRUSTEE	USHER	GUESTBOOK
Oct 6	Laura Shemick	Dennis/Lila Darling	Anita Mentzer	Andy Loza	S. Todd	Susan Jones-Sink
Oct 13	M. McHenry	John Forrest and Cathy Montes		Nan Cavanaugh	Chris Dutton	Bart Carpenter
Oct 20	Mary H-Voss	TBD	Joan Hellman	Mary H-Voss	Wendy Colby/C. Senglaub	TBD
Oct 27	Clay Lambert	TBD	TBD	Tom Connors	W.Colby/Meg Connors	TBD

Lights! Camera! Auction!

We have a Hollywood theme this year! Patti Hazell (pahazell@yahoo.com) and her QueenSpirit colleagues are coordinating the meal and entertainment; Bart Carpenter (a.bart.carpenter@gmail.com) is managing the auction. Please contact them to "audition" your offerings, culinary or otherwise! Invitations go out the first week in October – all UCH members, family, and friends are invited to participate!



You are cordially invited to the UCH's annual

ALL-FAMILY AUCTION

**SATURDAY,
NOV. 2, 2013**



WEST HOLLYWOOD
1280 CLOVER LANE

Please synchronize your calendar for these UCH-sponsored events.

Tue 1 7:00 Mindfulness Meditation (weekly) Clover Lane
 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 is silent meditation.

Wed 2 6:00 Queen Spirit Clover Lane
 Queen Spirit is a co-created women’s spirituality circle that meets on the first Wednesday of the month. This month, Randa Todd and Kandy Mellilo welcome you to a circle on Mandalas. Discover Mandalas to tap into your authentic self. Use Mandalas as a meditative practice, this rhythmic art form has the ability to still the mind and bring into awareness the opportunity for deep healing and transformative growth, effectively empowering a person.



We come together to share our stories, be nourished and affirmed in our journeys, and provide and receive spiritual enrichment. Potluck at 6:00, followed by the circle. Contact Randa Todd, Irrt1946@yahoo.com.

Fri 4 5:30 Family Potluck Clover Lane
 Bring your family and a favorite dish to a potluck dinner (no reservations necessary). Coordinated by Amy Allen and Jeff Sigel. The event will start around 5:30 p.m. to allow plenty of time to eat and socialize before the concert (see below). All are welcome. Contact Amy Allen, amyallen90@gmail.com.



Fri 4 7:00 Clover Lane Coffee House: Circa Paleo Clover Lane
 Clover Lane Coffee House presents its second concert this season, a family-friendly event featuring Circa Paleo. Admission is \$10 at the door; \$25 max per family. All are welcome. Please note: season tickets (\$45 for the eight concerts remaining) will be on sale at this concert.

Immensely popular on the Renaissance Faire circuit, Circa Paleo plays a variety of contemporary and historic instruments from across the world. This is the band's final week at the Pennsylvania Renaissance Faire - catch them Friday at Clover Lane or Saturday/Sunday in the "Shire" at Mount Hope! Circa Paleo formed in 2009 with four Texas musicians, and the group now tours full time on the Renfaire circuit. The musicians are:



- 🍷 Jenny O'Connor (Violin, Fiddle, Guitar) plays string melodies from Ireland to Greece, then Persia and Mongolia! More recently she is practicing fiddle styles from Sweden and Norway on the 9-string Hardanger Fiddle.
- 🍷 Joshua Amyx (Percussion and Hand Drums, Saz, Clarinet, Bass Guitar) has studied Indian tabla, Egyptian darbuka and riq, African djembe and udu, Middle Eastern frame drums, Peruvian cajón and Persian tombak. Since joining Circa Paleo, he has taken up the Turkish Saz, acoustic bass guitar, and clarinet.
- 🍷 Jay Elkins (Bass Guitar, Stick and Mallet drums, Orchestra Bells, Percussion) has taught, conducted, and played Western music in Texas for more than 30 years.
- 🍷 Elly O'Connor (Guitar, Mandolin) was raised by classically trained singer-songwriters and learned banjo and guitar at her mother's knee. In the early years of her career, Cary toured primarily as half of the The Dreamsicles duo, with husband Tom Prasada-Rao. They later toured as double-billed solo artists, sharing shows and occasionally performing duets. With the advent of children and growth of their separate careers, they have taken to touring solo.

Music Beyond Time and Space

Season Tickets \$45 for nine concerts

Contact a.bart.carpenter@gmail.com.

Mon 7 6:30 Amrit Yoga (weekly) Clover Lane

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.

Led by Ed Sykes, esykes@state.pa.us. No experience necessary!

Repeats every Monday.

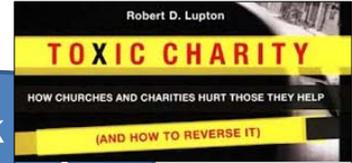
Tue 8 7:00 Toxic Charity Book Discussion Clover Lane

All are welcome to join in the discussion of Robert Lupton's *Toxic Charity*, facilitated by Trish Brandon.

It is said that it is important that giving be truly free. It must not degenerate into the kind of pejorative giving that affirms the superiority of the giver, who thus gains a point on the recipient, binds him, demands gratitude, and humiliates him.

Participants will discuss the distinction between "truly free" giving and "toxic charity" and much more.

RSVP appreciated but not required. Contact Trish at DREHarrisburg@gmail.com. If interested but unable to attend, we may schedule another session if there is sufficient interest.



Book Discussion

Sat 12 9:00 Common Ground Café Market Street

In collaboration with the Shared Ministry, the UCH is now in its fourth year of operating the Common Ground Café at our Market Street campus. It occurs on the second and last Saturday of the month, and attendance continues to increase! The café opens at 9:00 a.m., and you can be a part of the action! No experience necessary, and drop-ins are always welcome. We also need volunteers to work with neighborhood children. To join the e-list of volunteers, please contact Clay Lambert, commongroundbreakfast@gmail.com. **Repeats October 26**

Sat 12 5:00 Clover Grove/Samhain Party Clover Lane

Screamings and Salvations to all of you Gremlins and Ghouls!

Clover Grove Pagan Group welcomes all and sundry to the annual Samhain celebration on Saturday, October 12, 2013. We will begin the evening event with a potluck; bring a favorite food item that is harvest-oriented. It shall be an evening of fun, with a costume party, dancing and more.

Bring the kids, as we are a very family-friendly group. We will have lots of Hallowe'en music and tons of fun. At some point, we will hold a small gathering - a Circle of sorts - to remember our ancestors. We will wind down around 8:30. The party should be a blast!

Children are welcome and encouraged to attend; childcare available until 7:00 p.m. Contact Nikki Stone-Thonus, bnlady79@yahoo.com.



Samhain Celebration

Sat 12 7:30 Movie Night at Clover Lane Clover Lane

UCH members and friends are invited to a convivial "Saturday Night at the Movies." This month's feature is "Adaptation," starring Nicolas Cage, Meryl Streep, and Chris Cooper, and directed by Spike Jonze.

Cooper won the Academy Award for Best Supporting Actor, while Nicolas Cage (Actor in a Leading Role) and Streep (Supporting Actress) were nominated. Cooper and Streep won their respective categories at the 60th Golden Globe Awards. Spike Jonze, Cage and Kaufman were nominated for awards while *Adaptation* was nominated for Best Motion Picture – Musical or Comedy.

The R-rated movie received a score of 7.7 out of 10 on the Internet Movie Database (IMDb), rated by more than 100,000 viewers.

Contact Judy Linder, jclinder09@gmail.com.

Movie Night

Adaptation.
114 min - Comedy

Your rating: **7.7**
Ratings: 7.7/10 from 106,941 users Metascore: 83/100
ser | 231 critic | 40 from Metacritic.com

IMDb Won 1 Oscar. Another 49 wins & 54 nominations.

Sun 13 9:00 Second Sunday Forum: Vulnerability: The Path to Freedom

Clover Lane

Our guest speaker this month is Vern Hyndman, speaking on *Vulnerability: The Path to Freedom*. He is a wounded healer, a pastor to pastors, a therapist to therapists, a husband, and a father. Educated in electrical engineering, with a decade in biomedical engineering and anesthesia research, and a decade as an information technology networking and internet consultant, he has encountered a most unusual trajectory in his path to pastoral counseling. Through some of the most grueling life circumstances, Vern has developed a capacity for deep empathy and lenses of grace, and the ability to communicate hope to those who gave up looking for it.

He is the founder of Heartforge, a 501(c)3 nonprofit that serves as a first responder for incidents involving men and couples experiencing relational trauma. Vern works with men who have lost sight of life's being better, who have lost the ability to feel, or who realize that they're short the emotional and spiritual tools they need for their wives, partners, children and communities.

Join us for a thoughtful, broad-based discussion about this topic and gain a deeper understanding of the issues. For more information, please contact David Spear, spear130@gmail.com.



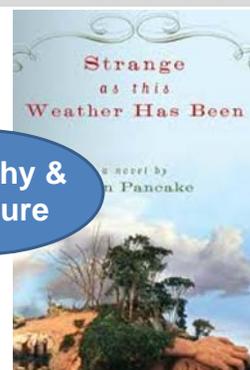
2nd Sunday Forum

Sun 13 7:00 Philosophy & Literature Group

Clover Lane

The Philosophy & Literature Group meets on the second Sunday of each month, usually at Clover Lane. The book for October is *Strange as This Weather Has Been: A Novel*, by Ann Pancake. Set in present day West Virginia, Ann Pancake's debut novel, *Strange As This Weather Has Been*, tells the story of a coal mining family—a couple and their four children—living through the latest mining boom and dealing with the mountaintop removal and strip mining that is ruining what is left of their mountain life. As the mine turns the mountains to slag and wastewater, workers struggle with layoffs and children find adventure in the blasted moonscape craters.

This month, the group meets at Clover Lane. Any person who loves serious fiction and non-fiction is invited to join the group. Contact Don Brown, dabrown57@gmail.com.



Philosophy & Literature

Mon 14 6:00 RGL Children/Youth Leadership Appreciation Dinner/Orientation

Clover Lane

RGL leaders are invited to enjoy social time and a delicious dinner with some specialties by favorite RGL chef Gerry Brandon. Dinner will be followed by an overview of the program and strategies to make your participation a positive, enriching experience! Please RSVP by October 9th to Trish Brandon at DREHarrisburg@gmail.com. Childcare provided if requested by October 9th

Tue 15 5:45 Friedman's Fables & Food

Clover Lane

—and—

Wed 16 noon Friedman's Fables & Food

Market St

One of the people most widely respected for insight into family and congregational life (and possibly the one most quoted by UUs, clergy and lay people alike) is the late psychotherapist and rabbi, Ed Friedman. The most original (and funniest) take on his views into how people interact with one another is his book *Friedman's Fables*.

According to *Scientific American*:

Ed Friedman, with humor, wisdom, and a devious mind, has created a series of fables that highlight the classic dilemmas and struggles of relationships.... These parables make great lessons and great reading for those caught in the web of trying to change another person."

Starting October 15, Rev. Posa will hold a weekly book study of the fables: Tuesday evening at Clover Lane, Wednesday noon at Market Street. Each week, we'll read one fable, promptly at the beginning of the hour. Then we'll spend the rest of the hour discussing its insights into our relationships with one another: in church, in our families, and in other areas of our lives. This book study will be held at two different times, so you can choose between daytime or early



Adult RGL

DATE	FABLE
Oct. 15/16	"The Bridge"
Oct. 22/23	"A Nervous Condition"
Oct. 29/30	"The Friendly Forest"

Religious Grown and Learning

Chalice Children

9:00 Clover Lane: Preschool through Kindergarten **Team Leader:** Korryn Bogdan **Other Group Leaders:** Fall - Karen Sykes, Jim Bogdan, Maryann Coffman; Winter - Kim Cain, Emily Bolling; Spring – Kathy Malarich, Christine and Josh Cysyk

Chalice Children nurtures spiritual growth, creativity and a sense of community through the experiences of imaginative activities and rituals such as rhymes and finger plays. Children are exposed to issues such as birth and death, dreams and the natural world.

Faithful Journeys

9:00 Clover Lane: 1st to 6th Grade, **Team Leader:** Jessica Chuckalovcak **Other Group Leaders:** Fall - Amy Firestine, David Platt; Winter – Jessica Chuckalovcak, Molly Dougherty; Spring – Jen and Chris Ziegler, Lori and Scott Gilbert

11:00 Market St.: K to 4th Grade, **Team Leader:** Kate Newton **Other Group Leaders:** Sept.– Jan- Christy Myers, Tony Morgan, Kathy Malarich; Jan.-May - Jack Thomas, Alex MacDonald, Nancy Hall, Karen Mallah and Paul Moore

Faithful Journeys helps to equip children with language and experiences to define what it means to be a Unitarian Universalist. Through stories and activities participants embark on a pilgrimage of faith, exploring how Unitarian Universalism translates into life choices and everyday actions.

Heeding the Call: Qualities of a Justice Maker

11:00 Market St: 5th to 8th Grade, **Team Leader:** Wendy Shaver **Other Group Leaders:** Sept.– Jan- Brad Bechtel, Tracy Richards, Gerry Brandon; Jan. – May – Maria Katulis, Andy Loza, Diana Fishlock, Mary Lynn Fecile and Paul Haidet,

Participants explore oppressions in our society and are encouraged toward personal growth in values that counteract the marginalization of others. Workshops on awareness, empathy, courage, abundance, joy and other qualities ask participants to recognize how these standards can be tools for justice. True stories of courage, sacrifice and collaboration, role-plays, games and a justice project will feed youth's rising realization that as people of faith we are all called to love justice- not just with our words, but also with our deeds.

Youth Group

Our high school leaders are Leeann Rhoades (staff) and volunteers Peter Adams, Amy Allen, Cordell Affeldt, Donna Hoover, and Craig Raisner.
—Submitted by Trish Brandon

Clover Lane Grounds

Several of our garden areas at Clover Lane are overgrown and in need of some attention. We welcome additional volunteers in any capacity! You can do assist in any of the following ways:

🍷 Join the committee

We welcome individuals, groups, or other configurations of hands to be assigned permanent responsibility for a specific bed. This is a chance to establish genuine roots at UCH!

🍷 Garden Workdays Oct. 5 and Oct 12

Members of the committee will be working to clean the most overgrown spaces from 9:00 a.m. to noon Oct. 5 and Oct. 12. We welcome anyone able to help in a cleanup. Plato once said, "You discover more about a person in an hour of play than in a year of conversation." In my experience I have found this to be even more true with respect to physical labor. So here's an opportunity to know someone better and perhaps save yourself a year of chatter. This will mostly involve removing weeds and unwanted seedlings. It will be an easy task - no experience needed.

🍷 Buy excess plants

Some of our cultivated plants can also be divided during the next two months. These include peonies, Siberian irises, day lilies, bee balm, Virginia Sweet spire, many varieties of hosta, and the Miscanthus grasses. Cost is \$5 per gallon-sized transplant – make a selection and we'll dig it up for you!

Please contact Ron Skrabut, ronskrabut@hotmail.com, 236-1876, for additional information.

LaGrone Art Sale

Save the dates! The **OLIVER COLLECTIVE** has scheduled the annual art sale for Nov. 17 and Nov. 24, at both campuses. To donate artwork, contact Wally Wenklar at wmwenkla@te.com.

Affiliated Organizations

News from organizations affiliated with the UCH or its lay-led ministries.

UUPlan

The **Economic Justice Team** assisted the Coalition to Stop Payday Lending in PA with a literature drop to every state legislator on September 23 and 24. These were the first two days that the legislature was back in session, and Coalition representatives visited each legislative office to drop off a new flyer opposing payday lending and speak with legislative aides when possible. SB 975 remains in the Appropriations Committee with no vote scheduled as of this writing.

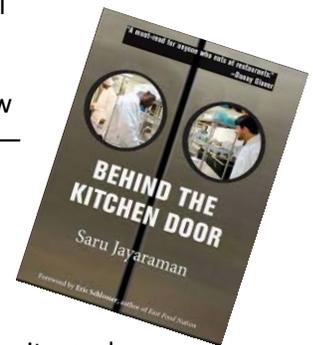


Medicaid update: A UUPLAN representative attended a conference of the Pennsylvania Health Alliance Network to learn how UUPLAN can most effectively persuade the Corbett administration to expand Medicaid to benefit over 500,000 Pennsylvanians. Most of the expansion is for disabled citizens and adults who are working in low-paying jobs that do not offer health care.

UCH hosts Leaders: The Fall Team Leader meeting of UUPLAN was held Sept. 28 at our Clover Lane campus. UUPlan Director Dennis Brunn led the group through workshops on team leadership and developing an advocacy campaign strategy. Eleven team leaders from around the state attended the 5-hour workshop.

Behind the Kitchen Door: As part of the Food for Thought Conference (page 6), UUPlan will sell copies of *Behind the Kitchen Door* by Saru Jayaraman. This is the 2013-14 UUA Common Read.

The book reveals how restaurant workers live on some of the lowest wages in America and how poor working conditions—discriminatory labor practices, exploitation, and unsanitary kitchens—affect the meals that arrive at our restaurant tables. The author, who launched a national restaurant workers organization after 9/11, tells the stories of ten restaurant workers in cities across the United States as she explores the political, economic, and moral implications of eating out: what's at stake when we choose a restaurant is not only our own health or "foodie" experience but also the health and well-being of the second largest private sector workforce—10 million people: many immigrants, many people of color, who bring passion, tenacity, and insight into the American dining experience.



IPL Conference Oct. 5 at Colonial Park UCC

Pennsylvania Interfaith Power & Light (IPL) will hold its annual environmental conference Saturday, October 5, at the Colonial Park United Church of Christ (UCC), with the theme, *One Creation, Many Faiths: A Call to Action on Climate Change*. The conference was held at UCH's Clover Lane campus last year.



The Green Fair begins at 10 a.m., with the conference from 11:00 a.m. to 4:00 p.m. The Green Fair features non-profits, businesses, and faith groups offering creative ideas to care for the environment. After lunch, attendees can participate in the workshop of their choice highlighting practical actions congregations can take and work to be done in our communities. Please pre-register at www.paip.org.

— Submitted by Rachel Mark, on behalf of Green Sanctuary

Great Pumpkin Chase, Saturday Oct. 26

St. Stephen's Episcopal Cathedral and The Foundation for Enhancing Communities are sponsoring the 20th annual "Great Pumpkin Chase," with our own Common Ground Café as one of the targeted beneficiaries! The 5K run/walk starts at City Island at 9:00 a.m. Oct. 26, with a 1K fun run at 9:45. UCH members and friends are encouraged to participate directly or indirectly. You can register (or donate) at this URL: <https://www.formstack.com/forms/?1489998-CvQA1LV17p> You can also get your friends to run ☺ Please note: race day is a "breakfast" Saturday - we anticipate we will be needing additional wait-staff at the café that morning.

— Submitted by Meg Burton Connors