

JANUARY 2005

Allegheny ADVOCATE

MONTHLY NEWSLETTER OF ALLEGHENY UNITARIAN UNIVERSALIST CHURCH

JANUARY 2

New Years Resolutions Of The Spiritual Kind

Linda Deafenbaugh

Join us for a participatory Service to reflect on our individual spiritual paths. We will symbolically acknowledge each person's successes and challenges in the past year and focus attention on charting the spiritual journey each will be taking in this new year.

JANUARY 9

A Language Of Reverence

Leo Nagorski

UUA President Bill Sinkford created a bit of a controversy when he suggested we needed a language of reverence; even suggesting there needed to be more religious references in our UU Principles. Leo will examine these suggestions as well as the concept of a language of reverence.

Song & Soul 5:00 PM

Rev. David McFarland

Please join us for this, our monthly Services of song, reflection and sharing.

JANUARY 16

Communion Service 10:00 AM

Reader: Donald Zeilman

Ain't Got Noplace To Go

Bruce Hughes

Bruce Hughes, Director of the Pleasant Valley Shelter, will speak to us about his journey to and through the social services system. Bruce views the people living in shelters as internally displaced persons and will share his ideas on how best to deal with this problem.

JANUARY 23

To Be Announced

Rev. David McFarland

Rev. Dave will be speaking this morning. The sermon topic was not available at the time of publication, but the church web site at www.alleghenyuu.org will have updated information about the Sunday Services.

JANUARY 30

Change and Connections

Toi Derricotte

Sometimes we find our lives are changing physically, maybe it's because of getting older, maybe actual chemical changes in our bodies, maybe middle age. Sometimes it's because we're at a different stage in our life, marriage, a new job, maybe a death or birth, or a new friendship. Change brings new connections, and sometimes these connections are reconnections in ourselves, to feelings we've left behind. Toi is going to read a group of her poems about change and connection and would like the congregation to think about changes, connections or reconnections in our lives now.

Sunday Services
at Allegheny
Unitarian
Universalist
Church begin
at 11 o'clock.
All are welcome!

ADVOCACY AND MINISTRY

Rev. David McFarland

I wasn't going to write a column because these December weeks have been pretty full. Then I came across a note I made while at a Young Religious Unitarian Universalist conference.

They were talking about what makes a successful YRUU group—success described in terms of deep spiritual resources, effective social justice work, welcoming new folks, and having fun together. The five elements that when balanced form a successful YRUU group

are (in no particular order): Learning. Leadership Development. Worship. Social Justice Action. Community Development.

Not a bad recipe for the blessed community. How's your balance?

Tim and I will be gone for a couple of weeks in January, so here's wishing you a happy New Year full of blessings. See you in church.

Blessings, Rev. Dave

IN THE CHURCH

Guest at Your Table boxes should be returned to church in early January

DownUnder Coffee House

This month, Brad Yoder returns to the DownUnder Coffeehouse for an evening of original songs. Joining Brad this year will be another wonderful songwriter, Heather Kropf on piano.

Brad's strong musicianship combined with an ironic sense of humor got him voted top local acoustic act by the *City Paper* readers in both 2003 and 2004. This is an evening not to miss.

The coffeehouse is open from 7:30 to 9:30 PM on the third Saturday of every month. Baked goods, desserts and beverages will be on sale during the concert and the coffee is always free. Suggested donation is \$5.

For more information on Brad, go to www.brad-yoder.com.

Fuud For Thought

If you're looking for an opportunity to explore Unitarian Universalism in depth, plan to join Rev. Dave for lunch after church on a Sunday this month (date to be announced). Dave will host a lunch after the social hour ends to explore a topic of our UU faith. "Fuud for Thought" will feature a casual lunch (vegetarian & omnivore sandwiches) and conversation about the core of Unitarian Universalism. Call Rev. Dave at 412/322-4261 for specifics or to let him know either that you're interested or that you'd like to attend.

What We're About

There will be a *What We're About* session on January 16, after church. If you are new to the congregation this is for you! You'll have a chance to find out how the Church works and how you can participate and get better acquainted with the members.

This is a great orientation for anyone considering becoming a member. For more information, call Ann Sitrin.

Pledge Drive Coming

Watch for information on our 2005–2006 Allegheny pledge drive. There will be items announced in church, articles in the *Allegheny Advocate*, e-mail messages, and other means of communicating the information.

Questions can be directed to any Board member or to Peter Adams.

Guest at Your Table

If you have not yet brought your *Guest at Your Table* box back, early January is the time to do it. The Membership Committee will be collecting, counting and sending the money in to the Unitarian Universalist Service Committee.

Please feel free to write a check to the UUSC to be included with our church *Guest at Your Table* donation.

MID-YEAR TOWN MEETING

All members and friends are invited to join us after Service on January 23 at 12:30 for our mid-year congregational meeting. Traditionally, this gathering has had a Town Meeting format, with input and discussion welcome.

Coffee and tea will be provided, but folks

are encouraged to bring something for their lunch. Childcare will be available for those families who sign up.

Come and participate in this important expression of the democratic process within our congregation.

FUNDRAISING

Thanks & Updates

Thanks to all who made the Yummy Pie Sale such a big success this year. Weren't they delicious? We donated 54 pies to Northside Common Ministries' food pantry and sold 146 more pies to folks in four local UU churches.

The great growth and success of this year's sale was due to the behind the scenes efforts of pie-meister Bob Follette, webmaster, Steve Hirtle, order-tracker, Linda Deafenbaugh and pie-sellers Dave Whaley, Kathy Kozachenko, Pete Adams, Pete McQuillin and Maria Harrington. Special thanks also to Sue Luebbert and Chris Hill of Unitarian Universalist Church of the North Hills. It was a tasty way to raise funds for the Church and do social action work too.

Our next fundraiser will be one that every fashion conscious person cannot possibly live

without, a limited edition Allegheny lanyard for your nametag. These beautiful rainbow colors will match every outfit. They are versatile and can be used every Sunday, and then can be worn at Summer Institute, YAC conferences, General Assembly, and anywhere else you want to show everyone you are proud to be associated with our church. You will want to be the first to get one, as they are sure to sell out fast.

If anyone has a great idea for a fundraiser, come talk to us about how to make it happen.

P.S. I hope everyone is preparing and rehearsing their talent show act this winter. Spring and the Pasta Dinner are just around the corner!

Linda Deafenbaugh

**Custom Allegheny
nametag lanyards
will be for sale—
watch for them!**

SERVING THE CONGREGATION

Greeters

January 1

Andy Schwarz and Ed Kinley

January 9

Barbara Barnes and Devon DeAngelo

January 16

Gregg Dietz and Nikki Perfetti

January 23

Nancy Chubb and Pete McQuillin

January 30

Melissa Farrington and Jaime McLeod

Refreshments

January 1

Anne Thompson and Jane Dirks

January 9

Pat Downey and Bonita Campbell

January 16

Betty Schwarz and Cheryl Napsha

January 23

Mid-Year Town Meeting

January 30

Ann Sitrin

January 2005

						1 New Year's Day
2 Choir 9:30 am Giant Eagle certificate sign-up District NA 1:30 pm	3 Board of Trustees 7:30 pm NA 7:00 pm	4 Program Comm. 7:30 pm	5	6	7	8 ATW Vigil 12:00
9 Choir 9:30 am Song & Soul 5:00 pm	10 NA 7:00 pm	11	12	13 PIIN monthly meeting RE Committee 7:30 pm	14 Newsletter Deadline!!	15 ATW Vigil 12:00 Coffee House 7:30 pm
16 MLK Sunday Choir 9:00 am Communion Service 10:00 am What We're About 12:30 pm	17 Martin Luther King Day NA 7:00 pm	18	19	20 Shelter Meal 9:00 pm	21 RE Games Night	22 ATW Vigil 12:00
23 Choir 9:30 am Mid-Year Congregational Meeting 12:30 pm	24 NA 7:00 pm	25	26	27	28	29 ATW Vigil 12:00 From the Heart Celebration
30 Choir 9:30 am	31 NA 7:00 pm					

February 2005

		1	2	3	4	5
6 Choir 9:30 am Giant Eagle certificate sign-up District NA 1:30 pm	7 Board of Trustees 7:30 pm NA 7:00 pm	8 Program Comm. 7:30 pm	9	10 PIIN monthly meeting RE Committee 7:30 pm	11 Newsletter Deadline!!	12
13 Choir 9:30 am G.E. cert. delivery Sharing & Music Service 5:00 pm	14 NA 7:00 pm	15	16	17 Shelter Meal 9:00 pm	19	20 Coffee House 7:30 pm
20 Choir 9:00 am Communion Service 10:00 am	21 NA 7:00 pm	22	23	24	25	26
27 Choir 9:30 am	28 NA 7:00 pm					

Rick Smith

Nonviolent Communication

By the time you read this, I will have moved to San Francisco. As I'm writing this, I'm excited and sad, wanting to contribute to the communities I'm in, and having the opportunity to do that there, and missing out on some opportunities to do that here.

One of my goals in being here is to develop/deepen skills in conflict resolution, mediation, restorative justice, and social change to bring here when we move back in two years. A component of those skills that I'll be concentrating on is a model of communication called Nonviolent Communication developed by Dr. Marshall Rosenberg over the last 40 years.

I'd like to know if any of you would be interested in participating with me from a distance in learning about Nonviolent Communication, then joining with me to attend some workshops in San Francisco the first week of November 2005.

What is it that I'm talking about? The following is adapted from *Nonviolent Communication: A Language of Life* by Marshall B. Rosenberg, Ph.D:

"Nonviolent Communication is sometimes referred to as compassionate communication. Its purpose is to strengthen our ability to inspire compassion from others and to respond compassionately to others and to ourselves. NVC guides us to reframe how we express ourselves and hear others by focusing our consciousness on what we are observing, feeling, needing, and requesting.

We are trained to make careful observations free of evaluation, and to specify behaviors and conditions that are affecting us. We learn to hear our own deeper needs and those of others, and to identify and clearly articulate what we are wanting in a given moment. When we focus on clarifying what is being observed, felt, and needed, rather than on diagnosing and judging, we discover the depth of our own compassion.

Through its emphasis on deep listening to ourselves as well as others, NVC fosters

respect, attentiveness and empathy, and engenders a mutual desire to give from the heart. The form is simple, yet powerfully transformative.

While it is taught through the use of a concrete model, and is referred to as a process of communication or a language of compassion, Nonviolent Communication is more than a process or a language. As our cultural conditioning often leads our attention in directions unlikely to get us what we want, NVC serves as an ongoing reminder to focus our attention on places that have the potential to yield what we are seeking a flow between ourselves and others based on a mutual giving from the heart."

This subject is hard to sum up in a few paragraphs. The <http://www.cnvc.org> website is a more complete source of information.

E-mail me if you are interested.

FROM THE COMMUNITY

Namaste!

Hatha Yoga classes meet every Thursday evening at 7 PM in the church's Founders Hall. Suggested donation is \$8, but no one will be turned away for lack of funds. All are welcome. For more information, call the church.

UU HISTORY MOMENT

Universalist pioneer, John Murray had been preaching in private homes at Gloucester, Massachusetts. Some of his followers were members of First Church of Christ, Congregational. After 1777, sixteen followers were suspended from the church for non-attendance, and this suspension gave impetus to the gathering of the first Universalist church in America. The decision to form the Independent Church of Christ was taken on January 1, 1779.

Hatha yoga classes meet on Thursdays at 7:00 PM in Founders Hall

CONTACTS

The *Allegheny Advocate* is published monthly (except August) by Allegheny Unitarian Universalist Church. Submissions must be received by the third Friday of the month preceding publication.

Contributions or inquiries may be directed to Jaime McLeod or Donald Zeilman

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Allegheny Unitarian
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Pittsburgh, Pennsylvania

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Allegheny Web Site

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WE ARE A SPIRITUALLY DIVERSE, ACTIVIST CONGREGATION