

AlleghenyADVOCATE

Allegheny Unitarian Universalist Church's Monthly Newsletter

Message from the President of the Board of Trustees

As we look ahead into this new year of 2009, there are some exciting events coming up right at the beginning of this year that would benefit from hefty member and friend participation.

Our OMD district executive Joan Van Becelaere, will be coming to visit us for the second weekend in January. She will be spending time with the AUUC Board advising them on growth and organizational strategy, as well as offering us a Sunday sermon. I encourage you all to come and hear her speak and to stay for coffee hour to meet her one-on-one.

Following closely will be our annual mid-year meeting. A review of progress on the long range plan is one the agenda. This will be your chance to learn about the plans being made and offer your opinions.

Then, early February brings our *From the Heart* celebration. This every-other-year fund raising event honors those who have made a tremendous impact on our congregation. This year we are breaking with the tradition of recognizing people and instead honoring a place. We felt that our charming building deserved the lime light this year for faithfully and ably sheltering the congregation for 100 years.

As Rev. Dave has said in the past, sometimes just 'showing up' can make all the difference. At AUUC we try to offer many ways to make a difference. At the cusp of a new year with a new wind blowing in the country, I hope showing up will take on a new joy and significance. I look forward to seeing many of you in the days just ahead. Respectfully,

January 2009

Chris Stygar

**DownUnder
Coffeehouse
presents....**



Bésame

On Saturday 17 January 2009 at 7:30pm, Bésame returns to the DownUnder Coffeehouse, specializing in music from Latin America, with emphasis on the sounds of Colombia. Bésame features Jorge Delgado on guitar, Melissa Alliston on percussion, Paul Cindric on soprano sax and Roger Day on tuba.

The DownUnder Coffeehouse is open monthly, through April, in the basement of the Allegheny Unitarian Universalist Church.

Suggested donation is \$5.00.

**The Future of
DownUnder
Coffeehouse**

Thanks to Steve Hirtle, the DownUnder Coffeehouse has been putting on shows in Founders Hall on Saturday evenings for the past several years. However, the last show under Steve's tenure will be in April 2009. If the DownUnder Coffeehouse is to keep on showcasing local and regional artists, it's going to take the effort of someone (maybe you?) to keep the mikes open. Please talk to Chris Stygar or Steve Hirtle if you think you, or someone you know, can help keep this North Side tradition going.

**A Word from the
Potty**



Recently we received another high water bill and a warning from the Water Department regarding our excessive water usage. It turns out that the culprit was, once again, a running toilet.

While the House Committee has fixed the offending loo, we should all get into the habit of listening for the telltale sound of running water, especially if you know you are among the last to leave the building.

A jiggle of the handle is all it usually takes to fix this problem. Your diligence can literally save the church hundreds of dollars. Thanks.

As we begin a new calendar year, the Membership Committee wishes to thank the past year's members and friends who signed up to do the coffee hour or to greet folks on Sunday mornings.

If you have at any point in the past year enjoyed the after-service refreshments or appreciated being welcomed at the church door by the greeters, then we would strongly urge you to consider volunteering this year to help out with refreshments or with greeting visitors. It takes only a little effort and if every member of the church volunteered, more than a full year would go by before you'd be asked to help out again!

Please look for a 2009 Refreshments/Greeters sign-up sheet in the next couple of weeks to see when *YOU* can help out. The success of this church really depends on everyone volunteering just a little.

Greetings & Refreshments



The Theologies Small Group led by Jane Dirks and Mark Tomlinson is beginning its community service project. We'll be collecting new, gently worn, or handmade hats, gloves, mittens, scarves and socks for men, women and children. Bring your items to church; we'll have a "giving" tree in the sanctuary next to the fireplace. Collecting will happen through New Year's (so you can take advantage of after holiday sales!). For more information, contact Kate Tomlinson at or Betty Luff .

Theologies Small Group Project



Racial Justice

The Racial Justice Ministry has some exciting events planned for the New Year! Our annual Black Heritage service will take place on February 22nd – mark your calendars and look for details in the February newsletter. We are also looking forward to putting on a racial justice workshop for the congregation this winter or spring, so look for more details in the coming months. Join us at one of our upcoming meetings to help us achieve our goals! We meet the third Thursday of every month from 6:30-8pm in the Emerson Room at the church. Our next meetings will be on January 15th and February 15th.



Tuesdays at the Jefferson Recreation Center

The holiday season at the Jefferson Recreation Center was filled with FUN! The kids had a great time making holiday candy houses out of graham crackers, candy and frosting donated by AUUC members. Thanks to the photo artistry of Greg Blackman the kids at the center had the some wonderful pictures taken which they put into beautiful holidays cards they made for their friends and family. Join us on January 6th or 13th from 5:30-7:00pm for more winter fun!



We would love volunteers from the congregation to come along with us, and we are always looking for new project ideas as well. Send an email to Jay Poliziani or Kim Winbush for directions and/or any questions. We can't wait to see you there!

What's it all about, my friend?

Our Saturday morning small group at Allegheny Unitarian Universalist Church is offering the second of a three-part adult program of exploration, questioning and loving listening this year called, "What's it all about, my friend?" Each part includes eight sessions. The three parts are:

Part 1 - Our Lives (last session December 13th)

Part 2 - Our Religion

Part 3 - Our Relationships

We are now offering sign ups to new people for Parts 2 and 3. Part 2 begins on Saturday 10 January at 9:30 a.m. and will be held in the Emerson room at the church. Each session lasts approximately 1-1/2 hours and will follow this agenda:

- Announcements
- Reading and Chalice Lighting
- Check-In
- Topic Discussion
- Check-Out
- Extinguishing the Chalice

Part 2 Schedule:

Worship	<i>January 10</i>
Exploring Evil	<i>January 24</i>
Living Through Loss	<i>February 14</i>
Learning from Failure	<i>February 28</i>
The Art Of Loving	<i>March 14</i>
Forgiveness	<i>March 28</i>
God	<i>April 11</i>
Religious Ethics and Activism	<i>April 25</i>

Sign up is limited to 12 people and is required for each part. Those who participated in Part 1 will be given priority for Part 2 sign up, and those who participated in Part 2 will be given priority for Part 3 sign up.

This group will be facilitated by Cathy Serventi, Fran Quinlan and Pete McQuillin. Contact any of us with questions or to enroll in Part 2.

Green Cooking Quiz from the Sierra Club



"How can a nation be great if its bread tastes like Kleenex?"
– Julia Child

- 1. You want to enjoy a mug of tea while you're steaming carrots (which you'll douse with a vinaigrette of olive oil, lemon juice, toasted ground coriander, and rose water and fresh mint). If you're heating just one mug of water for your tea, which of these is the most energy-efficient way to do that?*
 - In the microwave.
 - On an electric stove.
 - On a gas stove.
- 2. Guests at your cocktail party want their martinis shaken, not stirred. You'll fill the shaker with ice cubes:*
 - That you made using a tray placed in your freezer.
 - That are served from your freezer's icemaker, using the fridge's door dispenser, so you don't have to open the door of the freezer.
- 3. The best way to get rid of your food scraps is to:*
 - Toss them in the garbage or garbage disposal.
 - Give them to your dog, of course!
 - Take a trip to the food bank or contact a food rescue program that accepts leftovers.
 - Put them in the compost or worm bin.
- 4. When you shop for things like cereal, nuts, grains, and dried fruit, you:*
 - Buy in bulk from store bins.
 - Buy in bulk at big-box stores like Costco.
 - Buy smaller portions so you don't waste food.
- 5. You managed to buy a fixer-upper and are having green thoughts while planning the remodel. Which kind of countertop should you opt for in the kitchen?*
 - Stainless steel.
 - Granite, marble, or other stone.
 - Laminate, Corian, or other synthetic plastic-based product.


Sunday 4 January

- 9:00 am Choir Practice
- 10:00 am Family Choir Practice
- 10:30 am Story for All Ages Service
- 10:30 am Sunday Service
- **Speaker:** Worship Committee
The Gift of the Magi - A classic story about the shallowness of physical possessions and the best of all possible gifts, love.
- **Greeters:** Jane Dirks & Dave Whaley
- **Refreshments:** Lynn Glorieux & Anne Thompson
- Pick Up Giant Eagle certificates
- 2:00 pm NA Regional Meeting
- 6:30 pm Theologies Small Group

Sunday 11 January

- 9:00 am Choir Practice
- 9:30 am Communion Service
- 10:30 am Sunday Service
- **Speaker:** Rev. Joan Van Becelaere
Health, Hope and High Anxiety - The famous Dr. Seuss described life today when he wrote: "It's a troublesome world. All the people who are in it, are troubled by troubles almost every minute." There's certainly enough things going on to trigger an avalanche of anxiety -- the stock market, the war, housing market, unemployment, bank closures, and on and on and on and..... There's no question that we are all experiencing some anxiety right now.. That's a given fact of life for most of us. But the big question is: what do we do with that anxiety? How do we manage it? Or do we let it manage us? And how can we draw on our community, our congregation, for support in times like these?
- **Greeters:** Pete McQuillin & Peggy Thompson
- **Refreshments:** John Engberg & Jeanne Zang

AUUC January Events



Rev. Joan Van Becelaere is the District Executive for our Ohio-Meadville District. Formerly, she was the Vice-President for Student Services at the Iliff School of Theology, Denver, CO, where she also taught Unitarian Universalist Polity and History. Her background includes work in international education and public policy analysis.



AUUC January Events

Sunday 18 January

- 9:00 am Choir Practice
- 10:30 am Sunday Service
- **Speaker:** Worship Committee
Presidential Blessings - We pause at this historical moment to reflect on our collective hopes, prayers, aspirations and vision.
- **Greeters:** Martha and Walter Brethauer
- **Refreshments:** Kathy Graham & Charlie Snowden

Sunday 25 January

- 9:00 am Choir Practice
- 10:30 am Sunday Service
No Children's Religious Education Today!
- **Speaker:** Leo Nagorski
The Courage To Be Wrong - A look at commitment to principle; its costs and rewards.
- **Greeters:** Andy Schwarz & Lynn Glorieux
- **Refreshments:** Betty Schwarz & Gloria Skillings
- Order Giant Eagle Certificates
- 6:30 pm Theologies Small Group

January 2009

Mon	Tues	Wed	Thur	Fri	Sat
29 7p NA Mtg 7p Exec BOT Mtg	30 6p Sandwich Making	31 7:30p Choir Practice 8p New Years Eve Gathering	1 6:30p Girl Scout Mtg 8p Tai Chi	2	3 11a Northside Peace Vigil
5 7p NA Mtg 7p BOT Mtg	6 5:30p Jef Rec Center- AUUC Night 6p Sandwich Making	7	8 7p PIIN Mtg 8p Tai Chi	9	10 11a Northside Peace Vigil
12 7p NA Mtg	13 5:30p Jef Rec Center- AUUC Night 6p Sandwich Making	14 7:30p Choir Practice	15 6:30p Girl Scout Mtg 6:30p Racial Justice Mtg 8p Tai Chi 8:30p Shelter Meal	16	17 <i>Newsletter Deadline</i> 11a Northside Peace Vigil 7:30p DownUnder Coffeehouse
19 7p NA Mtg	20 6p Sandwich Making 7p Finance Cmtee Mtg 7p MWSS Gen Mem Mtg	21	22 8p Tai Chi	23	24 11a Northside Peace Vigil
26 7p NA Mtg 7p Exe BOT Mtg 7:30p Worship Cmttee Mtg	27 6p Sandwich Making	28 7:30p Choir Practice	29 8p Tai Chi	30	31 11a Northside Peace Vigil

**Action Alert from
the UUA
Washington Office
for Advocacy**

It has been over a year since you may have signed the Petition for Peace calling for an end to violence as the first rather than the last resort. We proudly delivered the names of 13,000 peacemakers, like you, to the Congressional Offices of House and Senate leadership.

While our troops still occupy Iraq, a new agreement between the Iraqi and US governments mandates US troops be fully withdrawn from Iraq by 2011. We count this as a success. But we also know that there is much pain and hurt yet to be healed.

As we move through the holidays and into the New Year, we are offering an opportunity to continue engaging your congregation in the movement for peace. The Unitarian Universalist Association's Advocacy and Witness team invites congregations to participate in an intergenerational arts and crafts project called Pictures of Peace. This is an opportunity for people of all ages to imagine and create a world of peace through art.



***"The greatest prayer
of man is not for
victory but for
peace."***

-Dag Hammarskjold

It is important to share your vision of a better world with the people who have the power to make it a reality. Consequently, we encourage your congregation to deliver your pictures to your elected officials. Take this as an opportunity for your congregation to develop a relationship with your Congressperson, Senator, state representative or other elected official, reminding them to govern in a spirit of peace and love.

You can find a copy of the draft Statement of Conscience at uua.org/peacemaking as well as resources on collecting and providing feedback.

Thank you. And may you receive blessings in the New Year.

With peace and love,
Alex Winnett and Adam Gerhardstein

The staff, volunteers, trustees, teams and committees of the Ohio-Meadville District (OMD) offer consultation, training, research, communication, networking and organization to support our congregations and members as we work together to nurture souls and help heal our world. But this work can not be done without your help. Please become a Friend of the OMD and make sure that our congregations get the services they need. You can become a Friend of the OMD and donate easily and securely online through the OMD website: <www.ohiomeadville.org>. Your donation will work for the future of all of us.

Congregations can purchase discounted subscriptions to UU World for \$8.00 per year (for four quarterly issues.) That's \$6 off the published price of \$14.00. Some congregations have purchased multiple subscriptions in order to provide "sample" copies to prospective members to illustrate one of the many benefits of voting membership. To order a congregational subscription, contact Nick Rafeal at <circulation@uua.org>, or call 617-948-4654.

The Unitarian Universalist Church of Blanchard Valley in Findlay, OH, is working on their Welcoming Congregation designation. As part of the process, they will offer the Welcoming Congregation Program workshop series. The workshops will be completed in 4 Saturday sessions, on January 24, February 28, March 28 and April 25, from 9 am to 3 pm. Lunch will be provided. UUCBV invites other interested people to join them in this workshop. Please contact the church at uufindlayoh@aol.com to register. Registration deadline is January 10.

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Friends of the OMD



UU World Subscriptions for Congregations

Welcoming Congregation Workshop Series Offered

A Message From the Church of the Larger Fellowship



We're trying a new experiment at the CLF: getting free money. If you're buying merchandise online of the sort sold through Amazon.com, please consider going to the CLF homepage, <www.clfuu.org> and click on the Amazon.com button that you'll find on the right hand side. Whenever you buy a book or snow blower or banjo or Bon Appetit subscription or carabiners or marshmallow shooter or gluten free brownie mix or Alvin and the Chipmunks video or hoop earrings or microscope or Kindle--or whatever else--please go through the CLF site! to Amazon. The CLF will get some money by virtue of your purchase. Please forward this information to your congregations, friends, family, neighbors, colleagues, and anyone else you can think of!

Beth Murray

Church of the Larger Fellowship (CLF)

617-948-6150

UU're Home

Do you dream of inexpensive vacation travel to interesting destinations where you can stay in the homes of friendly people who share your ideals and are happy to provide directions and advice for their area?

The UU bed and breakfast directory UU're Home (formerly Homecomings) can fulfill your dream.

For 29 years, we've provided a network of hosts in the United States (and a few abroad) who enjoy meeting new friends and who are happy to open their home to like-minded people.

You can also become a host and be listed in the directory. Contact us at <info@uurehome.com>, or at 828-281-3253, and we will gladly send you information about listing your accommodations.

Host listings on the UU're Home website at <www.UUreHome.com> are updated whenever changes are made or new hosts are added. The paper edition is published once a year in April.

For a copy of the 2009 directory and a year's access to the website listings, please click on "become a member" to pay by credit card or send a check for \$25 and your e-mail address to UU're Home, 43 Vermont Court, Asheville, NC 28806.

1. Microwaves are more efficient than gas or electric ovens, but when it comes to stovetops, it's trickier. In this case, the microwave is the right answer because you're heating up one mug of tea.

2. Through-the-door features that serve up ice and cold water add 10 percent to the labeled use of refrigerators. Make the cubes yourself!

3. About 30 percent of residential waste is food. Compost piles and worm bins are great ways to recycle your non-animal food waste and cycle it into your garden. You can give your pooch meat scraps. In some instances the garbage disposal is considered "less bad" than the garbage can, because some of the waste goes to water treatment plants that transmute solid food waste into fertilizer. But much of it also ends up in landfill anyway. Avoid food scraps altogether.

4. Of course you don't want to create waste from food that goes bad before you can use it, but you can buy small portions from bulk bins at the local store and avoid the horrendous amount of packaging that comes with some purchases. Buying large quantities at Costco is like buying in bulk, but sometimes there's just as much packaging as there is on smaller, individual items and waste is more likely if you're single.

5. A countertop made of some kind of recycled material is best -- recycled paper (yes, these exist!) or recycled glass. Terrazzo is a mix of about 70-90 percent recycled glass and cement; the little bit of cement mix makes it a lot more durable than 100 percent recycled glass countertops. Cement countertops are next best, particularly if they're made from fly ash, a recycled material. But cement production is carbon intensive. Granite and marble are taken from nature and are not easy to recycle once in place. Stainless steel uses lots of energy to produce and pollutes in the process. Laminate and other synthetic materials use resin that may contain formaldehyde.

Green Cooking Quiz from the Sierra Club Answers



"The only real stumbling block is fear of failure. In cooking you've got to have a 'What the hell?' attitude."
– Julia Child

**January 2009
Interfaith Calendar**

- 1 • Mary, Mother of God – *Catholic Christian*
- Feast of St Basil – *Orthodox Christian*
- Gantan-sai (New Years) – *Shinto*
- 3 • Vasant Panchami – *Hindu*
- 5 • Twelfth Night – *Christian*
- Guru Gobindh Singh Birthday – *Sikh*
- 6 • Epiphany – *Christian*
- Nativity of Christ – *Armenian Christian*
- Feast of the Theophany –
Orthodox Christian
- Dia de los Reyes – *Christian*
- 7 • Nativity of Christ – *Orthodox Christian*
- Ashura – *Islam*
- 11 • Mahayana New Year (3 days) – *Buddhist*
- Baptism of Lord Jesus – *Christian*
- 13 • Maghi – *Sikh*
- 17 • Blessing of the Animals –
Hispanic Christian
- 18 • World Religion Day – *Baha'i*
- Week of Prayer for Christian Unity begins –
Christian
- 25 • Conversion of St. Paul – *Christian*
- 26 • Chinese New Year –
Confucian/Daoist/Buddhist

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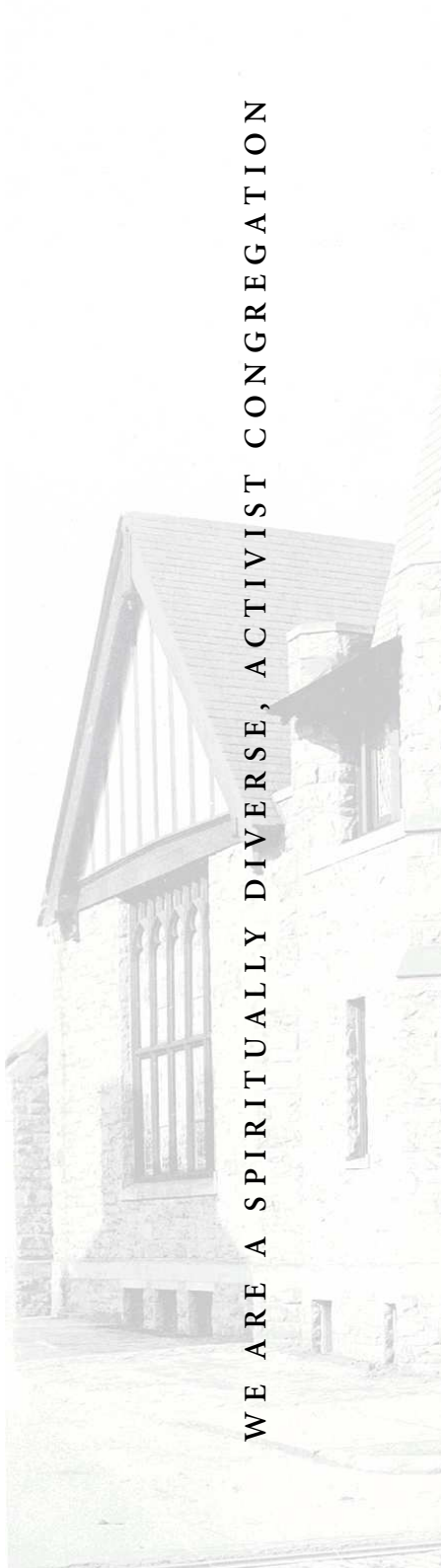
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WE ARE A SPIRITUALLY DIVERSE, ACTIVIST CONGREGATION