

OCTOBER 2005

Allegheny ADVOCATE

MONTHLY NEWSLETTER OF ALLEGHENY UNITARIAN UNIVERSALIST CHURCH

Bits & Pieces

Sometimes I don't know how we do it. There's so much going on in life. We're pulled in so many directions. Even keeping this church alive – this old building, this small congregation, the meetings, the e-mails, this sometimes crazy sometimes sublime almost always challenging faith. All this can at times feel like just more busy work if we let it.

On top of that, we're preparing for our big installation on November 6, all in the midst of ramping up to the autumn/winter holidays. Throw a few Steelers Sunday home games into the works and it's "all that and a bag of chips!" (By the way, there's no home game November 6. And the Greenbay game isn't until 4:15. Still more proof that god exists and is a UU Steelers fan, too.)

Busy-ness is a national disease. It's almost as if people don't feel like they have a right to take up space unless they can complain at least three times a day, "Ugh, I'm so busy!"

As the book *Unplug the Christmas Machine* would remind us, remember what's most important in life: bringing kids up, contributing to the community, using your gifts, nurturing relationships, living out your real values, feeding your soul. These are fruitful places to focus time and energies. It's hard to complain about 'being busy' when you're so busy being fully alive.

With blessings,
Reverend Dave

IN CHURCH

Installation Weekend

The weekend of November 4 through 6 will be one that you won't want to miss. In celebration of the installation of our minister, Rev. David McFarland, Allegheny will host a weekend of activities, culminating in the Installation Service on Sunday the 6th. In addition to local ministers and community representatives, we are honored to host Rev. Forrest Church, Rev. Mark Belletini, and Rev. Art McDonald as celebrants for the Installation Service.

More details will follow, including a detailed schedule of events. But for now, pencil in "Allegheny installation weekend" over November 4 through 6, and be prepared to celebrate!

The Fall Fun Fest Is Here!

The Fall Fun Fest is scheduled for October 15 at the church. This is an all-ages event beginning at 4:00 PM and ending at 7:00. Bring your own pumpkin, carve it there – and win a prize! There will be prizes in an infinite number of categories to reward any and all levels of creativity! After the contest there will be a potluck dinner. The potluck sign-up sheet will be on the information table. Bring something to share and come with an appetite.

Bring your own pumpkin to carve, musical instruments to play, and voices for singing. After the Fall Fun Fest, make an evening of it by staying for the Coffeehouse.

The Fall Fun Fest
is Saturday,
14 October
starting at 4 o'clock

continued

Save the date –
Second building
clean-up day
on Saturday,
October 29

Member Updates

Welcome to new member Tom Morton. He is the first addition to the New Directory. There is a new telephone number for Julia Hix.

Also, congregational friend, Tereneh Mosley, is now in Kenya.

DownUnder Is Back

The DownUnder Coffeehouse will open its doors on Saturday, October 15 to feature Jack Erdie and Robert Wagner, two of Pittsburgh's most prolific, moving and quirky songwriters. Jack and Robert will share the stage for an evening of original music. Join us for coffee, deserts, and the best in local acoustic music. The DownUnder Coffeehouse is open 7:30 to 9:30 PM.

What We're About

If you are new to the Church and want to find out more about us plan to come to "What We're About." You will have an opportunity to talk to some experienced members of the Church and ask any questions you may have.

This will take place on October 30, starting about 20 minutes after the worship service, in the Emerson Room.

Bring Your World To Allegheny

Folks who are new members or not-yet members don't get the *UU World* magazine that goes out to registered UU members throughout the U.S. When you're done with yours, please consider bringing it to our Founders Hall (lower level) publications table.

New Directories

If you have not yet received your new Directory, they are available on the table with the name tags in the Emerson Room.

Caring Chocolates

The Inreach Ministry has begun a new way to connect its members, friends, and visitors with their church home through *Caring Chocolates*.

They are here for you in your extreme joys, your deep sorrows, when you are unable to attend church, or just to let you know that you are being thought of. Let Caring Chocolates

know that you or someone you know would like a phone call, card, or visit by filling out a referral card found in the church pews.

The card can be placed in the collection plate either during or after Sunday Service. Of course, you don't have to like chocolate in order to make a referral; it is just a way to remind you of the healing touch of community.

Keep The Building & Budget Busy

Would you like to contribute more to Allegheny's financial health? Do you have more time than money to contribute? Well our church is a great place to do weddings, but we still don't have the necessary volunteer support. That's where you fit in. We need somebody to take the calls, respond to a weblink, and be there from open-to-close for the big day (or find somebody who can). If you think you might be able to contribute in this way, talk to Rev. Dave (412/322-4261) about the possibilities.

CHOIR NOTES

Rehearsal Schedule

There will be NO CHOIR REHEARSAL on Sunday, October 9, but there will be two evening rehearsals, October 12 at 7:30 PM, and November 2, after the All Souls Vespers, to prepare for the installation weekend.

KEEPING HOUSE

Volunteer Roster & Work Day

The House Committee list of members and friends who are willing to work at the church and Unitarian House is still open for sign-ups. Andy Schwarz is keeping the list and has further information.

We have scheduled another cleaning day on October 29 from 9:00–3:00. Please join us for the whole time or for part of the day, and bring cleaning supplies as we finish up our preparation for the installation weekend.

RELIGIOUS EDUCATION

RE This Month

During the month of October, the RE program will be focussing on Jesus' entry into Public Life, with the theme of dedication and renewal and learning about John The Baptist. On October 2, the children will join us in church for a talk by Reverend David and then will return to Unitarian House for their class. RE will be held October 9, October 16, and 23; each week begins with all the children joining together for chalice lighting, singing, joys and concerns, sharing of social justice activities performed during the week, and a story about that rotation's theme. The children will then separate into two classes, some going to the art room, some to the drama and music room, to engage in activities fitting with the theme.

We will have a Halloween Party for the children on October 30. We would love volunteers to help with this event, either by leading games and/or stories with the kids, or bringing snacks for the party. Additionally, we continue to seek interested adults to lead a workshop, which entails teaching two identical classes in subsequent weeks to two groups of children.

The RE committee has many activities from which to choose, or you are always welcome to come up with your own activity, fitting with the theme of the rotation, that better suits your interest or skills. Please contact Kris Thomas, Kim Winbush, or Lynn Yocum if you can help with RE in any way.

DOING JUSTICE

Darfur – Take Action!!

The situation in Darfur was declared a genocide a year ago by then-Secretary of State Colin Powell. According to an article in the Washington Post on September 14 of this year, "The United States has led an international effort to end the genocide. The effort has not been as quick or decisive as the genocide finding warranted But, little by little, American diplomacy has made headway. For now, the horror has abated."

The article concluded that, "The past year demonstrates that, if the United States and its allies pursue these goals with determination, they can get what they want. But if they lose interest in Darfur, violence may resume and humanitarian access may dry up. With so much of the population already displaced and weakened, Darfur's death rate could easily return to the horrific levels of a year ago."

To keep a focus on Darfur and ensure that the situation does not deteriorate, on Thursday, October 6, 2005, concerned people around the world will be giving up a meal or luxury good and donating the money they would have spent to organizations providing humanitarian

relief to civilians in Darfur. The Pittsburgh Darfur Emergency Coalition and local student chapters of Students Taking Action Now: Darfur (STAND) will be holding a public rally in Mellon Square Park, 529–540 Smithfield Street, in support of the Fast activities between 12 and 3 PM on October 6. Unitarian Universalists United for Faith in Action (our local group) encourages you to participate in both the fast and the rally. Wear your UU t-shirt!

If you are willing to participate in the fast (even if you cannot attend the rally), please go to <http://www.pittsburghdarfur.org> and add your name to the list of those pledging to fast, which includes our own Rev. Dave. Please identify yourself as a member of Allegheny and/or UUs United for Faith in Action. A list of suggested organizations to which you can donate can also be found on this site.

Finally, there is a petition to President Bush, Secretary Rice and our congressional representatives on the table in Founders Hall that can be signed. The petitions will be presented on October 6.

Keep the focus on Darfur – Public rally in Mellon Square Park October 6 in support of the Fast activities!

SUNDAYS IN OCTOBER

OCTOBER 2

Promises To Keep Rev. David McFarland
Preparing for the November 6 installation, Rev. Dave will share his hopes – and maybe make some promises – for this new phase of our relationship. Children and youth will join in the first part of the Service.

OCTOBER 9

With Gratitude Kim Breneman
Allegheny member Kim Breneman will share with the congregation her experience with gratitude through her personal journey.

OCTOBER 16

Communion Service 10:00 AM Reader: Hazel Leroy
Monthly gathering that celebrates our community of faith in action—please join us.

Global Spirit 11:00 AM Rev. David McFarland
Preparing for the upcoming United Nations Day, Rev. Dave will share his discoveries about the place of spirituality in our ‘globalizing’ world.

OCTOBER 23

Unraveling The Gender Knot Gerard Katilius
Gerard is our small congregation liaison to the Ohio Meadville District of the UUA. He will share details of this work, plus his insights into how UUs are helping to shape our world for the better.

OCTOBER 30

Samhain Jennifer Russell
As the wheel of the year begins anew this week, Jennifer will share ritual and song in this annual celebration.

SERVING THE CONGREGATION

Greeters

- October 2**
Jane Dirks and Kim Breneman
- October 9**
TBA
- October 16**
Molly Hirtle and Molly Tonsor
- October 23**
Jill Brethauer and Benita Campbell
- October 30**
Linda Deafenbaugh

Refreshments

- October 2**
Sheryl Rodriguez and Kathy Kozachenko
- October 9**
Leo Nagorski and Ann Sitrin
- October 16**
Lisa Carvajal and Pat Downey
- October 23**
Jane Dirks
- October 30**
Hazel Leroy

Sunday Service at Allegheny Unitarian Universalist Church starts at 11 o'clock. All are welcome!

October 2005

						1
2 Giant Eagle certificate sign-up Choir 9:30 am District NA 1:30 pm	3 NA 7:00 pm Board of Trustees 7:30 pm Rosh Hashanah- begins at sunset	4 Meditation 7:00 am Chi Kung Class 7:00 pm First of Ramadon	5	6 PIIN monthly meeting RE Committee 7:30 pm	7	8
9 No choir this Sunday G.E. cert. delivery	10 Indigenous Peoples Day NA 7:00 pm	11 Meditation 7:00 am Chi Kung Class 7:00 pm	12 Yom Kippur begins at sunset Choir rehearsal 7:30 pm	13	14 Newsletter Deadline!!	15 Fall Fun Fest 4:00 pm DownUnder Coffeeshouse 7:00 pm
16 Choir 9:30 am Communion Service 10:00 am	17 NA 7:00 pm	18 Meditation 7:00 am Chi Kung Class 7:00 pm	19 UUs United 7:30 pm	20 Shelter Meal 9:00 pm	21	22
23 Choir 9:30 am	24 United Nations Day NA 7:00 pm	25 7:00 am Med. Chi Kung 7:00 pm Program Comm. 7:30 pm	26	27	28	29 Church-wide clean up 9:00–3:00
30 Choir 9:30 am	31 Samhain/ All Hallows Eve					

November 2005

		1 Meditation 7:00 am Chi Kung Class 7:00 pm	2 All Souls Vespers 7:30 pm Choir rehearsal follows	3 PIIN Public Action Meeting	4 Installation Celebration	5 UU Revival at First Church
6 Giant Eagle certificate sign-up Choir 9:30 am Lunch 12:15 pm Installation Service 2:00 pm Reception follows Service	7 Board of Trustees 7:30 pm NA 7:00 pm	8 Meditation 7:00 am Chi Kung Class 7:00 pm	9	10 PIIN monthly meeting RE Committee 7:30 pm	11	12
13 Choir 9:30 am G.E. cert. delivery District NA 1:30 pm	14 NA 7:00 pm	15 Meditation 7:00 am Chi Kung Class 7:00 pm	16 UUs United 7:30 pm	17 Shelter Meal 9:00 pm	18 Newsletter Deadline!!	19 DownUnder Coffeeshouse 7:00 pm
20 Choir 9:30 am Communion Service 10:00 am Thanksgiving Dinner	21 NA 7:00 pm	22 Meditation 7:00 am Chi Kung Class 7:00 pm	23	24 Thanksgiving Day	25	26
27	28 NA 7:00 pm	29 Meditation 7:00 am Chi Kung Class 7:00 pm Program Comm. 7:30 pm	30			

UU Heritage Trip

Rev. Renee Waun and a committee from the East Suburban UU Church are working with the Unitarian Universalist Association's partnering office and Mr. John Dale, UUA staff in Transylvania, to plan a Unitarian Heritage trip to Rumania and Hungary for Pittsburgh area UUs next summer.

Unitarianism began in Transylvania, which now falls within the borders of both Rumania and Hungary. There are still tens of thousands of Unitarians in dozens of churches across Transylvania, so there are lots of sites to see in conjunction with our history.

Transylvania is an area of gorgeous scenery as it stretches across the dramatic peaks and valleys of the Carpathian Mountains. The group will fly into Bucharest on July 30, 2006 and return from Budapest on August 10. The trip will feature a visit to the castle of King John Sigmund who was the first and only monarch to declare a country Unitarian with true freedom of religion back in the 1500s.

Home stays will be arranged in native Unitarian villages, and the group will be able to see the country through a different set of lenses – and make new friends. And of course, a bit of Dracula folklore will be included just for fun.

UUs from all Pittsburgh-area cluster churches are invited to join this group. Please contact Rev. Waun directly if you are interested. The trip will be limited to 20 people, and we will be getting air fares that are discounted for church groups.

The total cost of the trip, including airfare is estimated to be around \$2500. Deposits of \$300 will be required to hold your place in the group. A detailed itinerary and timeline for payments are available.

Spiritual Day Out

Voices for a New Tomorrow is hosting an event on October 16 called *Spiritual Day Out*. This event will be held at Rodef Shalom in Oakland and will feature a keynote address as well as

experiential activities, workshops, and a concluding community service in which our own Rev. Dave will be participating. A workshop on "Searching for a Spiritual Home" will be presented by two of our area UU ministers.

The objective of Spiritual Day Out is three-fold: to celebrate the diversity of spiritual paths, to provide information about local spiritual and religious resources that are GLBT affirming, and to provide opportunities for participation in shared spiritual experiences.

For more information about attending Spiritual Day Out, contact Persad Center 412/441-9786.

Reduce Stress & Pain

Allegheny is the site for two programs being facilitated by Bryan Paul Mosser of the Center for Muscle and Joint Pain Release.

Morning Meditation takes place every Tuesday morning at 7:00 AM in the sanctuary. Bryan describes it as a way to discover your natural self beneath the stress, confusion and rush of everyday life. The suggested donation is \$5, and newcomers are invited to arrive at 6:45 to receive basic instruction.

The second program is a *Chi Kung* class presented every Tuesday evening at 7:00 PM in Founders Hall. Chi Kung means 'discipline of the energy,' and is similar to yoga in that it has 'postures,' however, the poses are easily accomplished by all ages and ranges of physical capability. Breathing exercises, eight simple exercise movements and other ideas will be introduced to cultivate chi, or energy. The cost is \$14 per single class or \$48 per month.

For more information, pick up a flyer on the brochure table.

Needs A Home

Small, very cute, spayed, indoor cat needs a home. She's about two years old. Please call for more info. Thanks. Sheryl Rodriguez.

Spiritual Day Out –
Come celebrate
the diversity of
spiritual paths,
learn about GLBT
religious resources,
and discover
opportunities for
shared experience

Update

By the time you are reading this, the first quarter of fiscal year 2006 will be finished! During this period, the Finance Committee has been busy closing out last year and setting up and streamlining the records for the current year. In addition, a task force (Kathy Kozachenko and Linda LeFever, plus Finance Committee representatives Ed Kinley and Jill Brethauer) has reviewed the FY2006 operating budget and proposed some adjustments to help balance the budget. The adjustments include both cutting some expenses and increasing our income and will be discussed with the Trustees in the near future.

One category of income that the task force proposes be increased is Sunday offerings. The most recent draft of our budget reflects estimated pledges and offerings of about \$60,200. That amount was based on trends in offerings received during the first nine months of last year; pledges made by members and friends during our spring pledge drive; 'guesstimates' of pledges and/or offerings from members who haven't yet made a pledge and from folks who discover us during the coming months; and some allowances for pledges that are made but cannot be fulfilled. Happily, we ended FY 2005 with total offerings of \$60,258. This compares very favorably with the \$56,000 that was budgeted and with offerings of \$46,732 received in FY 2004 and \$45,846 received in FY 2003. It seems reasonable to increase the offerings estimate for the FY 2006 budget.

Making a reasonable estimate is the easy part; the difficult part is to have the estimate come to fruition. Your help is needed! During our spring pledge drive, pledge forms were received from 44 households representing 58 members, as well as from several friends. Together, these members and friends pledged to make offerings of approximately \$54,200 during the period July 1, 2005 through June 30, 2006. To achieve \$60,200 (or more), we will

need to receive \$6,000 (or more) in additional offerings from members and friends who did not pledge, from new folks, and/or from members and friends who increase the pledge they already made. What a happy prospect: a congregation that is growing in size and in commitment to support our expanding programs and activities!

What can you do?

First, reflect on the importance to you of our congregation and our programs and activities.

If you made a pledge, thank you! Please try to keep your payments current. One-fourth of the fiscal year is now behind us. Have you already contributed one-fourth of the amount of your pledge for the year? Consider increasing your pledge if you are able.

If you haven't made a pledge, think about making one. Forms are available on the table in the Emerson Room.

Remember to use an envelope (also available in the Emerson Room) if you are placing cash in the offerings plate. Of the total offerings received during FY 2005, approximately \$3,200 consisted of bills and coins that could not be attributed to anyone; using an envelope will enable us to record your cash contributions against your pledge and – whether you pledge or not – to thank you!

Watch for the chart that the Finance Committee is developing to monitor and report total offerings.

In January, a letter will be sent to each household summarizing your financial contributions for the calendar year and reporting your 6-month progress toward your FY 2006 pledge. In the meantime, please contact Ed Kinley if you have any questions about your pledge and/or your offerings.

**What can you do?
First, reflect on
the importance
to you of our
congregation and
our programs...**

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 Donald Zeilman

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Universalist Church
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CONTACTS

Minister

Rev. David McFarland

Board of Trustees

John Engberg, President

Director of Religious Education

Kris Thomas

Director of Music

Kiki Barley

Finance

Bob Follette

Fund Raising

Linda Deafenbaugh

House

Donald Zeilman

Inreach Ministry

Sandra Kogut

Membership

Ann Sitrin

Program

Hazel Leroy

Religious Education

Kim Winbush

Social Justice

Jeanne Zang

Welcoming Congregation

Marie Engberg

Allegheny Web Site

www.alleghenyuu.org



Allegheny Unitarian Universalist Church
1110 Resaca Place
Pittsburgh PA 15212

WE ARE A SPIRITUALLY DIVERSE, ACTIVIST CONGREGATION