

# The Steel Chalice

Newsletter of the First Unitarian Universalist Church of Youngstown, OH  
Vol. 64, No. 11 November 2010



## Matt's Musings



Lots of good things in the air at UUYO! Many are listed in this newsletter -- Children's RE, Belonging to UUYO, Adult Forums, to name a few. Even more programs are still in the formative stages. Even though the details are not solid, I wanted to let you know about them.

I'd like to create a morning meditation group, meeting weekly at the church. Let's try Tuesday mornings at 9 am, for a half hour. This would be open to beginners and experienced meditators. I'd be happy to offer brief meditation instruction, and other attendees with their own practices could do the same.

Roger Jones is interested in starting a Socrates Cafe program at the church. This group would meet monthly for philosophical discussion on various topics. Socrates Cafe groups started a decade ago; there are hundreds meeting now around the world. Typical questions the group might consider: "What is a just war?" or "Who owns human life?"

We had an excellent discussion of Unitarian and Universalist history in the October program, "Our American Roots." Alan Tomhave has offered to continue this exploration, with my assistance, delving into some of the larger philosophical and theological issues that surrounded the development of our religious movement.

Finally, we plan to launch a program called "Harvest the Power" in November. This highly regarded program from the UUA combines both faith development and leadership development to help people move to the next level in their spiritual development and involvement in the church. Don't let words like "faith" or "leadership" daunt you, this is open to all.

As they used to say, "stay tuned" for more details on these programs! For updates check the website, [uuyo.org](http://uuyo.org), the UUYO Weekly Update email, our Facebook page, twitter (hashtag #UUYO), or stick to the tried-and-true method of talking to people at coffee hour.

See you in church! *Matt*

## Sunday Services -- 11 AM

All are welcome.

**October 31:** "We Are All Future Dead People"  
We celebrate "Dia de los Muertos" (Day of the Dead). You are encouraged to bring a photograph or token of remembrance for someone close to you who has died. We will have a brief ceremony to remember them (the photos and tokens will be returned to you). We'll explore the reality of our mortality, and what it means to a future dead person. This is the first of a two-part sermon series on life, death, purpose.  
Service Leader: Rev. Matt Alspaugh  
Worship Associate: Karen O'Malia

**November 7:** "Sisyphus Was On a Roll"  
In Greek mythology, Sisyphus is punished with a life sentence rolling a rock up a hill, only to have it roll down again. Sometimes our lives feel like this. Do we just roll the stone every day until we die? Are our lives in the end futile? Is hope merely a delusion? This is the second of a two-part sermon series on life, death and purpose.  
Service Leader: Rev. Matt Alspaugh  
Worship Associate: Karen O'Malia

**November 14:** "Kristallnacht"  
The "Night of Broken Glass" (9 Nov. 1938) provided a preview of the Holocaust. Historians are reluctant to claim a single moral of the story for any event, but we can place this event in its historical context and suggest some possible conclusions.  
Service Leader: Martin Berger  
Worship Associate: Judy Stone

**November 21:** "Gratitude through Service"  
Service to others around us is good for our souls; and we experience contentment, happiness, and gratitude--feelings some call the "warm glow" of service. As a church community, we endeavor to offer ways to be of service to others. We'll explore progress on our All-Church Social Justice Project proposals (schools, hunger, environment) and see how we might be of service through these, individually and as a church community.  
Service Leader: Rev. Matt Alspaugh  
Worship Associate: Ben Barnes

**November 28:** "Home for the Holidays"  
What is it about the holidays that amp up family tensions and make the family dynamics, well, just too dynamic? We'll explore some ways families behave, and how to get through the holidays.  
Service Leader: Tim Malone  
Worship Associate: Sarah Lown

## Reflections

October marked the beginning of the RE curricula. It was a close call, as we did not have a teacher lined up for the younger classroom for October. But, we did have a good deal of interest in the program; and we have re-vamped the rotation of the teachers. We have seven wonderful people who have volunteered to teach one of the Seven Principles three times this year. That covers the curriculum for the year. The seven generous people are Hillary and Alan Fuhrman-Tomhave, Kadey Kimpel, Liz Hill, Sarah Lown and Gabriel Palmer-Fernandez, and Margaret Haushalter. And, of course, we have Steph Corrette-Bennett graciously continuing to teach the older children. The Nursery is being watched by Hillary Lenton, a senior at YSU.



We have had other volunteers as well. Jim Converse made applesauce with the children the first weekend in October. Art Hewitt has also volunteered to come in one day and talk about space exploration.

I really appreciate all of the interest in the RE program. From the people who have volunteered, to the people who have offered suggestions and encouragement. It feels like the village is coming together to help raise our UU children!  
--BeckyAnn Harker

## Adult Forum—Sundays—9:30 AM

**November 7:** "Simplified Spirituality through Life Experiences" -- Carole Ann Drick

Carole Ann will talk about her experiences and the understandings that she has received, especially relating to loss and death. She will offer some things to try, such as meditation.

Carole Ann is one of the early organizers and supporters of the holistic health movement in nursing as well as a known leader in holistic nursing. Her love has been maternity nursing where she spent 12 years before she entered academia for over 10½ years only to return to a hands-on practice as Director of Conscious Awareness Inc. in Austintown, OH. She has authored or co-authored three books and numerous professional publications as well as four meditation CDs. Her international presentations have been numerous. Carole Ann and co-author Lynn Keegan have published a new book, *End of Life: Nursing Solutions for Death with Dignity* (October 2010). Her current focus is on assisting in the fundamental shift in consciousness beginning with inner peace and expanding to world peace. She views holistic health as a vital component of this shift, valuing and assisting both professionals and clients using many natural therapies and innovative stress-coping methods.

**November 14:** "Religious Education in the UUA"

We will view and discuss a DVD from the General Assembly provided by Jack Brizzi about an all-church performance project examining the seven principles of the UUA involving all generations working together. Youth/adults welcome.

**November 28:** " 'Easiness' in Our Life"

We are besieged by goods designed to make our life easier and by technological means for painlessly achieving health, wealth, and happiness. But how beneficial is this "easiness"? Lowell Satre will offer comments and invite discussion.

### 2011 Stewardship Drive

The 2011 Stewardship Drive at First Unitarian Universalist Church will be a bit different from the recent pledge drives.

For the first time in several years, we will be scheduling individual conversations with friends and members. While finances are a critical part of the drive – where would we be if we could not pay the electric bill -- conversations are geared to learning what each person values here at UUYO and what dreams they have for the church's future. One goal of the drive is to help individuals find their unique niche here, whether it is in adult religious education, serving on a committee or helping out with the varied programs we all enjoy and value.

The drive started Sunday with the traditional Soup and Bread Luncheon. At the tables was a brochure that gave a progress report on our 2010 goals and a summary of many of the programs your generosity supports. Those brochures are available on the table at the back of the Sanctuary.

In the coming days, stewards will be contacting people to arrange one-on-one meetings. They will be distributing a second brochure that talks about our goals for 2011. We hope the exchange of ideas about the church will be rewarding for all. After a brief discussion about the church, stewards will deliver the individual's pledge card, which can be filled out and returned to the steward in a sealed envelope, mailed back to the church or deposited in the collection plate on any upcoming Sunday.

If you do not hear from a steward right away, please be patient. Many are working around work and travel commitments.

Anyone with questions or concerns can contact Steve Oravec, Finance Committee Chair, 330.219.9994, or Minister Matt Alspaugh. Detailed financial information is available as well to anyone interested in the budget.

Stewardship has been defined as taking care of something we value and enabling it to grow. That is what the 2011 campaign is all about. Our church has had a dramatic impact on the lives not only of members and friends, but of our neighbors on the Northside of Youngstown. It is a tradition we all value; and through generous donations of time and money, we can let our light shine even brighter in the coming year. Steve Oravec

### Treasurer's Report

Now that the hot and hectic days of summer have passed us by, the cool and crisp breezes of late fall call us back to our UUYO community and remind us that we are heading into the final months of the calendar year. If you haven't done so already, please take some time to wander down to the refurbished Channing Hall. I think you will be amazed at the transformation! We now have a bright and beautiful hall that beckons members and visitors to sit and stay for a while. This was made possible because of the vision, gifts, and efforts of past and current church members. We hope everyone will make the most of this treasure by joining us for coffee hour every week as well as for future gatherings and social events (continue to check your newsletter).

As Treasurer, I believe it is my responsibility to keep the congregation up to date with regards to the fiscal status of the church. I am very pleased to announce that as of September, we are in fairly good financial standing. From January through September, we collected \$75,750.00 in pledges and Sunday donations. We budgeted for \$78,500.00. We have met or exceeded our monthly budgeted pledge income for five of the previous nine months. When we consider the current economic conditions and the fact that members have also contributed thousands of dollars to replenish the endowment fund, I am extremely impressed with the generosity of this congregation! We have accomplished much during the past nine months. Pledged income is the primary source of revenue for our church's operating expenses. The combined efforts of our minister (Matt Alspaugh), Board members, and numerous congregants have brought renewed vitality and vision to the church and have increased the visibility of this congregation within the Youngstown and Ohio-Meadville communities.

In order to reach the goals of this congregation and enhance outreach into the surrounding community, we need to maintain our pledge giving. Over the past few years, our congregation has always found a way to reach the goals set at the beginning of the year. Considering our current successes, I am extremely confident in the congregation's ability to fulfill our fiscal responsibilities and look forward to keeping everyone updated on our progress.

Joshua Corrette Bennett, Treasurer

## Belonging to UUYO

On Saturday, November 6, from 9 AM to 1 PM, we'll have a gathering called "Belonging to UUYO."

This is for anyone who is thinking about joining or who has joined in the last couple of years. In this fun and informative gathering, we'll get to know each other and learn a bit about this church and Unitarian Universalism. We'll have an overview of the history of the church, learn about how things get done at UUYO, and meet some of the leaders and doers here. We'll also take a tour of the building, maybe uncovering a few secrets along the way. A brunch will be provided. Those who have not joined but want to will have an opportunity to join at the end of this gathering. Those who couldn't make last spring's Belonging to UUYO are welcome (and those who want to repeat are welcome too!).

On Sunday, November 7, our service will include a New Member Welcome Ceremony. If you have joined since our last Welcome Ceremony (in April) or joined in the last two years and were not able to attend that April ceremony, we invite you to join us in this service. This is an important and meaningful welcome ritual, not only for new members, but for the entire congregation. If you are a new member, we hope you will come and participate.

## Thanksgiving Dinner Sunday, November 21

We will be holding our annual Thanksgiving Dinner after Church on Sunday, November 21.



Sign-up sheets will be down on the counter in Channing Hall. Some of the items needed for the dinner are:

mashed potatoes, dressing, sides  
and table centerpieces

Contact Kadey Kimpel if you have any questions.  
(330.856.4294)

## Book Discussion Group Wednesday, November 17--7:30 PM

We will discuss The Siege of Krishnapur by J.G. Farrell. Winner of the Booker Prize, this book is both a gripping tale of the siege of a remote British outpost during the Indian Mutiny of 1857 and a fascinating and blisteringly comic novel of ideas.



Farrell's picture of the British Empire in crisis raises questions with a bearing on contemporary conflicts between East and West.

## Dream Group Tuesday, November 16 - 6-8 PM UUYO Youth Group Room

A chance to explore as a group the insights and messages of our dreams. Bring a dream to share.



Contact Liz Hill [liz@lizhill.net](mailto:liz@lizhill.net) if you have questions.

## News - Members and Friends

### In Our Thoughts

We extend our sympathy to Jack Brizzi on the death of his son, Jack, Jr. A Celebration of Jack Jr.'s life will be held at UUYO on November 6 at 4 PM.



Our sympathy also goes to Dianna Mason and her family on the death of Dianna's mother last month.

Jennifer Centric is settling in and has already joined a UU choir. She says she misses Marcellene's music and sends her love to all at UUYO.

*Do you know of anyone who is in need of a card or a call? Notify Luanna Jacobs, Chair, Caring Committee at 330.758.4142.*

## Equal Exchange News

Now that cooler fall weather is upon us, are your thoughts turning to hot chocolate? Equal Exchange has a variety of yummy drinks to warm you. Hot Cocoa is made with organic nonfat milk, so you just add hot water. Spicy Hot Co-



coa contains cinnamon and cayenne pepper, for an extra zip added to hot milk. Use Baking Cocoa in any recipe, or mix it with hot milk and sugar to your own taste. This year we have a new product—Drinking Chocolate, which promises to be a very tasty and rich beverage. All are \$7.00 per can.

Also on tap this fall are two new chocolate bars: Caramel Crunch with Sea Salt and Dark Ecuador, a single-source bar, plus one variety we haven't had for a while but is already proving to be a favorite: Chocolate with Espresso Bean. These luscious treats, which are Fair Trade and Organic, still sell at \$4.00 a piece or 2/\$7.00.

Many, many thanks to the entire Equal Exchange crew who worked so diligently during the Farmers' Market in the summer: Carole McWilson (who kept the schedule), Catherine Powers, Kadey Kimpel, Joan Bushey, Liz Hill, Marcia and Ralph Malmer, and Tony Storti. Thanks also to Dianna Shaheen for directions on selling sweet treats, which were a customer favorite and added to the fund-raising element of the Equal Exchange table. Join in the fun next summer—meet people, get your fresh produce, and help the church, all at the same time! See Carole or Market Manager Jim Converse to get involved.

Our Equal Exchange Fair Trade program helps on many levels. Local farmers receive a fair price for their goods and labor, the Unitarian Universalist Service Committee gets a percentage of our sales for their humanitarian efforts, and we enhance our church budget, all from your purchase of excellent coffee, tea, chocolate, and snack products. Visit the cart on Sunday mornings after church, and even try your hand at helping to sell. It's a very "soft sell" job and a great way to meet and visit with our members and friends.

Ellen Satre and the Equal Exchange Team

### Harvest the Power

This fall we will explore our congregation's strength and spiritual development through the UUA's latest personal development curriculum--Harvest the Power.

If you are interested in knowing more about this, please contact Diane Barnes at 330.744.0419 or [dbarnes@ysu.edu](mailto:dbarnes@ysu.edu); or call our minister, Matt Alspaugh, at the church office or [minister@uuyo.org](mailto:minister@uuyo.org).

More information on the curriculum is also available at [www.uua.org](http://www.uua.org).

### Stretch & Creative Movement Class Tuesdays--6 - 7:30 PM---Channing Hall

Classes include yoga, stretching, muscle strengthening/toning and creative movement with simple choreography.

Join us and take some time for yourself to focus on posture, breathing and the joy of movement.

Suggested donation to defray costs will be \$20 per month. Call Susan Callen Miracle at 330.759.8215.

### Women's Alliance Saturday, November 13--12:30 PM

We will meet at the Springfield Grill on Tiffany Blvd. in Boardman.



### Coffee House--The Cocoa-Mocha Family Friendly Entertainment



The Welcoming Congregation Committee is sponsoring a Coffee House--"Cocoa-Mocha"--in Channing Hall for all families/friends of our LGBT community.

We will meet on Friday, November 19, from 7-10 PM. Hope to see you there.

### Talent Auction Items

Marcia Malmer reminds us of her ongoing offer to do clothing alterations or repairs at a rate of \$10 per hour, paid to the church. Contact her at 330.792.9695.



### Building & Grounds Work Party Saturday, November 20 - 10 AM



Come out and join us. There's much to do.

### December Newsletter Deadline

The deadline is Monday, November 15. The newsletter will be coming out a few days earlier than usual due to Thanksgiving.

### Sunday Presentations

This is just a reminder that the texts for Sunday morning presentations are available online at the church's website [uuyo.org](http://uuyo.org). Click Recent Sermons.



# November 2010



SUN	MON	TUE	WED	THU	FRI	SAT
All events are held at the church unless otherwise stated.						
	1	2 S&CM class 6-7:30 PM	3 COM meeting 6:30 PM	4	5	6 Belonging to UUYO 9-1 <u>Tara Dance</u> 1-3 PM Jack Brizzi, Jr. Memorial Service--4 PM
7 Sunday Service 11 AM <u>New Member</u> Ceremony Adult Forum 9:30 AM	8	9 Board Meeting 6:30 PM S&CM class 6-7:30 PM	10 Food Co-op 5-6:30 PM	11	12	13 Women's Alliance 12:30 PM <u>Springfield Grill</u> Treez Please fundraiser 5-10 PM
14 Sunday Service 11 AM Adult Forum 9:30 AM	15 WPNA meeting 6 PM Newsletter deadline	16 S&CM class 6-7:30 PM Dream Group 6-8 PM	17 Book Discussion Group - 7:30 PM	18	19 Cocoa Mocha 7-10 PM	20 B&G Work Party 10 AM
21 Sunday Service 11 AM Thanksgiving dinner 12:15 PM	22	23 S&CM class 6-7:30 PM	24	25 Happy Thanksgiving	26	27
28 Sunday Service 11 AM Adult Forum 9:30 AM	29	30 S&CM class 6-7:30 PM				

## General Assembly Report Minneapolis, Minnesota

There are these two fish swimming along, and they happen to meet an older fish swimming the other way, who nods at them and says, "Morning boys, how's the water?" The two young fish swim on for a bit, and then eventually one of them looks over at the other and goes, "What the hell is water?" This is a quote from author David Foster Wallace. I heard the quote during the workshop titled "The Necessity of Virtue" delivered by minister Galen Guenrich from All Souls Unitarian in NYC. The quote by Mr. Wallace translates to the following: the most important realities are so obvious but the hardest to see. What it takes to uncover them is awareness, attention, discipline and effort.

This example was given to explain transcendence, one of Aristotle's virtues--the others being wisdom, courage, compassion, justice, temperance, and hope. What this workshop investigated was how do we live an ethical life, and what are our sources for doing this. The two ways of doing this are either by Divine guidance or by outcomes. The speaker says, "Divine commands are merely human ideas in Divine garb; and the greatest good for the greatest number can trample the needs of the few." The answer is to live the way human beings should live. We accomplish this by living a virtuous life of excellence, being the best you can be. All of us have the capacity for moral excellence--to be wise, courageous, compassionate, just, temperate, transcendent, and hopeful. Man has this ability, not by salvation from original sin, but through centuries of evolving into beings with character.

Mr. Guenrich's first session was "The Key to Happiness." This is achieved through man's ability to think and reason, which enables us to know what is right and wrong. This is what we call character or virtue, the key to happiness. He states that the world needs moral heroes, not gods for us to live together in a civilized world; and Aristotle was one of those heroes. What's interesting is that Aristotle came before Christianity, which moved away from individual virtue to the idea that man is basically flawed, the idea of original sin as articulated by St. Augustine.

As always at GA, the exhibit hall was packed with many UU items of interest ranging from clothing, jewelry, bumper stickers, buttons, along with informational booths about UU organizations. One of those organizations is the UU publisher Beacon Press. Every year I make sure I purchase something to enrich my knowledge about liberal religion or just knowledge in general. This year I recommend "Great Quotations on Religious Freedom" by Albert J. Menendez and Edd Doerr. To me this book explains the importance of religion to humans and also the nonreligious and the passions on both sides. Equally significant is the book *Good without God, What a Billion Nonreligious People Do Believe*, written by Greg M. Epstein, a Humanist chaplain at Harvard. This is one of the most thoughtful and eloquently written books I have ever read. The book is well researched, and the subject is certainly timely. In my next article I will share information about the book.

Peace, Jim Rogers

PS. If you want to read some inspiring sermons, go to All Souls Unitarian Church, NYC and read what Galen Guenrich has to say.

Now this is a quote from me: "It's been said that the road to heaven is paved with good intentions, but often the road to ignorance is paved with the writings from sacred texts."

## Nametags



Now that we have an operating nametag board, it's time to have new nametags and holders. If you're happy with your nametag as its written, you need do nothing. If you would like to change it, or add a line of text, perhaps describing your role in the Church, what you do as a job or avocation, or just a fun quote, please write that on your current nametag. If you would like an image, photo, drawing, picture from a magazine or book to appear behind your name, put that image into an envelope with your nametag and leave it on the back table.

## Treez Please Fundraiser

Saturday, November 13, 2010--5-10 PM  
Channing Hall, First Unitarian Universalist Church

Treez Please will hold a celebration and fundraiser for its internship program. The current program, funded by a grant from the R.J. Wean Foundation, employs six part-time interns who are learning to select and plant trees suitable to the urban environment and to work with neighborhood residents in siting, planting, and maintaining trees, either on their own property or on devil strips.

Funds raised at the November 13 event will go toward next year's program, which will employ and train a new group of interns. Interns are selected through an open search publicized in the community.

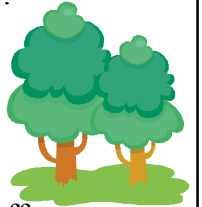
Featured at the event will be:

Food by Marla Herrmann

Beer from Rust Belt Brewery

Wine, Local Cider, Fair Trade Coffee

Live Music



The fundraiser is open to the public, and there is no charge to attend. Money will be raised through the sale of food and beverages, a 50/50 raffle, and both Chinese and silent auctions of donated goods and services. If you wish to donate auction items, please contact Susie.

For more information, please contact:

Amber Foster 330.286.0688  
[amberlynnfoster@gmail.com](mailto:amberlynnfoster@gmail.com)

Susie Beiersdorfer 330.881.1050  
[slbeiersdorfer@neo.rr.com](mailto:slbeiersdorfer@neo.rr.com)

## Tara Dance

Immerse your body, speech and mind in meditation through simple, powerful dance and chanting. The Mandala Dance of the 21 Praises of Tara has been taught all over the world.

Cost: Students \$5, Adults \$10 (per session)

Dates: Nov. 6, Dec. 4, Jan. 29, Feb. 26, Mar. 26, Apr. 23

Time: 1-3 PM

Place: First Unitarian Universalist Church of Yo.

Contact Julie Thomas at [jethomas@ysu.edu](mailto:jethomas@ysu.edu) or 330.941.1735.



## Church Office Hours

Monday, Tuesday, and Thursday  
9 AM - 3 PM



Daylight Savings Time ends on November 7 -- Turn clocks back one hour!

# First Unitarian Universalist Church

## of Youngstown

UNITARIAN UNIVERSALIST ASSOCIATION

1105 Elm St.

Youngstown, OH 44505 330-746-3067

office@uuyo.org www.uuyo.org

Time Dated Material

Staff:

Rev. Matt Aispough, Consulting Minister

BeckyAnn Harker, Religious Education Director

Diane Thomas, Church Administrator

RETURN SERVICE REQUESTED

## LEADERS:

Board Members

Diane Barnes, President

Karen Stangl, Vice President

Joan Bushey, Secretary

Joshua Corrette-Bennett, Treasurer

Larry Wire, Trustee

Tim Raridon, Trustee

Jim Rogers, Trustee

Steve Oravec, Finance Chair

Committee Chairpersons

Martin Berger, Building & Grounds

Luanna Jacobs, Caring

Lowell Sate, Endowment

Betsy Johnquest & Kadey Kimpel, Hospitality and Membership

Pat Rosenthal, Nominating

Gerard Kelly & Susie Beiersdorfer, Social Action

Judy Stone & Melissa Smith, Sunday Services

Diana Shaheen, Welcoming Congregation

Margaret Haushalter, Women's Alliance

Karen O'Malia, Worship Associate Coordinator

## Mission Statement

Our Mission is to build a diverse and transformative spiritual community, help people live lives of wholeness, and promote justice, peace, and religious freedom.

## Unitarian Universalist Association Principles and Purposes

We, the member congregations of the Unitarian Universalists Association, covenant to affirm and promote:

-The inherent worth and dignity of every person

-Justice, equity, and compassion in human relations

-Acceptance of one another and encouragement to spiritual growth in our congregations

-A free and responsible search for truth and meaning

-The right of conscience and the use of the democratic process within our congregations and in society at large

-The goal of world community with peace, liberty, and justice for all

-Respect for the interdependent web of all existence of which we are a part.

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