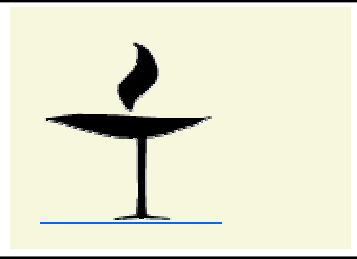


The Steel Chalice

Newsletter of the First Unitarian Universalist Church of Youngstown, OH
Vol. 65, No. 4 April 2011



MATT'S MUSINGS

Is it possible to know too much about your health?



I just finished the book

"Overdiagnosed: Making People Sick in the Pursuit of Health" by Dr. Gilbert Welch. Welch argues that, in an effort to stay healthy, we expend too much effort looking for disease. Specifically, we use screenings and scans to look for abnormalities that might indicate disease. While some abnormalities, like high blood pressure, are strongly linked with disease, many, like abnormal PSA and many genetic markers, are only weakly linked. Increasingly powerful imaging scanners find smaller and smaller lumps, spots, 'incidentalomas' (as doctors call them), and other abnormalities; and most of these are not disease. Even if they are disease, many could best be left untreated. Yet the doctor wants to treat; and the patient wants a cure, so neither doctor nor patient thinks through the costs and risks of surgery, chemotherapy, radiation, and medication.

Welch depends heavily on statistics to build a case for his claim, and sometimes this is tough reading. Most compelling are several graphs that each show steadily rising rates of diagnosis of various types of cancer over recent decades, but the resulting death rates remain constant. Welch uses these to show we're finding more cancers earlier, but all that early diagnosis is not helping more people survive.

My own modest story supports Welch's case. A doctor offered to treat a minor condition (an abnormality) with medication that created another abnormality; he then offered to treat that side effect with another medication. I decided all this wasn't worth the hassle. A wiser doctor advised me bluntly: "Live with it, it's part of aging."

Family members around me have not been so lucky; and they have undergone surgery and medication that, in hindsight, probably were not helpful. Moreover, having a diagnosis can make it difficult to find insurance (happened to me!), though we hope the 2009 health insurance reform will fix that.

Welch concludes: "Each of us needs to consider where [we want] to be.... Some may prefer to pursue health: to focus on feeling healthy and minimize medical contact while they are well. They may accept a slightly higher chance of death or disability to minimize the chance of medicalization, overdiagnosis and overtreatment now.... Others may want to pursue disease: do everything they possibly can to be healthy in the future and to decrease their chances of experiencing death or disability -- even with the knowledge that they are more likely to be diagnosed with disease, more likely to be frequently exposed to medical care, and more likely to suffer harm."

From a spiritual perspective, this is a decision about knowing; about the value of not laboring to know something if that knowledge will not be helpful or life giving. I realize that the idea of choosing ignorance is anathema to many Unitarian Universalists who want to know everything. But there are limits to what information is knowable or even useful. Living within those limits requires humility, especially when one's own health and life is in the balance.

See you in church! Matt

SUNDAY SERVICES - 11 AM ALL ARE WELCOME.

March 27: "Images, Symbols, and Reality"

Symbols and icons are central to many religions, though Unitarian Universalism has few beyond the flaming chalice. What makes symbols, icons and images valuable? Are there universal themes in such symbols?

Service Leader: Rev. Matt Alspaugh
Worship Associate: Ben Barnes

April 3: "Celebration of the Arts"

This service celebrates the arts. Both children and adults will read from their own writings and Marcellene Hawk Mayhall will accompany Elsa Higby and also play selections appropriate to the theme. Elsa is the director of "Grow Youngstown." After this you'll know her as a professional singer with a glorious voice.

Service Leaders: Roger & Gloria Jones

April 10: "Life on the High-Wire of Faith"

Articulating our non-doctrinal, non-creedal faith can be as tricky as balancing on a high wire. We'll consider this faithful balancing act together!

Service Leader: Rev. Carmen Emerson
Worship Associate: Karen O'Malia

The Rev. Carmen Emerson is the new minister of the UU Church of Meadville, PA. She holds an M.Div. from Andover Newton Theological School. Prior to entering ministry, she managed a bonds and securities law firm in FL.

April 17: "Insatiable Is Not Sustainable"

We celebrate Earth Day, April 22, with the start of a week of activities around appreciation of earth. We'll explore our American propensity to seek more and better, and consider what limits us. Can we find a balance?

Service Leader: Rev. Matt Alspaugh
Worship Associate: Susie Beiersdorfer

April 24: "Easter: Reclaiming Paradise"

In the first millennium, Christianity placed Jesus among us, in an earthly paradise, but later moved him away, on the cross, out of reach and out of time. Why did this happen? What was lost? What can we learn from Christian history?

Service Leader: Rev. Matt Alspaugh
Worship Associate: Karen O'Malia

May 1: "All Our Animals Are Already Blessed"

In this multigenerational service, we'll explore the importance of animals in our lives. This service includes an animal blessing service (more for us than for them!). You are invited to bring your well-behaved pets, or pictures of your pets, to the service.

Service Leader: Rev. Matt Alspaugh
Worship Associate: Margaret Haushalter

*** Indicates RE children will begin in the Sanctuary.



CHURCH OFFICE HOURS

Monday, Tuesday, & Thursday -- 9 AM - 3 PM

**ADULT FORUM
SUNDAYS - 9:30 AM-CHANNING HALL**

March 27: "Social Action Project"

Learn how the Northside Farmers' Market helps local farmers and makes fresh fruits and vegetables available to people in our area with limited budgets. Also learn how you can help.



April 3: "Coping with Singlehood after Separation, Divorce, or Widowhood"

Dawn Rouse Jordan, a new member of the church, will discuss resources of support after becoming single.

April 10: "Social Action Project"

We will begin discussions about the formation of a food co-op. The goals of the project are to link local farmers with customers, including institutions such as hospitals.

April 17: - "Green Sanctuary"

Matt will tell us about the UU Green Sanctuary movement as we explore ways to tie our food project to protecting the environment.

April 24: No Adult Forum

**ADULT EDUCATION CLASSES:
SPIRIT OF LIFE**

April Dates: April 14 & April 28 at 7 PM

April Topics:

April 14 - "Giving Life the Shape of Justice: Loving Your Neighbor and Yourself"

April 28 - "Roots Hold Me close: Tradition, Teachers, and Spiritual Formation"

Spirit of Life is a small-group exploration of Unitarian Universalist spirituality. Each session will explore a different aspect of spirituality, including topics like "Nature and Spirit," "Everyday Spirituality," "Celebrations and Rituals," and "Spirituality of Working for Change."

Rev. Matt Alspaugh will lead this program. While participants are encouraged to attend as many classes as possible, each class can stand alone. Newcomers are especially welcome. Childcare can be provided with advance notice.

Reflections

The children and youth have been working very hard on art projects that will be displayed at the Spring Fling Art Show in Channing Hall on April 3. Come see what we have created, and what Gloria and Roger Jones and Marcia and Ralph Malmer have helped us make!

We had a wonderful multigenerational event at the end of February. The children and youth polled the whole congregation on their theological beliefs to find out "Where Does Our Congregation Stand?" The results were quite interesting. Everyone got to choose 3 statements with which they most agree. Our congregation is quite a mix! The top 3 statements, earning 24 or 25 votes, included believing that science will help us understand the universe, that God is in nature, and that there are many different thoughts about God. Of the people who voted, there were 9 atheists and 8 agnostics! No one had voted that Jesus makes them feel closer to God. Actual results are listed below.



Coming up in April, the kids will start in the sanctuary on April 3 to kick off the Spring Fling Art Show, and there will be a full multigenerational service on Easter Sunday. --BeckyAnn Harker

Theological Poll Results (from 2/27/11)

1. We can use science/reason to understand our Universe (25)
2. I find God in nature. (24)
3. There are probably as many ideas about God as there are people. (24)
4. God and the Universe are the same--God is in everything and everyone. (20)
5. There's a spark of divinity in each of us. (19)
6. God is present in the relationships among people. (15)
7. God is my conscience calling me to make the world a better place. (12)
8. There's no such thing as God, and even the word is meaningless. (9)
9. There is no way we can know whether or not there is a God. (8)
10. Creation is on-going, and we are co-creators with God. (7)
11. God cares for us and listens to our prayers. (5)
12. God is like a loving mother who sustains us and all life. (5)
13. God created the universe and then left it to run itself. (2)

INTRO TO UU-12:10 PM--SUNDAY, APRIL 3 & 17

Visitors and new members are invited to join Rev. Matt Alspaugh for a short, relaxed introduction to Unitarian Universalism and to First UU of Youngstown. Get coffee or tea and join us at the west end of Channing Hall. Matt will provide a few minutes of commentary and answer questions.

BITS FROM THE BOARD

Greetings! Congratulations to all the new members of UUYo who participated in both the Introduction to UUYo on March 19 and the New Member Service on March 20! We are glad you're here and look forward to helping you grow, while your presence helps us grow.

The Growth and Vitality team attended the third in a series of six workshops at Akron UU. Rev. Matt and Karen Stangl, Tim Raridon and Kadey Kimpel helped set some goals for the next six months that they'd like to share with you:

1. We'll work on "Branding" UUYo--for example, creating and using a logo;
2. Continuing marketing using social media resources, and developing New Member Information packets;
3. The Team has pledged to meet twice before the next multi-congregational meeting in September;
4. Working with the Nominating Committee to provide opportunities for Leadership Development.

Do any of these goals appeal to how you'd like to become more involved in lay-leadership at UUYo? Please let us know!

Thanks to the help of Larry Wire, the Board is moving forward on the basic framework for policies on accepting donations to the church, and a child care policy. These policies aren't altogether new - they will be added to the collection of policies we've already put together to help clarify some of the roles and processes that we already follow.

We're looking forward to our April meeting on the 12th in the board room at UUYo. Remember, meeting minutes are always available on the bulletin board outside the office, and you can ask any of us questions at any time.

Happy Spring!

Karen Stangl

NEWS - MEMBERS AND FRIENDS

New Members:

Please welcome the following new members into our congregation:



Gary Davenport--is a student at YSU studying Linguistics and Philosophy, vice president of University Affairs with the Student Government Assoc., and an active member of WPNA.

Ashleigh Davis--is married to Jason and has a daughter Analise (2 years old) and a son Corbin (4 months old).

Lei Gigax--is a student at YSU.

Michael Hill--was once a member, moved to Cleveland, and has returned after a 10-year absence.

Sarah Jordan--is with Mark DeBruin, a member of our church, and has a daughter Kalista. She's been involved in other UU churches also.

Sarah Lowry--is a student/instructor in YSU's American Studies program and is very interested in engaging people in all areas of their lives.

Kristin Pacak--is married to Joe and is a registered nurse at St. E's. She likes bike riding, bird watching, gardening, and the arts.

Terri Rivera--loves abstract paintings and is looking forward to doing something great here at the UU Church.

Dawn Rouse Jordan--enjoys reading. She also belonged to the Athens Unitarian and the Ohio Valley UU Church.

Molly Toth--is a student studying Anthropology and Gender Studies. She travels frequently and does archaeology and loves animals and reading.

MEMBER NEWS

Addresses, phone numbers, etc. for new members are in the 2011 Directory. Hard copies are available at the back of the sanctuary or on the Church's website.

Do you know of anyone who is in need of a card or a call? Please notify Luanna Jacobs, Chair, Caring Committee.



DREAM GROUP WEDNESDAY, APRIL 6 - 6-8 PM UUYO Youth Group Room

This is 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 if you have questions.

ACTION FUNDRAISING BANQUET

This will be held on Thursday, April 7, at Mt. Carmel. Bishop Murray will be the speaker. The Wean Foundation will be honored.

For tickets: call Norma Anderson

WOMEN'S ALLIANCE - SATURDAY, APRIL 9

Women's Alliance will meet at 12:30 PM at the Stonebridge Grille and Tavern, 1497 Boardman-Canfield Road. This is the former Rockne's Restaurant. Hope to see you there.



Call Margaret for reservations.

OUR SOCIAL ACTION PROJECT

We are getting off to a fast start, with the MLK Elementary Pumpkin Patch project. A pumpkin patch seemed like a manageable project. Pumpkins and possibly some gourds or squash will survive the summer with relatively little care compared to a full-fledged vegetable garden.

Three people from the church, Rev. Matt Alspaugh, Carole McWilson and Jim Converse, met with the principal and agreed to have the church help develop a pumpkin patch. Through the special collection March 20, we will supply funding for soil test, seeds, etc., and direction for students, who will be learning about gardening. We hope to have a celebration in the fall where students will enjoy their harvest.

Carole will coordinate the project with the school. There will be several chances for individuals to take part: soil testing, preparation of the garden, planting, summer watering to name a few. Contact Carole if you are interested.

To learn more about the Social Action project, attend the March 27, April 10, and April 17 Adult Forum programs.

On another front, our Church co-sponsored a Wick Park Cleanup Feb. 26. The following is a thank-you letter published in the *Jambar* by Gary Davenport, Vice President for University Affairs Student Government Association.

"I would like to extend my thanks to the following participants and sponsors who gave the time and resources that made last Saturday's Wick Park Cleanup not only possible but wildly successful.

Nearly 60 individuals, members of Alpha Kappa Mu, Alpha Omega Pi, the Campus Crusade for Christ, the Coalition for Christian Outreach, the First Unitarian Universalist Church of Youngstown, IEEE, Iota Phi Theta, Model UN, Roots & Shoots, Sigma Chi, Sigma Tau Gamma, the Student Government Association, Tau Kappa Epsilon, the Wick Park Neighborhood Association, and Zeta Tau Delta, as well as YSU administration and faculty, participated.

These volunteers cleared snow from the sidewalks on Elm St between Broadway Ave and Park Ave from 10 AM to 12 PM on the 26th of February.

Sponsoring the event with important necessities were the First Unitarian Universalist Church of Youngstown, which gave its spacious Channing Hall for use as headquarters; the Lemon Grove Café, which donated several pots of hot, strong coffee; Wal-Mart, which gave a \$50 gift card; White House Fruit Farm, which donated five dozen tasty doughnuts; the City of Youngstown's Litter Control & Recycling, which donated useful supplies; and YSU's Grounds Department, which lent 20 snow shovels. Thanks to these individuals and organizations, Elm St. churchgoers on the following Sunday were safe from the snow that has long plagued sidewalks in this city.

Furthermore, these volunteers, who mixed their labor with the neighborhood and joined together indiscriminately of affiliation, showed the community that we're here and we care. Curious students who with questions about living on the North Side now have a direct route to the relevant answers: active engagement. The importance of last weekend's event can not be overestimated, nor can the gratitude to those who participated in it. We have laid important groundwork for future endeavors. Thank you."

**BOOK DISCUSSION GROUP
APRIL 20 - 7:30 PM**

For the April meeting, we will be discussing ***Empire of Illusion*** by Chris Hedges:



In the tradition of Christopher Lasch's ***The Culture of Narcissism***, Pulitzer Prize-winner Hedges charts the dramatic and disturbing rise of a post-literate America that craves fantasy, ecstasy, and illusion.

EASTER PANCAKE BREAKFAST

On Easter Sunday, April 24, the traditional family pancake breakfast is being planned.



More details will be announced in early April.

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.

**COFFEE HOUSE-THE COCOA-MOCHA
FAMILY FRIENDLY ENTERTAINMENT
FRIDAY, APRIL 15 - 7-10 PM**

We will be meeting in Channing Hall.

Cocoa Mocha is a family-friendly gathering that provides a safe space for all LGBTQ youth and allies. We get together every third Friday of the month in Channing Hall for workshops, music, dancing, and good food.



All LGBTQ people and allies are welcome.

**BUILDING & GROUNDS WORK PARTY
SATURDAY, APRIL 16 - 10 AM**

We'll attempt to deal with whatever damage entropy and other troublemakers have inflicted.



Come out and help and enjoy the company. Remember there's always coffee and donuts.

April 2011

SUN	MON	TUE	WED	THU	FRI	SAT
All events are held at the church unless otherwise stated.						
					1	2
3 Sunday Service 11 AM Adult Forum 9:30 AM Intro to UU 12:10 PM CLM - 1 PM	4	5 S&CM class 6-7:30 PM	6 Dream Group 6-8 PM Socrates Café 7 PM CLM - 7 PM	7	8	9 Women's Alliance 12:30 PM
10 Sunday Service 11 AM Adult Forum 9:30 AM CLM - 1 PM	11	12 Board meeting 6:30 PM S&CM class 6-7:30 PM	13 CLM - 7 PM	14 Spirit of Life Adult Education class 7 PM	15 Grow Youngstown. Workshop-10-1 PM Coffee House Cocoa Mocha 7-10 PM	16 B&G Work Party 10 AM
17 Sunday Service 11 AM Adult Forum 9:30 AM Intro to UU 12:10 PM Newsletter deadline CLM - 1 PM	18 WPNA meeting 6 PM	19 S&CM class 6-7:30 PM	20 CLM - 7 PM Book Discussion Group - 7:30 PM	21	22	23 Tara Dance 1-3 PM
24 Sunday Service 11 AM Pancake Breakfast CLM - 1 PM 	25	26 S&CM class 6-7:30 PM	27 UU Philosophy 7 PM CLM - 7 PM	28 Spirit of Life Adult Education class 7 PM	29	30

SOCRATES CAFÉ-WEDNESDAY, APRIL 6

We're bringing our minds together to discuss important things. We select the topic of the meeting when we meet, and we give everyone an opportunity to express their opinions, women and men, short and tall, etc., etc.

We meet at 7 PM at the Church Everyone is welcome.

The leader will see that each person writes a topic for discussion that most interests them. The leader will read them all off to be voted upon. The two topics that receive the most votes will be voted on a second time to select the topic for the night.

When a person wants to speak to the topic, they will so indicate to the leader of the night. The leader will see that each and every person will have his or her turn. One other rule--no one can talk for longer than one minute at a time. The goal is to think, discuss, laugh and ponder.

EARTH DAY EVENTS

Earth Day Gathering
Kilcawley Center at YSU
Wednesday, April 20, 2011
9 AM - 1 PM

Earth Day Event
Lemon Grove Cafe
Friday, April 22, 2011



Treez Please will be participating in both events.

CIRCLE SUPPERS ARE COMING MAY 21

Circle Suppers are pot-luck dinners held in someone's home. Their purpose is to extend your circle of friends at the UUYO congregation. People eat, drink, be merry, and converse on all sorts of random topics from art to zoology.

If you Google Circle Suppers, the first two pages are events held at various UU congregations so this may be almost as UU as chalice lightings and Flower Communion. It is now being started at UUYO by two members who are new to this congregation but longtime UU's.

You can sign up by filling out the form below and putting it in the large envelope in by the coffee window by May 8. More info is also located there. Alternatively email Jordan.182@osu.edu by the deadline.

After you sign up the organizers will organize the hosts and guests. The hosts will be notified of their guests. It is their job to then contact each guest with directions to their house and to organize the dinner by assigning a course (e.g. appetizers, dessert). The guests bring themselves and the dish, whether homemade or bought.

Mark DeBruin and Sarah Jordan

Name(s):	
Number of adults attending:	_____
Number of kids attending and ages:	_____

**THE PHILOSOPHICAL ROOTS OF UU
APRIL 27 - 7 PM**

This discussion-based group will explore the philosophical foundations of Unitarian Universalism. The group will look closely at original texts and examine their philosophical import and relevance for the modern UU church. We will also consider how reactions to some of the popular doctrines of the day, like Calvinism, developed into UU beliefs.



On April 27, we'll be exploring John Calvin and aspects of Protestant Reformation. (Copies will also be available in the Adult Education mailbox.)

The group will be led by Matt Alspaugh and Alan Tomhave. All are welcome.

CHURCH SCHOOL SPRING FLING ART SHOW

April 3 marks the opening of the Church School art show. We think you'll be surprised and delighted by the creativity, individuality, and vigor of the art.



The art work will be on display for a couple of weeks.

Bulbs are sprouting, trees are budding and our young talent is blooming, too.

ALL-CHURCH SOCIAL ACTION PROJECT

We are seeking donated garden tools for a tool library. We will use these in a variety of earth-caring activities, including working with Martin Luther King Elementary School's new building.

They have hopes to grow a pumpkin patch - a project they can start as part of spring classes about nature - and harvest in the fall. The school superintendent was enthused about a project and plants that would not need a lot of summer attention, beyond some weeding and watering as needed. Items can be brought to church during service.

ANNUAL CHURCH PICNIC - SUNDAY, JUNE 12

Mark this date on your calendar. We will hold our annual picnic on June 12 from 12:30 PM until dark. It will be held at Mill Creek Park - Chestnut Hill Pavilion. More information will follow in May's newsletter.



TARA DANCE

Immerse your body, speech and mind in meditation though simple, powerful dance and chanting. The Mandala Dance of the 21 Praises of Tara, has been taught all over the world as personal practice and communal offering. The dance involves simple, graceful, tai-chi-like movements.

Cost: Students \$5, Adults \$10 (per session)
Saturday Session is: April 23 from 1-3 PM

For more information, contact Julie Thomas at jethomas@ysu.edu or leave message at 330.941.1735.

MAY NEWSLETTER DEADLINE

The deadline for the May newsletter is Sunday, April 17. Please place articles in office mailbox or email to office@uuyo.org.

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 Alspaugh, Consulting Minister
BeckyAnn Harker, Director of Religious Education
Diane Thomas, Church Administrator

RETURN SERVICE REQUESTED

LEADERS:

Board Members	Karen Stangl, President
Karen O'Malia, Vice President	Karen Bushey, Secretary
Joshua Corrette-Bennett, Treasurer	Larry Wire, Trustee
Tim Raridon, Trustee	Jim Rogers, Trustee
Brian Selius, Finance Chair	
Committee Chairpersons	Martin Berger, Building & Grounds
Luanna Jacobs, Caring	Lowell Sate, Endowment
Betsy Johnquest, Hospitality & Membership	Pat Rosenthal, Nominating
Susie Beiersdorfer, Social Action	Judy Stone & Melissa Smith, Sunday Services
Diana Shaheen, Welcoming Congregation	Margaret Haushalter, Women's Alliance
Sarah Lown, 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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