

First Unitarian Universalist Church of Youngstown
UNITARIAN UNIVERSALIST ASSOCIATION
1105 Elm St.
Youngstown, OH 44505 330.746.3067

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Staff:

Rev. Matt Alspaugh, Minister
Kristina Spaude, Student Minister/Intern
BeckyAnn Harker, Director of Religious Education
Heather Best, Office Administrator

UUUO The Steel Chalice
unitarian universalist church VOL. 71, No. 1, January 2016
YOUNGSTOWN OHIO

**SUNDAY SERVICES—11 AM—SANCTUARY
ALL ARE WELCOME.**

Jan Worship Theme: “Resistance”

As people of resistance we oppose and counter those forces in the world that we see as destructive, oppressive, even evil. Since resistance tends to be preventative rather than creative, many feel reluctance to engage in resistance, and we react when others use tactics of resistance to further their own goals. And what of our own personal resistance to things, too often resistance to change or spiritual or personal growth?



Jan 3 - “Confessions of the Ordinary Kind”

What are your deepest, darkest secrets, those you shared with no one? A "regret, fear, betrayal, desire, confession, or childhood humiliation" -- these are the kinds of secrets sought by the amazing mail art project called postsecret. We'll explore such secrets, and what might happen if we do share them.



Worship Leader: Rev. Matt Alspaugh

Jan 10 - “Trumping Islamophobia, Learning to Love the Stranger”

The Syrian refugee crisis, the rise of terrorist attacks by Islamist extremists, and the often stilted coverage of both by the media produces the perfect storm: heated rhetoric is leading to attacks on Mosques and death threats and violence against Muslims. As UUs, we are called to treat those the rest of the world would see as strangers as our friends, to respond with love in the face of hate, and to hear and bear witness to the stories of people facing a hostile world. We will hear from our Muslim neighbors, and learn how we can stand with them during this turbulent time.



Worship Leaders: Molly Toth & Sarah Lowry

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Jan 17 - "Healthy Churches, Sick Churches"

Health and disease is a useful metaphor in understanding churches, as well as businesses and other organizations. We've been working to increase our 'dis-ease resistance' here at UUYO, in part with "Healthy Leadership' training. How might the ideas of healthy leadership be applicable for all of us, and beyond the church? The Annual Congregational Meeting follows the service.



Worship Leader: Rev. Matt Alspaugh

Jan 24 - "Looking for Trouble"

As people of resistance, we may seem to be looking for trouble, standing up for the weak and oppressed, questioning authority, agitating for social change. But what about inward trouble? Do we go looking for that? What do we do when we find it? How does that transform who we engage trouble in the outer world?



Worship Leader: Rev. Matt Alspaugh

Jan 31 - "Racism and Other Things I'm Tired of Talking About"

As UUs, we resist racism by recognizing the inherent value in every person regardless of the hundreds of factors used to divide us from one another. Today, we explore how we will actively resist institutional racism and interpersonal prejudice in our neighborhood now and in the near future.



Worship Leader: Rev. Matt Alspaugh

Pastoral Care

If you have a pastoral care need, or know of someone in our congregation who might have a need, please contact Rev. Matt Alspaugh (minister@uuyo.org) or the church office (office@uuyo.org, [330-746-3067](tel:330-746-3067))

LEADERS:

Members of the Board of Trustees

Andy Crabb, President
Gary Davenport, Secretary
Gerard Kelly, Treasurer
Ben Barnes
Gina DeAngelo
Ralph Malmer
Linda Mohn
Wendy Pfrenger

Committee Chairpersons

Martin Berger, Building and Grounds
Jeanne Tucker, Caring
Lowell Satre, Endowment
Ralph Malmer, Green Sanctuary
Linda Mohn & Carole McWilson, Hospitality
Diane Barnes, Nominating
Jan Grigsby, Welcoming Congregation
Louisa Berger, Women's Alliance
Sarah Lown, Worship Associates 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 Universalist 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 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

OFFICE HOURS

Tuesday and Friday, 9am-3:30pm
Sunday, 9-11am and 12:30-4:30pm

Thank UUs

Thank you to the crew that helped deck the halls at UUYO for the holidays: Becky Ann Harker, Liz Hill, Cathy Kajut, Linda Mohn, Jim Rogers, and Anita Wesler. If you'd like to help un-deck the halls in January, contact Liz, liz@lizhill.net, [330-333-1619](tel:330-333-1619). We extend our thanks also to those who are loaned poinsettias to add extra beauty and holiday cheer to our sanctuary this holiday season.

Proposed By-Law Amendment

For consideration at the Annual Meeting: a by-law amendment regarding the election of Board leadership. This was approved by the Board at their December 9 meeting.

Rationale:

The by-laws currently specify that the Board Executive Officers be elected by the congregation. Several years ago, when we realized that it was difficult to get people stand for election for President, we proposed a change allowing the board to select its Officers from within the Board itself. With congregational approval, we have experimented with this practice for two years, and feel it is a successful model, and recommend these changes:

Old language:

[Bylaw Article II.] Section 4. Terms of Office

(A) The Secretary and Treasurer shall be elected for two-year terms. The offices of Vice-President and President are a combined two-year term: that is, a candidate elected to Vice-President serves the first year in that office and the second year as President. With congregational approval, the President and Vice-President may suspend this normal rotation of office, and hold their respective positions for two years before the Vice-President serves as President. The trustees shall be elected for staggered two-year terms, with the intention that no more than two trustees be elected in any given year.

Proposed language:

[Bylaw Article II.] Section 4. Terms of Office

The Board members shall be elected for staggered two-year terms, with the intention that no more than four trustees be elected in any given year. At their first meeting, the Board members shall elect from among themselves the following officers: the President, Vice-President, Secretary, Treasurer, and Finance Committee Chair.

Matt's Musings

A friend pointed me to a little book of poems by the Buddhist monk, Thich Nhat Hahn. In it I found this poem, "For Warmth":

I hold my face in my two hands
No, I am not crying
I hold my face in my two hands
to keep my loneliness warm --
two hands protecting,
two hands nourishing,
two hands preventing
the soul from leaving me
in anger.

Thich Nhat Hahn described how the hometown of a friend was bombed to obliteration by US forces during the Vietnam war because five or six enemy guerrillas lived there. This was the town where the US military said, "It became necessary to destroy the town in order to save it."

Thich Nhat Hahn acknowledged the anger he felt, an anger shared and amplified by many in his nation. This is an anger that I'm sure many of us feel, on hearing of the terrorist attacks in Paris and San Bernardino in recent weeks. This is also an anger that many of us feel when we hear the thoughtless and incendiary remarks of Donald Trump and others regarding large swaths of humanity, and we realize how many Americans resonate with this rhetoric. This anger also arises out of many events in the world, as the mix of violence, oppression, and economic injustice swirls together to create so much suffering for so many.

Thich Nhat Hahn invites us to use mindfulness practice to respond to the anger that arises. But the mindfulness is not simply a technique to calm our feelings, it is a way to transform the anger into energy for change, to respond to and resist forces of oppression.

At UUYO we try to follow these practices of mindfulness and other related spiritual practices, to direct our energy into making the world better than it is now. For example, we are directing our anger over racism (another flashpoint in recent times) towards creating sessions to help people (mostly black) who have returned from prison to get Certificates for Qualification for Employment (CQEs), which will make it easier for them to get work. We are also working to create dialog circles through an interfaith program called Engaging Racial Reconciliation in Greater Youngstown (ERRGY) to explore other possibilities for racial justice work.

We each may find our own anger, our moral outrage, or our simmering suffering arising around different areas of concern: women's reproductive rights, LGBTQ equality, economic justice, sustainability, migration. Whatever our area of concern, we need to find ways to transform that energy into a useful force for change, improvement and hope. This transformation is one thing we strive to offer at UUYO. We hope we can help everyone we touch move from merely being angry about something to really doing something about it, if they choose; and in the process, 'keeping our loneliness warm' and becoming better people.

See you in church!

Dear Members and Friends of UUYO,

It's hard to believe we are about midway through the second year of my internship already! And it being January, that means I'll be gone much of the month for classes in Chicago. The courses I'm taking this term are *UU History and Polity* and *Preaching as if You Mean It*.



Our theme in January is resistance. This is a topic we've spent some time considering in class in the fall term – mostly looking at and thinking about the ways resistance can and does manifest in congregations. Organizations of all kinds can resist change just the way individuals do.

One thing that's true about resistance, whoever is resisting: if you can engage it, there will be growth or even transformation from it. (This, of course, is for experiences that do not put personal safety at risk, including triggering traumas). Leaning in – to the discomfort, the unfamiliarity, the unknowing, the awkwardness – will result in growth and learning. Sometimes not leaning in will result in growth and learning, too, but leaning in as opposed to resisting will make the experience less rough.

The course on UU History and Polity that I've been taking this term has been very informative and I hope to integrate some of my learning into worship and other communications. During one of our sessions of "Healthy Leadership" that a handful of people took through the UU Leadership Institute this fall, I made a comment about the Unitarian culture of UUYO and was asked to say more. I realized that there may be wider interest in learning about Unitarian, Universalist, and Unitarian Universalist history, and the UU Leadership Institute has a course on that offered by the Rev. Dr. Susan Ritchie. If you would be interested (\$30 to register, and we can do it together at the church), please let me know.

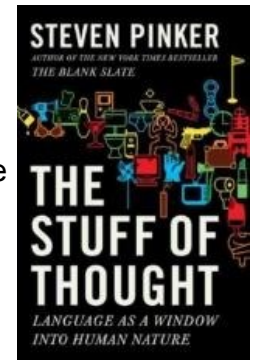
Another part of that course is a presentation on our teaching congregations (for me, UUYO!) and I may do my paper on the congregation's history as well. When the UUA moved their headquarters last year, all their congregational files were shipped to Meadville Lombard – hundreds of boxes of materials. Among the files is one on UUYO, and I am eager to find out what's in it while I'm in Chicago!

May the new year be off to a good start for all of you. I look forward to seeing you when I get back! In faith, **Kristina Spaude**

Book Club - Wed, Jan 20 at 7:15pm

The UUYO Book Club will meet on Wednesday, January 20, 2016 at the home of Melissa Smith to discuss: *The Stuff of Thought: Language as a Window into Human Nature* by Steven Pinker.

"In this exhilarating new book, Steven Pinker analyzes how our words relate to thoughts and to the world around us and reveals what this tells us about ourselves. How does a mind that evolved to think about rocks and plants and enemies think about love and physics and democracy? Why do we threaten and bribe and seduce in such elaborate, often comical ways? How can a choice of metaphors start a war, impeach a president, or win an election? Why do people impose taboos on topics like sex, excretion, and the divine? What does the peculiar syntax of swearing tell us about ourselves? Why do some names thrive while others fall out of circulation? How do we control the amount of information that we absorb? And what good does this actually do us? Pinker answers all these questions and many, many more. He shows us that language really can tell us unexpected and fascinating things about ourselves."



Contact **Louisa Berger** for further information (bergermom@gmail.com).

YEPS Potluck and Movie Night—Thurs, Jan 21 from 6-9pm

Due to popular demand, the Youngstown Eclectic Pagan Society is announcing their return to the much-loved Pagan potluck and movie night Thursday, January 21 at UUYO. For more information and to make suggestions for the choice of the movie, go to Facebook at <https://www.facebook.com/groups/y.towneclecticpagansociety/>.

Farmers' Market—Closed for the Month of January

The Farmers Market, located at 901 Elm at Baldwin, will be closed for the month of January, but you can still visit us on Facebook. The Market will return Saturday, February 6, 2016. If you have any questions, contact **Jim Converse**, Market Manager, at 330-518-6970 or jwconverse@gmail.com.



Alcoholics Anonymous

We meet on Tuesday evenings at 7:30 PM at the church in Schweitzer Lounge.

Stretch and Creative Movement

Tuesdays—5:30—7:00 PM—Channing Hall—**Susan Miracle**

Vegetarians of the Greater Youngstown Area

Our meeting will be on Sunday, Jan 3, at 4pm at the Church. The cost is \$3 with a vegetarian dish to share and \$6 without a dish. Please bring your own place settings. For more information, find us on Facebook or call **Chris Flak** at 330.318.2400.

Explorations—Small Group Conversations at UUYO

Explorations

Explorations are monthly small groups that help people go deeper into the monthly themes (although we do vary widely). We have three groups at present.

Two groups are discussion groups on this month's topic of "Expectations." Watch for more details in the weekly update that comes by email or call the church office at (330) 746-3067.

The third group is a spiritual writing group, on next month's theme of "Desire." Monday, Jan 11 - 7pm - 8:30pm - contact **Liz Hill** (liz@lizhill.net, [330-333-1619](tel:330-333-1619))

Singing before the Service: Sundays 10:40am

Join us around the piano, as we sing the hymns for the morning. You do not have to be good at singing to do this, just willing!



Marcellene Hawk Mayhall or **Beth Foster** will play piano.

Newcomer's Circle

We'll be hosting what we're calling a "Newcomer's Circle" on January 10, at 12:15pm (or about 15 minutes after the service ends). We realize that not all of you are new to Unitarian Universalism, so we think of this more as a "new" to UUYO, where people can come and talk about what brought them to the church and what questions they might have - either about Unitarian Universalism or the church itself or programming or whatever.



This is an informal time to talk with others, get to know each other, and learn a little about our church and religion. Some of you have been around UUism for a while and might be able to offer some other wonderful perspectives to those who are newer.

We will meet in the Schweitzer Lounge (which is on the lower level; greeters and others will be able to help you find it if you need help). You are welcome to grab tea or coffee before joining us.

Kristina Spaude

Women's Alliance—Sat, Jan 9, 12:30pm

The January 9, 2016 Women's Alliance Meeting will be held at Carraba's Italian Grille located at 1320 Boardman-Poland Road (Route 224), at 12:30 p.m. It is just off Rte. 680 heading toward Canfield (West). Please call Eugenia Pierce at [330-503-4039](tel:330-503-4039) so we can get a head count for seating.



Writing as Spiritual Practice
Mon, Jan 11, 7- 8:30pm

We'll reflect on the February worship theme, which will be "Desire." We will then have a time to "free write" individually, with the option of sharing our reflections. All are invited, regardless of writing experience. Bring a pen and notebook and a willingness to explore. Led by Liz Hill, liz@lizhill.net, [330-333-1619](tel:330-333-1619).



Share the Plate

This program designates half the loose collection at Sunday services to one specific charity per month.

Recommendations for recipients of Share the Plate are solicited from the congregation (forms on back table in Sanctuary).

In December, the Share the Plate recipient was Big Brothers Big Sisters of Mahoning Valley. BBBS matches children facing adversity with strong and enduring, professionally supported one-on-one relationships with caring adults (BIGS). These relationships change their lives for the better, forever. See <http://bbbsmvonline.org/>

In January, we will share the plate with Angels for Animals, a non-profit animal shelter started in Youngstown.

"Angels for Animals believes that animals, as living creatures, have value beyond economic measure. Our mission is to educate the people of our community about pet overpopulation and regular veterinary care for pets; cultivate an awareness and responsibility toward the needs of companion animals; provide for the well-being of our community's animals that are abandoned or otherwise in need; and instill respect for and appreciation of all living things."

Since 1990, over 15,000 animals have been adopted through AFA.



ANGELS for ANIMALS

Changing the future of companion animals through adoption, sheltering & education.

Hospitality Team Schedule for the Month of January:

Team 2 is responsible for Jan 3 & Jan 10.

Hospitality Team 2

Communicator: Jan Schnall

Facilitators: Ralph and Marcia Malmer

Millie Brewer	Gerard Kelly	Sarah Lown
Lynn Coleman	Kadey Kimpel	Patricia Natali
Kate Fitzgerald	Alison Locketti	Trudee Weatherby
Cathy Kajut	Jon Locketti	Anita Wesler
	Margaret Haushalter	

Team 3 is responsible for Jan 17, 24, & 31.

Hospitality Team 3

Team Communicator: Linda Mohn

Facilitators: Diana Shaheen

Susie Beiersdorfer	Diana Palardy
Audra & Jason Carlson	Wendy & Andy Pfrenger
Dianna Mason	Davin Stilson
Susan Miracle and Gene Pusateri	Mary June Tartan

For questions, contact **Linda Mohn** (lmohn2005@yahoo.com) or **Carole McWilson** (carolemcwilson@aol.com).

Care Team

UUYO's care team is available for short-term assistance. This could include transportation, visits, cards, phone calls or casseroles in time of need. For more information or assistance, please contact Jeanne Tucker at (330.652.0308).



Bits from the Board

The annual Thanksgiving dinner was a tremendous success, and we thank in particular the Women's Alliance and the Youth Group for all their work putting this event together!

This year's stewardship campaign is well underway with stewards and board members enjoying the opportunity to have one-to-one conversations with our members. We are grateful to all those who have already sent in their pledge cards for 2016! The board continues to have an eye to economizing, given this year's budget shortfall. In addition to finding ways to economize with our utilities and other bills, we are pricing a new insurance plan for the coming year.

We welcome the contributions of those who wish to participate in the "extra month" challenge Andy put forward to the congregation a few weeks ago. Thank you for your help as we seek to meet our 2015 budgetary obligations.

As we move forward into the season of shovels and snow, the board has determined the most economical way to care for the grounds will be to purchase a simple snowblower. Anyone willing to assist with keeping our walks clear may contact the board to join the groundskeeping team. We are committed to being good neighbors and ensuring that all of our congregants feel welcome and safe when they arrive on Sunday mornings.

Happy Holidays from us all, and we look forward to seeing you in the New Year!
Wendy Pfrenger and the Board

Notice of Annual Congregational Meeting

The 2016 Annual Congregational Meeting will be held on Sunday, January 17, 2016, at 12:30 PM in Channing Hall.

Tentative agenda:

- Quorum Count
- Call to Order by President Andy Crabb
- Minister's Report - Matt Alspaugh
- President's Report - Andy Crabb
- Treasurer's Report - Gerard Kelly
- Religious Education Report - Becky Ann Harker
- Presentation of Bylaws change: Election of Board Officers
- Vote by the Congregation on bylaws change
- Nominations for Leadership 2016
- Vote by the Congregation on nominations
- Nominations for Delegates to the General Assembly
- Vote by Congregation on Delegates to GA
- Presentation of 2016 Budget - Gerard Kelly
- Vote by the Congregation on Proposed Budget
- Motion to adjourn



Reflections

Happy New Year! We are now on the back half of this decade! Unbelievable!

Here's what's happening in RE: Our Children's Chapels have been going well. I really enjoy spending time with the kids, and hearing their stories and feeling the connection to them. There will be a slight change in January, as the first Sunday in January, I have to go out of town to get my daughter from her father. Since I won't be here to conduct Children's Chapel, it will be pushed back a week to the 10th instead. The 3rd may be an all-group activity, since it is the end of winter vacation for most of us.



January is the second of three months in the church year that have five Sundays. This year, we have started doing a Social Action Sunday on those fifth Sundays. In November, we did an information/ learning activity (I was accused by one of the kids as making it like school!) We looked at the racial make-up of Ohio and the United States, and compared it to the racial make-up of the incarcerated. We made a poster that has been in Channing Hall that visually represents this data. The point was to get some background information about the systemic racial injustice in our state and country, and to help us understand why we are going to do the next project, which will be on January 31. Sometime in February (date to be announced), UUYO will be hosting a CQE clinic (Certificate for Qualification for Employment), which will allow people with non-violent felonies on their records to be able to get a job. There will be more information about the actual clinic, but on January 31, our Social Action project in RE will be to distribute information about this CQE clinic around our church neighborhood. Even if our neighbors can't benefit, they may know people who can. This is a real "boots-on-the-ground" activity that will hopefully make a difference in our community!

BeckyAnn Harker, Director of Religious Education



January 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 <u>Service—11am</u> VS 4pm FF— 6pm	4	5 <u>S&CM—5:30-7pm</u> AA— 7:30pm	6	7	8	9 Women's Alliance 12:30pm
10 <u>Service—11am</u> <u>Newcomer's Circle</u> <u>12:15pm</u> <u>FF—6pm</u>	11 <u>Writing as Spiritual</u> <u>Practice 7-8:30pm</u>	12 <u>S&CM—5:30-7 pm</u> AA— 7:30pm	13 Board meeting 6:30pm	14	15	16
17 <u>Service—11am</u> Annual Meeting 12:30pm <u>FF— 6pm</u>	18	19 <u>S&CM—5:30-7 pm</u> AA— 7:30pm Newsletter Deadline	20 Book Club 7:15pm	21 YEPS Potluck & Movie Night 6-9pm (CH)	22	23 Board Retreat
24/31 <u>Service—11am</u> FF— 6pm	25	26 <u>S&CM—5:30-7 pm</u> AA— 7:30pm	27	28	29	30

FF—Frack Free / S&CM—Stretch & Creative Movement / VS—Vegetarian Society / WA—Worship Associates / WPNA—Wick Park Neighbor Association / YEPS—
Youngstown Eclectic Pagan Society