First Unitarian Universalist Church of Youngstown UNITARIAN UNIVERSALIST ASSOCIATION 1105 Elm St. Youngstown, OH 44504 330.746.3067

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Staff:

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



SUNDAY SERVICES—11 AM—SANCTUARY ALL ARE WELCOME.

October Worship Theme: "Letting Go"

As people who are letting go, we realize that not everything in life is permanent and unchanging. We sometimes have to let go of cherished possessions, ideas, even people. This sometimes comes with strong emotions of grief, anger, regret, craving. But with spiritual maturity, we can see that for new things to emerge, we



have to practice letting go. This may involve forgiveness, letting go of outcome, holding humility about one's power. We might also use certain spiritual practices to support letting go, such as meditation, journaling, stone rituals, etc.

Oct 4 - Letting Go of Church: Being "Spiritual But Not Religious"

We explore recent research on the growing group of people who identify

themselves as "Spiritual but Not Religious," who reject church but claim their own individualized spirituality. We explore how these people align with Unitarian Universalism, and how they might connect with us, even if not in church.



Worship Leader: Rev. Matt Alspaugh Worship Associate: Janice Elias Musician: Nanette Kaplan Solomon

Oct 11 - "The End of Work"

The July *Atlantic* Magazine included an article called "The End of Work" (BTW featuring several Youngstown stories) which explored increasing job loss due to technology. If we in America define people though their work, how is this affecting lives and society? What might the future hold?

Worship Leader: Rev. Matt Alspaugh Worship Associate: Tim Malone Musician: Jon Locketti



(continued)

Oct 18 - Letting Go of Letting Go

At the heart of so many spiritual and religious traditions is the act of letting go, be it through the absolution of sins, through detachment from the material world and society, through forgiveness. The writer Haruki Murakami says, "No matter how much time passes, no matter what takes place in the interim, there are some things we can never assign to oblivi-

on, memories we can never rub away. They remain with us forever, like a touchstone." What do we make of those moments that stay with us, no matter how hard we try to shake them?



Worship Leaders: Sarah Lown and Molly Toth

Oct 25 - "I Praise My Destroyer"

The Grim Reaper visits us all. As we approach Day of the Dead, Halloween, All Souls Day, we consider death as the final letting go in life. How do we (or do we even) talk about our own deaths? Do we make choices and plans? How are others involved?

Following this service, we will hold a Death Cafe, with cake, tea, (or coffee) and conversation about death.

Worship Leader: Rev. Matt Alspaugh Musician: Marcellene Hawk Mayhall

Save the Date—Marcellene in Concert Sun, Nov 8 - 3 PM - UUYO Fundraiser

Our own virtuoso pianist Marcellene Hawk Mayhall will present an Afternoon of Piano Music from Bach to Gershwin with a reception to follow. With a ticket price of \$25, children free, "I Got Plenty of Nothin" one of the pieces on the program can help our budget go to "We Got More Toward Our Church Budget."



Faithify Campaign

We thank our donors who contributed to our Faithify campaign to bring Rev. Clark Olsen to UUYO on Sept 27. We raised \$1020.

Karen Lapidus, Diane Barnes, Martin & Louisa Berger Berger, Jeanne Tucker, Jan Schnall, Molly Toth, Lowell & Ellen Satre, Sherry Warden, Kristina Spaude, Karen Conklin, Monica Hite, Norma Anderson, Tandi Rogers, Gerard Kelly, Liz Hill, Andrew Crabb

LEADERS:

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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 — 9 AM—3:30 PM

Sunday— 9—11 AM and 12:30-4:30 PM



Thank UUs

My time at UUYO has come to an end. It is with both sadness and happiness that I am retiring. Sad to leave a job that I have thoroughly enjoyed for the last seven years and happy to start another chapter in my life-traveling, spending more time with family and friends, taking classes at YSU, and volunteering (so let me know if you need someone).

I had only been retired from teaching for four months. One Sunday I looked in the want ads for some strange reason and saw an Office Admin job opening at the church. I was offered the job after being interviewed by Martha Munson, Gene Pusateri, and Karen O'Malia. In my heart, I always felt it was meant to be, and a decision I'm so glad I made.

The kindness of everyone here has made this job so gratifying. There are so many people I want to thank who have helped me in one way or another. First of all, the staff, Matt Alspaugh, Kristina Spaude, and BeckyAnn Harker, have been wonderful and so easy to work with. Gerard Kelly, Andy Crabb, Gary Davenport, and all the other board members for being so helpful and understanding (past members included). Martin Berger for always being there when needed. Luanna Jacobs, Jeanne Tucker, Beth Foster, Joan Bushey, and Louisa Berger for helping me put the newsletter together every month. Marcia Malmer, Karen O'Malia, Linda Mohn, Louisa Berger and Liz Hill who have covered for me in the office. Committee people, musicians, and worship associates who have always gotten the order of service and newsletter information to me when needed. Marcellene Hawk Mayhall, Martin Berger, Jan Schnall, Kadey Kimpel, Susie Beiersdorfer, Lowell and Ellen Satre and others who often stop at the church and always come in to talk with me. The

people here are truly amazing. I will definitely miss all of you.

Hope to see you soon. Diane Thomas

The Glass Menagerie

Jack Brizzi, Sr., invites you to an October 16 performance of the classic American play, *The Glass Menagerie*, by Tennessee Williams. UUYO member Jim Canacci will direct this performance, which will start at 8 PM at the Trumbull Campus Theater. If you interest-



ed in attending, see Jack for complimentary tickets for you and any guests you would like to bring. You are also welcome to join the group for dinner at Enzo's restaurant at 6 PM. Please see **Jack Brizzi** for further information.

Matt's Musings

I write from Harlem, New York, where my siblings and their partners have gathered for a family reunion. It is a time to be with my brother as we remember his wife Melba, who passed away three months ago. We acknowledge letting go of her physical presence, and reflect how she continues to be present with each of us.

Our theme for October is "letting go." We grieve when we must let go of people who have passed on, we suffer when we must let go of things we cherish, such as friends who move away, or our health as we age. We must accept letting go of these things; we have no choice. But often letting go requires intentional action on our part; tremendous effort to change when we want to be free of something about ourselves we are dissatisfied with. Letting go of things we're not happy about can be a long term, even lifetime activity.

Consider racial bias. I strive to be non-racist, but innate xenophobia makes completely letting go of that very difficult. As I walk around Harlem, I recognize much more clearly the racial divide in this country. It's hard to miss the tensions, of blacks feeling pushed out by whites as the area gentrifies, of white visitors like us worrying (even at a subconscious level) about drug dealers and our overall safety. We note how many people here are from abroad, from Africa, the Caribbean; people who are new to the mix of American race relations. How does that change things?

Even though I encounter race issues frequently in Youngstown, the immersion into a place like Harlem is an awakening. I'm caught up short. A black server in a restaurant apologizes repeatedly for the failings of the kitchen and bar, while the white manager stands imperious, unconcerned, at the back of the room. We approach an art installation at the top of the hill in Marcus Garvey Park, and a black family observing it moves away -- did our presence seem threatening to them?

I pay attention to my own reactions to little incidents. I try to notice when my own tendency to xenophobia -- which I know is there -- arises, and I try to move toward, rather than away, from connection and encounter. I try to notice when white-normative judgments come up, and I try to at least acknowledge those, if not counter them. I realize that people of color must be aware of race all the time. Can I be aware at least some of the time? Can I meet them halfway? Working to let go of xenophobia, of racial bias, is not an easy thing, but it can be a life practice. Making intentional the act of letting go is part of living a good life.

News—Member and Friends

<u>Welcome</u>

We welcome new member, Clare Puskarczyk, who recently joined the church. Clare is an artist and author who teaches art and physics work-shops. She lives in Campbell, OH. She has two adult children who live in Denver, CO.

In Our Thoughts

Our thoughts are with Michael Hill, who is recuperating from recent eye surgery. Linda Wiltz has moved to Oregon and is doing well.

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 member new or assistance please contact **Joan Bushey** (330.534.9614).

Book Club—Wed, Oct 21

A smaller than usual group gathered in September to discuss Masha Gessen's *The Brothers: The Road to an American Tragedy.*" The book and

discussion did not focus so much on the Boston Marathon bombing itself, rather on the story of the nomadic background of the Tsarnaev family in the central Asian republics of Kazakhstan, Kyrgyzstan, and Dagestan and how their eventual migration to the promised land of America didn't turn out any better than the moves made in the post-Soviet environment.



A report on the suggested title for October revealed that *The Years with Ross* might not make for the most riveting discussion and other titles were suggested.

The UUYO Book Club will meet at 7:15 PM on Wed, Oct 21, at the home of Melissa Smith, to discuss *Ethan Frome* by Edith Wharton and *Daisy Miller* by Henry James. A story about a man written by a woman and a story about a woman written by a man -- should be interesting.

DAISY MILLER

Dear Members and Friends of UUYO,

September sure has flown by quickly! It seemed like I had just enough time to get back from Chicago and the new church year began, bustling with activity.



Apart from class activities, many of the things I have

been involved in these last few weeks has been preparing more deeply for my Focused Initiative project for this year. The Focused Initiative that I am working on is helping lead the congregation more deeply into antiracism, anti-oppression, multiculturalism (ARAOMC) work, which I talked about in the service I led on September 20. This choice was made because this is a particular passion of mine, something I have been working on deeply myself for the last few years, as well as something that the congregation seems interested in and ready for. The exact ways that this will be carried out are still being shaped, but it will likely take on a few forms. In the meantime, I've been attending meetings for a new group, led by the Rev. Jim Ray – Enabling Racial Reconciliation in Greater Youngstown, and continuing to attend meetings of the Mahoning Valley Martin Luther King Jr. Planning Committee.

I also recently attended a meeting held by Everyday Democracy and the Ohio Department of Health Ohio Equity Institute; they are collaborating to lead a program in the Youngstown area (as well as other cities across the state) to train facilitators that will work with neighborhoods and communities to decide on actions that can take place in their communities that will improve them. The ultimate goal of this work is to improve the black infant mortality rate – Ohio is ranked last in the country for black infant mortality rates (and 47/50 for white infant mortality rates). This training is free and open to those who are interested in becoming a facilitator or an organizer and will be held on Thursday, October 8, from 8:30 am to 4:30 PM. If you're interested in participating, please contact me for more information.

Some of the things that I have been thinking about possibly doing for my Focused Initiative project, apart from leading worship and being involved in (hopefully joined by some of you!) local community organizations are creating a discussion group to focus on processing how we experience and engage with racism and privilege, and/or possibly having a study group on that topic. Maybe those two things will be combined. If you have suggestions or interest in being a part of this work, please let me know!

As always, I am looking forward to seeing you at church soon!

In faith, Kristina

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

Farmers' Market—Saturdays—10 AM—1 PM

We are located at 901 Elm at Baldwin. This is to be near the Community Coop Grocery Store. Items are from local farmers. You can also visit us on Facebook. If you have any questions, contact Jim Converse, Market Manager, at 330-518-6970 or jwconverse@gmail.com.



Alcoholics Anonymous

Wee 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, October 4, at 4 PM 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



Small group discussions creating intimate Explorations space for people to go deeper into spiritu-al topics. For the month of October consider the theme "Letting Go." Please

be in touch with the people indicated for more information.

Wed, Oct 28 - Sarah Lown (330.518.0844 or sarah.v.lown@gmail.com) Thu, Oct 29—Kristina Spaude (kspaude@hotmail.com)

Worship Associates Meeting—Sun, Oct 18 - 12:30 PM

This meeting is for Worship Associates and anyone else who wants to work on fall and winter services. We will meet after church

Path to Membership at UUYO — Sun, Oct 18 - 1-4 PM

Thinking of becoming more involved in our church? Interested in membership? This class will explore what it means to be UU, a bit of our history, and the benefits and expectations of membership in UUYO. To register please send contact the office (office@uuyo.org 330-746-3067) or talk to Matt.



Better Block Event—Fri, Oct 2, and Sat, Oct 3 (NOMA— North of Madison Avenue)

UUYO is part of an emerging neighborhood known as NOMA. This block party will be along Elm St. from Madison Ave. to UUYO and the temple. It will include music, food, children's events, art, vendors, bike repairs and rentals, and more. UUYO is a part of this new neighborhood organization.



Women's Alliance—Sat, Oct 10

Women's Alliance will meet at 12:30 PM at Vernon's Café, 720 Youngstown-Warren Road, Niles, OH 44446 (330.652.1381.)

Since the September meeting, we have had a presence in Channing Hall after services and are making progress with our fundraisers. The First Unitarian cookbook was featured for the first time in the September 16, 2015 Vindicator; and we hope that exposure will help us market our remaining stock of cookbooks.

At October's meeting, we will discuss plans for the Thanksgiving Dinner and will present suggested modifications to the group's bylaws. Please remember that the current officers cannot serve in the same position after December of this year - please consider taking a leadership position in Women's Alliance.



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

Writing as Spiritual Practice Mon, Oct 12—7:8:30 PM

Freewriting group allows people to explore the coming month's theme "Ancestry" in advance.



All are invited, regardless of writing experience. Bring a pen and notebook and a willingness to dive deep. Led by **Liz Hill**, liz@lizhill.net, 330-333-1619.

Non-Violence Day Parade—Sun, Oct 4 - 3 PM



UUYO will once again participate in the annual Youngstown Non-Violence Day Parade, starting at Wick St. and West Wood, and ending at the Covelli Center. This is a great kids' event. We will bring our banner and join the parade!

Death Cafe — Sun, Oct 25—12:45 PM

"Drink tea, eat cake, and talk about death." Death Cafes emerged in Switzerland and have spread worldwide. We will hold our own Death Cafe (following the guidelines of the organization), having rather freeflowing conversations about death.





Upcoming Center Events at the Church

Tues, Oct 13—Pop-up Library—1-3 PM

Sat, Oct 17—Center Cinema—7 PM (*In & Out* with Kevin Kline)

Sat, Oct 24—Halloween Party Fundraiser

Tickets are \$5 or \$7 at the door (only \$5 if you bring a covered dish). There will be a 50/50 raffle, a Chinese auction, and a costume contest.

Contact **Shavar Johnson** for further information (youngstownpridecenter@gmail.com).





Share the Plate

This program designates half the loose collection at Sunday services to one specific charity per month. In an effort to ensure continuity of this worthwhile practice, the Board approved, by consensus, adoption of the following policy:

Recommendations for recipients of Share the Plate will be solicited from the congregation (forms on back table in Sanctuary), and must be submitted, in writing to the UUYO board for final approval. To ensure that the process is effective and fair in selection and distribution, the following criteria regarding the submitted organization/charity must be met:

> Must be a 501(c)3 non profit. Must have low administrative costs. Must have a mission consistent with UUYO Mission Statement. Must have clearly defined parameters about how, and to whom, donations are distributed.

For September the Share the Plate was Mahoning Valley Sojourn to the Past. It is a 10-day journey for high school students. This experience takes students to the South visiting the Civil Rights sites, meeting leaders and learning the lessons of the Movement.

For October the Share the Plate will be the Youngstown Pride Center. The Center was founded in 1999 in Youngstown, Ohio, with the Akron Pride Center kindly acting as our mentor. As an LGBT community center for the Greater Youngstown area, The Center offered peer support groups, monthly business meetings, and a recurring discussion forum to which we invited speakers and encouraged discussion of many topics; e.g., marriage equality, women's health, religion, legal protections, investment, and HIV. Among the distinguished guests have been mayoral candidates and Judy Shepard. For several years,

The Center operated from the First Unitarian-Universalist Church of Youngstown, Ohio, before moving to the Stonewall Community Center on Poland Avenue. Each month, our board and general membership meet to discuss new ways to strengthen the community.



UU Healthy Leadership 101 — Mon, Oct 5 - 6:30 PM

This is our first class, viewing webinar materials and discussing aspects of healthy, grounded leadership. This is part of a semester-long series - if you are interested, please contact **Matt.**

Bits from the Board

I'm writing this in the week leading up to Rev. Olsen's visit, so by the time you read this we'll have experienced this opportunity to observe second hand the events of Selma 50 years ago. I just happen to be coming up on 50 years old myself. I can't believe I can write that! I have a good friend who works hard to live NOW – experience the moment, don't obsess on the past or future, be in the now because that's all there really is, right? It's a constant challenge, but I'm working on it myself. Still, we always have to both plan ahead and learn from the past, so there's a balance to strike. But if we don't experience NOW, we're missing out on life.

A big part of what I'm trying to do NOW is to learn and grow in my position as Board President. I'm a guy who is perfectly happy working in a closed office by myself. All the time! But that doesn't work well for this job. I need to be present at UUYO as much as possible to meet new people, work with people I've gotten to know since joining UUYO in the past 5 or so years, and encourage others to do the same. It is very much a people job, and that means I've got a lot to learn.

That's the point, right? To be a part of the community we've built, to make things happen that are consistent with UU principles, and to learn from new experiences. I appreciate the help of the UUYO community as I come out of my comfort zone and interact with everyone more than I otherwise would. It has been rewarding; I appreciate everyone's support.

One of our big challenges for the remainder of the year is to increase UUYO's income. It seems like a lot of work, but it's worth doing so our community thrives and continues to be the critical part of our lives and the life of our community that we want it to be. One of the things I've gained with my advancing years is a long-term perspective. Short-term challenges are not as daunting to me as they used to be, so even though we have a job to do, when we look back we'll wonder what the fuss was about. In fact, when one looks back at historical financial reports for UUYO, this isn't the first time we've been in this position and it won't be the last. We don't have any debt, so that's a great thing. Everything in our budget is there because we need it to be there NOW. We are not paying for something that we were locked into years ago like a mortgage.

I don't want to minimize our financial needs, but I don't want it to feel daunting either. Hang in there, bring your ideas for fund raising and let's meet our goals together while we experience UUYO and UU principles and draw on individual and community strengths. Thanks for the opportunity to serve as Board President. I look forward to working with everyone at UUYO to meet our goals for 2015 in the coming months. But as we figure out solutions, don't forget to join me in experiencing NOW as we learn from the past and plan for the future. Thanks! **Andy Crabb**

REflections

And, we're off!

We are off to a great start for the church year. We had our first ever Children's Chapel in September, which went quite well, and will have one again October 4 on the theme of Letting Go.

A huge Thank UU to the first teaching team of

the year. Alicia Baker, Scott Baker, Ralph Malmer, and Alison Locketti were the first ones up to bat this year! They had the task of establishing the curricula and classroom routines and expectations. Next month, we welcome the other half of the teaching team: Hope Moran (PreK/K), Joseph Kpakra and Mark Vance (1st-3rd), Stephanie Crabb (4th-7th) and Alison Locketti and Liz Hill (Youth).

We are also welcoming a new member of the Nursery staff: Elly Larrier will be alternating weeks with our returning Mackenzie Pringle. Elly is the granddaughter of our own Martin and Louisa Berger. We look forward to having her on board!

Don't forget to Save the Date for the October 4 Non-Violence Parade. It is at 3:00 that Sunday afternoon. We will start by the Youngstown City Schools Board of Education building (Wick and W. Wood) and will end up at the Covelli Center. UUYO had a presence there a couple of years ago. It is important for us to participate, in part because encouraging and supporting non-violence is part of our values, and because it is a way to participate in the actions of the larger community. I hope you will consider marching with us!

BeckyAnn Harker, Director of Religious Education

Non-Violence Week Events

5th Annual Non-Violence Parade and RallySun, Oct 4, at 3 PMShowing of the film "Journey from Little Rock"Tues, Oct 6, at 7 PMAnniversary and Remembrance of Emmett Till's MurderFeaturing Simeon Wright and Dale Killinger, the FBIagent who reopened the case in 2004—Wed, Oct 7, at 7 PM



More details about these events can be found here: <u>http://</u> <u>mvsojourntothepast.com/category/announcements/</u> Also, the Youngstown Playhouse is showing "<u>The Colored Museum</u>" Oct 9. This will be a great show! More information can be found here: <u>http://youngstownlive.com/events/the-colored-museum-the-</u> youngstown-playhouse-6/.





October 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Better Block Event (NOMA)	3 Better Block Event (NOMA)
4	5	6	7	8	9	10
<u>TED TALK—9:30 am</u> <u>Service—11 am</u> Nonviolence Parade <u>3 pm</u> <u>VS-4 pm</u> FF– 6 pm	UU Healthy Leadership 5-6:30 pm	<u>S&CM—5:30-7 pm</u> AA—7:30 pm				Women's Alliance 12:30 pm
11	12	13	14	15	16	17
<u>Service—11am</u> Finance Committee <u>12:30 pm</u> <u>Crop Walk</u> FF– 6 pm	Writing as Spiritual Practice—7-8:30 pm	Center Pop-Up Library <u>12-3 pm</u> <u>S&CM—5:30-7 pm</u> AA—7:30 pm	Board meeting 6:30 pm			Center Cinema—7 pm
18	19	20	21	22	23	24
<u>Service—11 am</u> <u>WA-12:30 pm</u> Path to Membership at <u>UUYO—1-4 pm</u> FF— 6 pm	WPNA—6 pm	<u>S&CM—5:30-7 pm</u> AA—7:30 pm	Book Club—7:15 pm (at Melissa Smith's)		Newsletter Deadline	Center Halloween Party Fundraiser—8 pm
25	26	27	28	29	30	31
<u>Service—11 am</u> <u>Death Café—12:30 pm</u> FF– 6 pm		<u>S&CM—5:30-7 pm</u> AA—7:30 pm	Explorations—7 pm	Explorations—7 pm		

HOSPITALITY TEAMS SCHEDULE FOR OCTOBER—Team Three (TLC Tri-Lateral Commission) — Sept 27 through Oct 18

Linda Mohn, Communicator; Kathy Garritano and Diana Shaheen, Facilitators

Susie Beiersdorfer, Audra & Jason Carlson, Sarah Lowry, Dianna Mason, Marcellene Hawk Mayhall, Susan Miracle & Gene Pusateri, Wendy & Andy Pfrenger, Davin Stilson, and Mary June Tartan. For questions, contact **Linda Mohn** (Imohn2005@yahoo.com) or **Carole McWilson** (carolemcwilson@aol.com).