

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

BeckyAnn Harker, Director of Religious Education

Heather Best, Office Administrator

CHANGE SERVICE REQUESTED



The Steel Chalice

VOL. 71, No. 8, August 2016

**SUNDAY SERVICES—11 AM—CHANNING HALL
ALL ARE WELCOME.**

August Worship Theme: “Transformation”

August 7 - “Life Hacking 2.0: Navigating the Wicked World of Vampires, Trolls and Evil Queens ”

This is part of the summer series offering tips and tools to help us make our daily lives richer and easier to manage. So many of us work in an environment where there are toxic personalities, difficult bosses or treacherous co-workers. Others face family situations where mental health issues create constant barriers to relationships. We will examine these personality types and explore techniques to manage them and make your day better.

**PLEASE
DO NOT
FEED THE
TROLLS**

Worship Leader: Sarah Lown

Worship Associate: Sarah Lowry

Musician: Marcellene Hawk Mayhall

August 14 - "A Coat With Two Pockets: Embracing Ourselves at Our Best... and Our Worst "

There is a Hasidic teaching, made popular among teachers by the Quaker educator and activist Parker Palmer, that tells us, "We need a coat with two pockets. In one pocket there is dust, and in the other pocket there is gold. We need a coat with two pockets to remind us who we are." We'll explore how embracing all that we are--even our perceived shortcomings, failures, and flaws--makes our lives richer.



Worship Leader: Molly Toth

Musician: Nanette Solomon

August 21 - "Spiritual Life Hacks"

A Life Hack is a little thing -- quick, easy, low cost -- that makes everyday life easier. But what of your spiritual life? Spiritual practice -- attending to your spiritual life, doesn't have to be big, onerous and complex. We'll explore some simple practices.

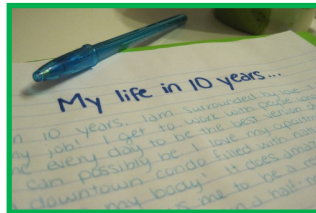


Worship Leader: Rev. Matt Alspaugh

Musicians: Marcellene Hawk Mayhall

August 28 - "Planning Your Life"

Life planning is setting hopes, dreams, visions, intentions, goals for your future. For some, life planning is valuable, but for others, life is improvisation. Where do we find the balance? How do we plan, set goals, and work to meet them? Rev. Matt will also discuss plans for the new church year.



Worship Leader: Rev. Matt Alspaugh

Share the Plate

The Share the Plate recipient selected for August, 2016, is the **Mahoning Valley African American Male Wellness Walk**. The purpose of this event, which takes place on August 20th at the Covelli Centre, is to raise awareness about preventable diseases in the African American community. African American males die from preventable diseases at nearly 10 times the rate of other men, and this drives the mission of the AAMWW, which has provided thousands of free health screenings across the state of Ohio.

On August 14th the local chairman of the walk, Rev. Lou Macklin, will visit our service and provide more background about this event.



LEADERS:

Members of the Board of Trustees

Andy Crabb, President
Louisa Berger, Secretary
Gary Davenport, Treasurer
Tom Beck
Gerard Kelly
Sarah Lowry
Ralph Malmer
Linda Mohn

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
Eugenia Pierce, 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

Farmers' Market—Saturdays 10am-1pm

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

We meet on Tuesday evenings at 7:30 PM in Channing Hall.

Stretch and Creative Movement

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

Singing before the Service: Sundays 10:40am

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



Marcellene Hawk Mayhall or Beth Foster will play piano.

Women's Alliance

Women's Alliance will be on hiatus for the summer, resuming meetings in September, 2016.



Book Club

Book Group will not meet over the summer, but will gather again on September 21st to talk about Thomas Mann's *The Magic Mountain*, described as: "a great 1924 novel, long acclaimed as a masterly synthesis of the intellectual history of early 20th-century Europe and for its prescient scrutiny of elements in the German national character that had, and would again, find expression in the calamitous form of the world war."

Matt's Musings

It's summertime and the livin' is easy. At least as long as I keep the TV news off, and manage my blood pressure by not reading about the RNC in Cleveland. But outdoors, the right balance of warmth, sun, and some but not too much rain, has given us many enjoyable days, with mosquito free but lighting bug filled evenings, a pure delight. The pace of church is slower in the summer, too. We don't shut down in summer, as many of our churches once did, but I lead fewer services, and there are fewer ongoing programs.

We are using summer as a time for reflection and preparation for the new year. One core strand of focus for the coming year will be our history and our future as a church. A year from now, in September of 2017, we will begin our Quasquicentennial celebration, -- yes that's the word! -- as 125 years will have passed since the church was originally established. Over the coming year, we will continue to explore our history, building on the excellent work begun by Kristina Spaude, our intern for the last two years, and building on previous historical work done by Beth Foster and others for the Centennial celebration in 1992.

I'm firmly convinced that we need a thorough understanding of our history -- good and bad -- in order to understand our current patterns and behaviors. This is true for us as individuals (which is why journaling, talk therapy, and genealogy can all be illuminating activities), and it is true for organizations such as churches and even nations.

As we gain clarity on who we were and where we've been, we can begin to contemplate who we are and where we're going. We can reflect more deeply on why we are here, and what we need to be doing, on our purpose as an institution, on our mission, broadly defined. Tom Beck, one of our board members, has suggested that to be useful, such reflection needs to reach decades into the future, so that we consider what are the enduring qualities of our church. We move our attention from what we need to do in a year or two to what we imagine the church might be at our 150th anniversary, or beyond. Certainly this begs the question of what will Youngstown be like at the midcentury, or what will religion be like, or for that matter, humanity itself. Indeed, with those wonderings, we bring the focus back to our church, to UUYO, as we ponder our purpose, put it into words, and begin to make it real. It's a great adventure, more expansive and enduring than our own lives alone. I'm glad to be part of it, and I hope you are too.

Hospitality Team Schedule for the Month of August:

Team 2 is responsible for August 7, 14 and 21.
Hospitality Team 2

Communicator: Anita Wesler

Facilitators: Ralph & Marcia Malmer

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



Team 3 is responsible for August 28.
Hospitality Team 3

Communicator: Linda Mohn

Facilitators: Diana Shaheen & Susie Beiersdorfer

Audra & Jason Carlson Karen Lapidus Sarah Lowry
Dianna Mason Marcellene Hawk Mayhall Susan Miracle
Gene Pusateri Wendy & Andy Pfrenger Davin Stilson
Mary June Tartan

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

Circle Suppers Return in September!

Circle Suppers are returning to UUYO. Circle Suppers are pot-luck dinners held in someone's home. The composition of the group varies each time, and no two dinner parties have the same guest lists. People eat, drink, enjoy themselves, and converse on all sorts of random topics. For now, just save the date - Saturday, September 24.



Communications Meeting - Sunday, August 14, 12:30pm



Are we getting the message out adequately? How do you learn about UUYO activities and events? Are there better ways we could communicate? This meeting will explore how we can improve our communications.

Book and Collectible Sale



A Book and Collectible Sale at our Church to benefit UUYO will be held Saturday, October 1. Please save items to donate. We need books, CDs, DVDs, audio books, jewelry, art, photography, and collectible items of value. This is not a rummage sale so we won't be including used clothes, shoes, furniture, children's toys, bikes or appliances. As we get closer to the Book and Collectible Sale date we'll arrange for drop off of donated items at the Church. For larger quantity donations we'll arrange for a truck to visit your home to transport items to the Church. Can you help? We'll need volunteers to assist with this event. Contact Linda Mohn, Tom Beck, or 330-746-3067.

Missed the Auction? Don't Miss the Fun!

If you were unable to come to UUYO's Fun!raising auction in June you can still participate as there are limited spaces available for some of the events. Ask at the Equal Exchange table at church on Sundays

You Can Still Donate to the Special Appeal!

As of the end of July, the Special Appeal at the All Church Auction has raised \$2,390 of our \$3,500 goal. We need an additional \$1110 to reach the amount necessary to purchase a keyless access and security system for the Church.

You can still donate to this worthy cause. Send a check to UU Youngstown or place your donation into the Sunday collection plate and note on the donation that it's to support the Special Appeal. Any amount will help. UUYO address is 1105 Elm Street, Youngstown, 44505.

2016 Pledge Payments

Thanks to all of you who have graciously supported UUYO in the first half of 2016. Now that we've entered the summer months, pledge payments are down. The decline in income is resulting in a bit of a budget shortfall so we are asking all who made a 2016 pledge to continue paying their pledge over the summer, or make additional contributions if you are in a position to do so. For your convenience, you can make a donation electronically on the church website. Simply click the link below to make an online pledge payment or general contribution. Of course, you can still pay your pledge by mailing a check to the church office or by putting your payment in the collection plate on Sunday mornings. Our donations page is on our website: uuyo.org/give/.



Because We Don't Have One of These!

Keep UUYO in the News!

If you are a WYSU member at the day sponsor level, you are entitled to one day of sponsorship announcements on the radio. If you donate your day to UUYO, or incorporate UUYO in your sponsorship message, your announcements can help to get the word out about UUYO and promote events that we are holding here. Your gift does double duty!



If you listen to *Morning Edition*, *All Things Considered*, *Car Talk*, *Wait, Wait, Don't Tell Me*, *Now's the Time*, or any of the other selections offered on WYSU and are not a WYSU member, consider changing your relationship with your favorite radio station and sign up soon!

Contact Rev. Matt Alspaugh or Gary Davenport (WYSU members).

Connection Circles

We'll continue to connect over the summer!

Coffee hour can be a wonderful time to connect with church friends while enjoying the snacks provided by our hospitality team members. Some people delight in the casual conversations, but others feel less comfortable with unstructured conversations (a.k.a., "small talk"). With these different needs in mind, we are designating one Sunday a month to offer an opportunity for people to have a more focused conversation about our monthly worship theme or that morning's worship service. It is a simple way for people to establish and strengthen relationships.

We hold "Connection Circles" during coffee hour on the first Sunday of the month. All will be invited to sit with 3-4 people for 15-20 minutes or so to consider a few questions designed to spark conversation.

On August 7th we will consider some simple methods and skills to help make our lives more abundant and fulfilling.

The discussion questions will be available at the small tables in Channing Hall. Anyone who wishes to participate may sit at a table and start a conversation with those that join them.

Participation in the Connections Circles is optional, of course.

Karen Lapidus
Membership Coordinator



Newcomers' Circle—Sunday, August 28 at 12:15 pm

Join us for a brief discussion about Unitarian Universalism, UUYO, and you. This is a particularly useful gathering for visitors and newcomers, but people who've been around awhile are welcome too! Grab a cup of coffee or tea and join us in Schweitzer Lounge, about 15 minutes after the service ends, and stay for as long as you'd like. Contact **Karen Lapidus** (Kluure@prodigy.net) for more info.

REflections

I hope everyone is enjoying their summers!

Here is the list of events for RE. The children will continue to start in the sanctuary, and will leave with the activity leader for the day:

8/7/2016	Karen Lapidus	Miss Rumphius story - Dreaming of how to make the world a better place
8/14/2016	Amani Wadi-Ramahi	Making Chalices
8/21/2016	Scott Baker	Surprise DIY Activity
8/28/2016	Alicia Baker	Surprise DIY Activity

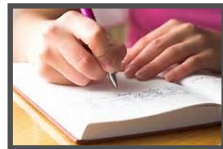
Also, keep in mind that our regular Religious Education classes will resume the Sunday after Labor Day, which this year is on September 11. Lots of ideas and inspirations to put into practice from General Assembly this year! I can't wait to see you all then!

--BeckyAnn Harker

Writing as Spiritual Practice

Monday August 8, 7 - 8:30pm, Board Room

Join us in the Board Room at UUYO. We'll suspend our usual reflection on a theme this month to "free write" on ordinary objects (provided by the facilitator but feel free to bring one or two of your own). We'll then have 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.



Explorations - Wednesday, August 24, 7 - 8:30pm



Our Explorations small group ministry program starts again with the first meeting on August 24, 7 - 8:30pm. We meet monthly to explore the monthly theme. After a brief time for meditation, we will explore the August theme, "Life Hacks," and share our own spiritual life hacks, those little things that make our lives easier.

Building a Community of Belonging and Engagement

Reasons to Join a UU Church

I am learning that one of the tasks of retirement is to sort through professional resources and discern the keepers from the trash. In doing so, I ran across a faded bookmark published by the Unitarian Universalist Association in 1995. This list, created by Bill and Barbara Hamilton-Holway and Mark Harris, definitely deserves placement amid the keepers!

Ten Good Reasons for Joining a Unitarian Universalist Congregation

Because here we join with open hearts and minds to worship together, seeking what is sacred among us.

Because here we are part of a long, liberal tradition of reason and tolerance, of hope and liberation.

Because here we honor our Jewish and Christian roots, and also reach out to know the great truths found in other religious expressions.



Because here we acknowledge that revelation is never sealed and empower ourselves to search for new truths.

Because here we nurture our children's enthusiasms and encourage their questions.

Because here we welcome diverse people and views.

Because here we join our strength with others to create a more just society.


Because here we respect the whole self - mind, body and spirit working together.


Because here we encourage each other to be true to ourselves.


Because here we build a supportive community that eases our loneliness and opens our hearts.


Karen Lapidus
Membership Coordinator


Thank UUs

 We are grateful to Tim Raridon for donating solar lights in front of the church and along the Illinois Avenue sidewalks and steps.

 Thanks to Louisa Berger, Beth Foster, Cathy Kajut, and Eugenia Pierce for setting up the Howard Hubbard memorial reception. The UUYO ladies involved want to thank the staff from the Canfield Bob Evans Restaurant who provided additional, cheerful, and welcome support.

 Everyone who walks through the doors of this building thanks Jim Rak for his persistent labors to keep the lawn in mowed, but not scalped, so our space is always green.

 We applaud the monumental training project undertaken by Linda Mohn and Karen Lapidus to update members of all of the hospitality teams on what is expected of team members and how various roles on the team can make for a more enjoyable and successful service and coffee hour for all involved. BeckyAnn Harker and Heather Best were also available to explain how the work of the hospitality teams is related to RE and Office procedures. The presentation of the overall picture, combined with delicious breakfast offerings, made this training informative and delicious!

 Thanks to Jeanne Tucker, Maggie Pentz and Rebecca Soldan for investigating and introducing **Showing Up for Racial Justice (SURJ)** - a group whose focus is on bringing together white people to work for racial justice as part of a multi-racial movement for justice. There are currently three chapters in Ohio, Columbus, Greater-Dayton and Cleveland. For more information or to get on the SURJ mailing list you may call or message Jeanne Tucker (tuckertalk1@hotmail.com), Maggie Pentz (maggiepentz@gmail.com) or Rebecca Soldan.

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).



The UUYO family and friends extend their sympathy to James Rogers, Jr. upon the death of his brother, Al, last week. We also send our sympathy to Wendy and Andy Pfrenger, and their children, Gwen, Elsa, and Teag upon the death of Wendy's mother, Sue Clark. We hold you all in our hearts.

Pastoral Care

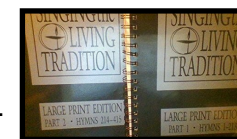
If you have a pastoral care need, or know of someone in our congregation who might have a need, please contact Rev. Matt Alspaugh (minister@uuyo.org) or the church office (office@uuyo.org, [330-746-3067](tel:330-746-3067))

Assistive Hearing Devices

Assistive hearing devices are available for use during the service. Greeters are available, if needed, to help you find the devices located at the back of the sanctuary.

Sing for Joy!

Individuals with difficulty reading the print in our traditional hymnals now have the option of using large print copies of both *Singing the Living Tradition* and *Singing the Journey*. These are two-volume spiral-bound books that need a music stand for support. For now, they are on the Welcome Table in Channing Hall at the beginning of each service.



August 2016 UUYO Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 5:30 pm Stretch & Creative Movement class (CH) 7:30 pm AA (CC)	3	4	5	6 7:00 pm Pride Center Movie Night
7 11:00 am Worship 6:00 pm Frack Free (BR)	8 7:00 pm Writing as Spiritual Practice (BR)	9 5:30 pm Stretch & Creative Movement class (CH) 7:30 pm AA (CC)	10 UUYO Board Meeting 7:00 pm UUYO Board Meeting (BR)	11	12	13
14 11:00 am Worship 12:30 pm Communications Mtg 6:00 pm Frack Free (BR)	15	16 5:30 pm Stretch & Creative Movement class (CH) 7:30 pm AA (CC)	17	18	19	20
21 11:00 am Worship 6:00 pm Frack Free (BR)	22	23 5:30 pm Stretch & Creative Movement class (CH) 7:30 pm AA (CC)	24 7:00 pm Explorations (SL)	25	26	27
28 HT Team 3 starts 11:00 am Worship 12:15 pm Newcomers' Circle (SL) 6:00 pm Frack Free (BR)	29	30 5:30 pm Stretch & Creative Movement class (CH) 7:30 pm AA (CC)	31			