

The Steel Chalice

November, 2016

Welcome to UUYO's Emailed Newsletter

We are saving money, time, and trees by shifting to an emailed newsletter -- easily read on computers, tablets and phones. We no longer mail a paper newsletter, except to those who request it.

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November Worship Theme: "Story"

Stories write us as much as we write them. This month we'll reflect on the stories in our lives. Are there stories that hold us, control us, limit us? Can we rewrite our stories, tell new stories, full of hope, possibility, and excitement?

That's what we'll explore, this month, as we consider "What does it mean to be a community of Story?"

Sunday, Nov 6: "Song Stories" - Megan Bee

Megan Bee will share stories of how her personal experiences traveling the country have translated into the

songs she plays on stage.

As a naturalist, traveler, and farmer Megan Bee's music rings with an unquenchable wanderlust and a raw love for the land. True folk-Americana blends over a distinctly clear voice and an acoustic simplicity. A Unitarian Universalist based in Athens, Ohio, and frequently roaming the country, she first found her voice around a campfire in the middle of a desert wilderness. Her recent release "A Sense of Place" invites you to take a chance, take a trip, and celebrate your wild and free life.

Worship Leader: Megan Bee

Worship Associate: Ben Barnes

Musician: Megan Bee

Sunday, November 13: "The Long Road Ahead"

As we finish one of the strangest, most divisive election cycles in any of our lifetimes, we'll reflect on these times, and seek to discern what drives the current level of polarization. What does the future hold? What needs to change?

Worship Leader: Matt Alspaugh

Worship Associate: Monica Hite

Musician: Nanette Kaplan Solomon

Sunday, November 20: "Strangers among Us"

Every day we come in contact with strangers - some we pass by quickly and others become an important part of our lives. Speaker Tom Beck will examine the role that strangers play when influencing our lives.

During this Thanksgiving Service we will be collecting items that will be delivered to the Richard Brown Memorial Church food pantry, including non-perishable canned and boxed food and unopened personal care items such as toothpaste, soap, shampoo, lotion, toilet paper, etc. As a part of the Service our children will collect the items from attendees seated in the pews and deliver the items for a collective display around the Chalice stand. Our annual Thanksgiving Dinner follows the Service in Channing Hall. All are welcome.

Speaker: Tom Beck

Worship Associate: Gina DeAngelo

Musician: Marcellene Hawk Mayhall

Sunday, November 27: "Thick Stories, Thin Stories"

We often believe old stories about ourselves -- stories that are no longer true, and may never have been true. These are called 'thin stories' in the practice of Narrative Therapy. Instead of continuing to tell these stories, we seek to replace them with hopeful, helpful, and more honest "thick stories." These we seek to thicken with more detail and historical evidence. What are the thin and thick stories in our lives? How might we change negative stories into positive ones?

Worship Leader: Matt Alspaugh

Worship Associate: Gina Vance

Musician: Marcellene Hawk Mayhall

Bits from the Board

2017 is the 125th anniversary (quasiquicentennial) of the founding of UUYO (way back in 1892) by engineers who emigrated to Youngstown from England to work in the steel industry. To this end we are forming the 125th Anniversary Visioning Committee which will plan a season of relevant

activities leading up to the grand celebration next September. This committee will coordinate with worship service planning and a capital campaign initiative coordinating the celebration of our past, consideration of our present and planning for our future.

UUYO has contributed much to the history and service of the Valley generated through our members and programs. Kristina Spaude, our former intern minister, had spent many hours research past congregations, ministers, events, issues and accomplishments. The Visioning Committee will plan, calendar, promote and support events culminating in a grand celebration next year.

We are organizing interested congregants and friends who will meet in the near future to define goals and start planning events. Feedback, comments and, importantly, relevant information about our past as well as poignant suggestions for our future, are welcome. Please contact Gerard Kelly (fitzkelly1950@gmail.com; [330-402-7970](tel:330-402-7970)) with ideas and comments. I look forward to talking to interested members about their participation in this committee.

- Gerard Kelly, Member, UUYO Board of Trustees

Matt's Musings

This month, we delve into Story as our theme. It is a rich theme; I wish we could spend a year at it - exploring the stories of our lives, of our community, nation and world, reexamining them, crafting new stories. Most importantly, we would spend time finding where the stories are true and where they are not. On the one hand, Buddhist writer Pema Chodron tells us, "There are no true stories, we are making up every one of them." On the other, spiritual writer Christina Baldwin tells us, "There are only true stories. We are discovering the truth in them." And they are both right!

We find in the stories we tell about ourselves both fiction and elements of truth. I have stories from my childhood about my awkwardness around people, my introversion. When I was at a family reunion this year, I noticed how these stories bubbled up - not just in the retelling by others, but in my own behavior around family. Yet in my current story, I work to transcend those qualities as part of a conscious choice in my life. We might all examine the ancient, even unconscious, stories in our lives, and pick the plain truths, and the metaphorical truths, out of the parts that are convenient fictions. Often, those fictions were

convenient for someone else trying to define or control us. As we go deeper, as we deconstruct these stories, we find ourselves, our "selves": what Zen calls the True Self, what Samuel Coleridge called the "infinite I AM," what many call God.

We also tell many stories about our communities. As UUYO approaches our 125th anniversary, we might explore the stories of our history. What are the threads of truth and fiction here? In the stories I hear and read, there is a strong sense that this is a church filled with resilience and grit, that it survived many tough times. At the same time, the stories of scarcity, of financial challenge, and debt, and budget issues run through our history.

In November, we enter into our annual stewardship time, seeking pledges of financial support from everyone actively involved in UUYO. For the church to be successful long into the future, we need a new story of generosity and financial responsibility, a story that includes everyone at every ability to give. We need a story that is less about our past troubles and more about what we offer as a beacon of hope in the Mahoning Valley.

This is the last week of a trying presidential election campaign, and oh, the stories we could tell! I know that for many, myself included, coping with this has been

psychologically challenging. It is a good time to take care of yourself, to minimize hearing and rehearing the story of the hour, to tune into stories from friends (even those on the other side), or to create your own story by helping out on the campaign.

Science fiction writer Ursula K. Le Guin tells us:

“Storytelling is dangerous to those who profit from the way things are because it has the power to show that the way things are is not permanent, not universal, not necessary....

We will not know our own injustice if we cannot imagine justice. We will not be free if we do not imagine freedom. We cannot demand that anyone try to attain justice and freedom who has not had a chance to imagine them as attainable.”

So let's imagine and tell stories, new stories, ones that open the path to freedom, justice, and peace.

See you in church!

Matt

REflections

After so much that has happened, November might be a time for a breather before gearing up for the holidays! It's not that nothing is happening, it's just a lot less than last month, since last month saw the Regional Jr. High Con, the Non-Violence Parade, our first youth lock-in.... Rather than a list of scheduled events, I'd like to talk about some areas:

Social Action Sunday- although this is still an October event (the 5th Sunday in October), I want to especially thank James Rogers, Jesse Anderson, Davita Fitzgerald, and her friend Deborah Benton, who have volunteered to speak to our youth about personal experiences of racism. It is important for us to realize our privilege of not having to think about race every day but also to understand how much it impacts our friends of color on a daily basis. The first step in working on a problem is to understand there is a problem. While not actually a Social Action for this Sunday, it is important to educate ourselves so we will be moved to act.

Coming of Age- our youth have officially begun their program in a new, modified format. They have had their first lock-in with several hours of programming, and will continue to meet monthly on the first Sunday of the month and will

have another lock-in before the Wilderness Retreat in the spring. A huge thank-you to Sarah Lowry, Jim Rak and Jim Rogers for agreeing to be mentors to our Coming of Age youth. Mentorship is a big part of the program, as our youth will make that connection to an adult in our congregation, who will help them understand their thoughts and beliefs in order to come up with their faith statement in the spring.

Junior High Con- this is a gathering of junior high youth from what was formerly known as the Ohio-Meadville District (primarily Ohio, western PA, and a little bit of West Virginia). It will be at the UU church in Toledo, Ohio this year November 18-20. I believe we have several youth who might be interested in attending. Due to another commitment I had made, I will not be able to go as the adult sponsor. If anyone is willing to drive and accompany our youth, please let me know. It will involve sleeping on a church floor, and probably one 1 ½- 2 hour shift of "Night Angeling" (walking around the church at night with a partner to make sure the youth are not up to shenanigans). Otherwise, you get to hang out with other UU adults, if you'd like, or nap, or read, or whatever!

Enjoy fall... before the craziness of December sets in!

--BeckyAnn Harker, Director of Religious Education

Forum Workshops and Discussions Sundays 9:30am - 10:45am Channing Hall

For the month of November, we will have a series of workshops and discussions before worship. These are open to everyone (though some may be more useful to church leaders and volunteers).

Nov 6 - Conflict Resolution - Al Pierce

We will explore techniques for calming tense, conflicted situations -- such as when a Sunday morning visitor becomes agitated and disorderly. Al Pierce taught Criminal Justice at YSU for many years, and was a police officer before that.

Nov 13 - Online Security - Matt Alspaugh

We've witnessed the tremendous damage of cyberattacks against organizations like the DNC, Sony, the IRS, as well as banks, power utilities, hospitals, and countless individuals. We'll discuss some basics for protecting yourself from online attacks. Matt Alspaugh worked briefly for an Internet performance and security company before ministry.

Nov 20 - Conversations on Social Media

We'll have several regular users of social media (Facebook, Twitter, Pinterest, etc.) talk about how they use these tools and what they've learned. We'll also be able to share basic tips and techniques.

Nov 27 - File Storage and Sharing with Google Drive

We'll explore how to effectively use Google Drive to store and share files, pictures, etc. among users. (We use Google Drive for some UUYO materials). Sarah Lowry uses Google Drive as an integral part of her work, and also has helped set up UUYO's Drive storage.

Coffee with the Minister

I'm holding "office hours" in our local coffee shop, Cultivate Café at 901 Elm St, a couple blocks south of the church. I will be there on all five Tuesdays in November, 11am-1pm. Drop on by, have a cup of coffee or a snack, and chat!

Rev. Matt

Welcome New Members!

Please welcome the newest members of the First Unitarian Universalist Church of Youngstown!

Jesse Anderson

Lukas Darling

Chesney Gulas

Kerry Planty

Hunter Thomas

Anita Wesler

Daylight Savings Time

Remember to turn your clocks back an hour at 2am on Sunday, November 6, 2016.

November Events

11/1/16 Stretch & Creative Movement (CH) 5:30pm

11/1/16 AA (CC) 7:30pm

11/05/16 CQE Clinic (CH) 10am-2pm (Volunteers train at 8:30am)

11/06/16 Forum (CH) 9:30-10:45am

11/06/16 Connection Circles (CH) 12:15pm
11/6/16 Speaking to Be Understood (SA) 12-1:30pm
11/6/16 Frack Free (BR) 6pm
11/08/16 Writing as Spiritual Practice (BR) 7-8:30pm
11/9/16 Board Meeting (BR) 6pm
11/12/16 Women's Alliance Meeting 12:30pm
11/12/16 Unplug the Christmas Machine 3-5pm
11/13/16 Forum (CH) 9:30-10:45am
11/13/16 Frack Free (BR) 6pm
11/15/16 Stretch & Creative Movement (CH) 5:30pm
11/15/16 Writing as Spiritual Practice (BR) 7pm
11/16/16 Spiritual Explorations (SL) 7-9pm
11/16/16 Book Club 7:15pm
11/20/16 Forum (CH) 9:30-10:45am
11/20/16 Annual Thanksgiving Dinner (CH) 12:30pm
11/21/16 Wick Park Neighborhood Association Meeting
6pm
11/27/16 Forum (CH) 9:30-10:45am
11/27/16 Frack Free (BR) 6pm
11/29/16 Stretch & Creative Movement (CH) 5:30pm
11/29/16 AA (CC) 7:30pm

CQE Clinic

Saturday, November 5, 10am-2pm

On Saturday, November 5, UUYO will hold a clinic to help people who have returned to society from prison to improve their opportunities for employment. We will help them complete the legal paperwork for a Certificate of Qualification of Employment, which will allow them to work in many fields for which they would otherwise be prohibited. Volunteers will be trained beginning at 8:30am the same day.

New Twist on Connections Circles

Sunday, November 6th at 12:15...and ongoing

Many of you enjoy engaging with our monthly worship themes by joining others during coffee hour to discuss our Connection Circles questions. We are adding another layer of engagement that might appeal to those who are busy during that time (with Hospitality Team, Religious Education or other duties) or those who prefer to consider those questions individually.

Throughout each month, those same questions will be displayed on the bulletin board in Channing Hall. Feel free to grab a sticky-note and jot down your responses to the questions. It will be fun and enlightening to see how others respond. Those of you who participate in the discussions with others are encouraged to jot down and share your thoughts, as well.

We hope that this new twist will be a helpful addition to the ongoing "Writing as a Spiritual Practice" and "Explorations" sessions. See the newsletter, Weekly Update and Order of Service for more details about those programs.

The next scheduled Connection Circles discussions will be Sunday, November 6th. Our theme for November is "Story."

Karen Lapidus, Membership Coordinator

Speaking To Be Understood

Sunday, November 6, 12:30 - 1:30pm

On Sunday, Sep 7, Tom Beck (who taught communications at University of Akron) led many of our Worship Associates in an excellent workshop on how to speak to be understood. Even I (Matt), who speak nearly every Sunday, learned some new techniques for being heard and understood more clearly. We covered practices that will help us to be heard by all in the audience, as well as practices that help us communicate emotions and sentiments -- so important in a good worship experience.

This is important training for our Worship Associates, but is also open to anyone who wants to speak more clearly in public. We'll have two identical sessions, on Sunday Oct 30 and Nov 6, 12:30 in the Sanctuary. If you cannot attend these or would prefer to work with Tom privately, we can arrange a different date. These sessions will be about an hour in length.

Matt

Writing as Spiritual Practice

Tuesday November 8, 7-8:30pm, Board Room

We'll reflect on the November worship theme, "Stories." 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).

Women's Alliance Meeting

Saturday, November 12, 12:30pm

This month's Women's Alliance Meeting will be at Kravitz's Cafe in the D.D. and Velma Davis Education & Visitor Center in Mill Creek MetroParks, at 12:30 P.M. on November 12. Call Eugenia Pierce for info at [330-503-4039](tel:330-503-4039) or [330-953-3086](tel:330-953-3086).

Unplugging the Christmas Machine

Saturday, November 12, 3pm

Jan Elias and BeckyAnn Harker will lead a workshop based on the book [Unplug the Christmas Machine](#) by Jo Robinson and Jean Coppock Staeheli. Together we will explore Christmas traditions, values, commercialism, and the stress that comes with trying to plan the perfect holiday. We will explore ways to bring the joy of the season back into the season. It is hopefully early enough that you could have some plans in place to be able to enjoy *this* Christmas!

Spiritual Explorations

Wednesday, November 16, 7-9 PM

In this small group, we'll have discussion and exploration primarily around November's theme of Story. We hope to have insightful and "spirited" conversation, along with some time for group meditation.

I encourage you to read [the month's packet, which is online, here](#). To get the most out of the group, you might

look particularly at the Spiritual Exercises, and see if any one of Your Questions "hooks" you, and think about how you might answer it.

Contact Rev. Matt for more information.

Book Club

Wednesday, November 16, 7:15 PM

The next meeting of the Book Group will take place at 7:15 pm on Wednesday, November 16, 2016 at the home of Melissa Smith. We will discuss George MacDonald Fraser's *Quartered Safe out Here: A Recollection of the War in Burma*, a memoir of the author's wartime experiences as a soldier in Burma in the last years of World War II.

Hospitality Teams Schedule

Our hospitality teams do so much to make Sunday morning come together: Greet, welcome, provide coffee and treats at coffee hour. If you are interested in joining a hospitality team, please contact Linda Mohn (lmohn2005@yahoo.com). Please be sure and thank the folks on this month's teams!

Team 1: November 6 and 13

- *Liz Hill – Communicator*
- *Jan Grigsby - Facilitator*
- Neal Edman
- Beth Foster
- Jan Grigsby
- John & Christine Gulgas
- Monica Hite
- Michealla Moore
- Marty O'Leary
- Kerry Planty
- Jim Rogers
- Peg Tomm
- Molly Toth

Team 2: November 20, and 27

- *Anita Wesler - Communicator*
- *Ralph Malmer – Facilitator*
- *Marcia Malmer – Facilitator*
- Millie Brewer
- Lynn Coleman
- Kate Fitzgerald
- Margaret Haushalter
- Cathy Kajut
- Gerard Kelly
- Kadey Kimpel
- Alison & Jon Locketti
- Sarah Lown
- Patricia Natali Dunbar
- Trudee Weatherby

Thank UUs

Thank UU to Liz Hill, Alison Locketti, Scott Baker, and Mark Vance for sacrificing comfort and sleep to chaperone the youth at the lock-in on October 22. A special Thank UU to Scott Baker who cooked and put out a spread for the youth to eat!

Thank you to those who helped with work around the church grounds and with the newly acquired parking lot at the October 15 work party: Matt Alspaugh, Andy Crabb, Kadey Kimpel, Linda Mohn, Bob Seibold, Jim Stone. The group ground up some mulch; trimmed low-hanging branches (which increased the to-be-ground pile at least to its pre-grinding level), striped parking places in the newly-acquired parking lot across Illinois Ave., installed a new sign claiming that lot for the Church, and adjusted the height of signs on Elm indicating a parking ban at the Accessible Driveway.

UUYO Fun!raisers Have Another Winner

The Collectables and Book Sale held at UUYO on Saturday, October 22nd was a lot of work, a lot of fun, and earned over \$2,100 for support of the operations of the church.

There were books, magazines, CDs, and DVDs arrayed in the sanctuary, while Channing Hall offered sale-goers tables filled with wonderful items from our collective closets, basements, attics, and garages. Also in Channing

Hall was an impressive array of watches with a skilled technician ready to provide advice and calibration. There were yummy homemade baked goods, hot pizza and hot dogs to maintain the energy of both workers and shoppers.

Antiques, collectables, and books attracted lots of customers; they were waiting at the door when committee members arrived to open the church at 7:30 am! The variety and quality of donations we received impressed even the jaded vendors; several people remarked that they hope we have this event again next year.

Everyone who helped out with this event, and over 40 folks participated in one way or another, had a wonderful time so we absolutely expect that there will be a similar sale next year. For now a great big **thank you** to everyone who made this event a success!

Share the Plate

We will share our offering plate in November with the YSU Student Food Pantry. The pantry provides food and some non-perishable items to students in need. Graduate

Assistants from the Nutrition program help package the food, putting their knowledge of creating balanced meals into practice. The pantry also provides information about community and government resources available to students should an individual need further assistance.

Messages from the Care Team

Jack Brizzi is now at St Joseph Health Center recovering from surgery on his esophagus. He is not able to talk, but welcomes in-person visits and cards. The address for St Joseph's is 667 Eastland Ave SE, Warren, OH 44484. Jack is in room 636.

There will be a Memorial Service for **Judy Stone** at UUYO December 11th at 2pm.

Food and Personal Care Products Collection November 20th during Service

During the Church Service on Sunday, November 20th, we will be collecting non-perishable food items and personal care products for those in our Church neighborhood who may need additional assistance during the Holiday Season. We'll share our collected items with the Richard Brown Memorial United Methodist Church located just a few blocks north of UUYO. The Brown Memorial Church offers a free food pantry and hot lunch program for people in need on the North Side providing help to nearly 100 families and individuals every month.

Please bring non-perishable canned and boxed food, and unopened personal care items (such as toothpaste, tooth brushes, soap, skin care products, shampoo, toilet paper, etc.) with you to Church on November 20th. As a part of the Service our children will collect the items from attendees seated in the pews and deliver the items for a collective display around the Chalice stand. If you cannot attend the November 20th Service you can deliver items to

the Church Office at an earlier date for inclusion with our collection.

Thanksgiving

On November 20th we will gather in Channing Hall for our annual Thanksgiving observance as a congregation. For many years this event at UUYO has been organized and executed by Women's Alliance. This year we are still organizing the event, but find that we will need assistance with some aspects of preparation.

As we did last year, members of Women's Alliance will roast the turkeys on Saturday so that the ovens are clear on Sunday morning to accept and store the variety of side dishes contributed by members and friends. Listed below are needs, designated as critical in **bold** and helpful in regular type. **If we don't get volunteers to help us with the critical jobs the show may not go on.**

A hard copy of this task list will be available in Channing Hall along with the traditional "what are you bringing to share" sign-up sheets. Please join us!

Please Join Us UUYO THANKSGIVING DINNER Sunday, November 20, 2016

Donation Accepted

We want everybody to participate, so don't worry if you aren't able to make a donation that day or if you can't prepare any food -- there's always plenty of food to go around and members of the congregation have pledged enough funds to cover any additional costs. So plan now to attend the Thanksgiving celebration after church on November 20th.

Stuff to Know

Church Calendar

The most up-to-date version of the church calendar is on the website. [You can view it here.](#)

Please contact the office (office@uuyo.org, [330-746-3067](tel:330-746-3067)) if you wish to list a church event on the calendar.

When	Task	How Many Helpers Needed?
Saturday 8am	Roast turkeys	3 - filled
Saturday 8am	Begin gravy making	1 - filled
Saturday 4pm	Turkey Carving	2
Saturday 3pm	Room set up	4
Saturday 3pm	Set tables	4
Sunday	Heat turkey	1
Sunday	Make Gravy	1 -filled
Sunday	Accept food donations	2
Sunday	Monitor food table	2
Sunday	Monitor dessert table	2
Sunday	Monitor beverages	2
Sunday	Buss tables	3
Sunday	Dish washers	3
Sunday	Clean up crew	4

We are also hoping to borrow two electric roasters for the preparing the turkeys – if anyone is willing to share please contact: Louisa Berger [330-746-6897](tel:330-746-6897), bergermom@gmail.com

Staff

Matt Alspaugh, Minister minister@uuyo.org

BeckyAnn Harker, Director of Religious Education
dre@uuyo.org

Heather Best, Office Administrator office@uuyo.org

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 Principles and Purposes](#)

Office Hours

Tuesday and Friday, 9am-3:30pm

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