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# Newsletter • July 2009

## Coming of Age Boston Heritage Trip: A Great Success!

Take six kids and three adults, insert them into a large van, add food, songs and silliness, shake well. Drive to Boston, visit Unitarian Universalist historical sites, hang out at the beach. Play games, listen, learn. That is the recipe for a successful Boston Heritage trip.

The Coming of Age program at UUCV was revised this year to emphasize U.U. theology and values, and to familiarize participants with the workings of their own congregation. Five students completed the program;

four of them traveled to Boston as the reward for their considerable efforts.

Mentors Jim Freeman and Jill Kachmar joined Rev. Judy Welles in accompanying our four students Mitch and Madison Folsom, Grayson Pettit and Justine Campbell; two graduates of an earlier Coal program, Hailey Freeman and Addie Mooney, rounded out the group. We were fortunate to find

a wonderful U.U. retreat center in Duxbury as our home away from home. The Cedar Hill Retreat Center had plenty of bedroom and bathroom space, a well-equipped kitchen where we prepared all of our meals, and best of all, its own sandy beach loaded with shells and sea critters. Every evening after soaking up the history and local culture of New England Unitarian Universalism within 100 miles of "home base," the teens enjoyed poking around on the beach and wading in the water.

We spent one day in Concord visiting Revolutionary War sites and learning some local history by a visit to First Parish, Concord's U.U. church in the center of town.



At Authors' Ridge in Sleepy Hollow Cemetery, we saw the graves of Henry David Thoreau, Ralph Waldo Emerson, Nathaniel Hawthorne and others. And what better way to understand the appeal of Thoreau's Wal-

den than a swim in Walden Pond followed by a walk around the pond to his famous (tiny!) cabin? The next day in Boston, we toured the Unitarian Universalist Association at 25 Beacon Street, right next to the Massachusetts State House. UUA staff were busy packing up for this year's General Assembly, but we dodged boxes and

crates to appreciate the portraits of historical Universalists and Unitarians, and to spend time with UUA President William Sinkford in his impressive office.

A "Duck Tour" of downtown Boston kept us out of the rain, though our amphibious vehicle did drive right into the Charles River, where several of our teens (and Jill!) enjoyed driving the truck-turned-boat. The obligatory shopping spree that followed at the Prudential Center netted us some Boston souvenirs and gifts, not to mention a few cups of "chowdah."

The verdict from the kids: "Next time, let's make it three days!"

— Judy Welles

## MINISTER'S COLUMN

### What's This?

There is a good, somewhat old-fashioned word to describe the qualities of a layman or a laywoman who really understands the church, its mission and inner workings, and who is devoted to doing what needs to be done to help it function well and thrive. The word is "churchmanship."

Surely you know who these people are — they are always noticing what needs to be done and taking steps to get it done rather than complaining about it. They are quick to say "yes" when asked to do something — even if it's something they don't particularly want to do. And they are cheerleaders for the congregation, lifting up the good they see and urging others on. Every Unitarian Universalist congregation I've been associated with has had a few of these folks around — thank goodness! No two are alike, but they share some characteristics.

These are the women and men who really keep a congregation humming. They tend to be gentle truth-tellers and if they sense a "pinch" because something doesn't seem to be going right, they'll confront the issue directly and clearly, and with gentle respect and humility. Ministers count on them for feedback and to identify potential problems before they fester into major conflicts.

They tend to be people who have thought about the purpose of church and have felt the power of religious community to make a difference in their own lives and those of others. They can be very articulate in lifting up a vision of the potential of the congregation and talking about why it matters. About the power of a community of people who share a vision and covenant and who are 'there' for each other. They exude optimism without being Pollyannaish.

They are people who are generous with their time and resources, often going the extra mile, coming early and staying late to help setup for an event and to clean up afterward. You'll seldom find them slipping out the door before the lights are out. And they will likely hang around in the parking lot until they are sure everyone else is safely in their vehicles and on their way.

No matter how nasty the job — cleaning up a mess, having a hard conversation, asking someone else to do something they probably don't want to do — these are the folks who get it done because it matters and needs to be done.

Two of our finest churchmen — and this time they happen both to be men — have just retired from the board

of trustees — Ed Glasgow and Jon Tarrant. Both of them served as officers of the board — Jon as the President and Ed as Vice-President and Treasurer (though he declined the formal title). Neither was eager to take on the office, but both saw the need, recognized their own abilities (and limitations) to fill it, and stepped forward. And each of them has truly made a difference in the life of the congregation.

Each of them will coach their successor without meddling, and they will step out of the way, never expecting to exert control. Jon is joining the Committee on Ministry and was recently elected to the Nominating Committee. Ed will help the newly elected treasurer close out the books for the fiscal year that is ending on June 30 and has offered to advise the new board as they seek to refinance our building. It is impossible to imagine either of them ignoring a problem they could do something about.

All of us owe them a very big debt of gratitude. I'm not going to pretend to speak for them, but I know both would be embarrassed by a big show of thanks — it is another quality of churchmanship not to expect accolades for what is to them normal activity — even if it seems to the rest of us to be extraordinary.

Perhaps that the best possible way to express our thanks would be to nourish this congregation that they have both loved by stepping forward, noticing what needs to be done, and simply doing it with a gentle, generous, and humble spirit. By making a praxis out of seeking to become churchmen and churchwomen in our own unique ways.

See you on Sunday!

—Duane Fickeisen

### All in the UUCV Family:

**Will Guilliams'** last PET scan taken mid-June came back clear. After two years of his battle with cancer, this is good news indeed. Next stop: five years. With three seconds left to play, **Hailey Freeman** kicked the winning goal that clinched the Division Championship for her soccer team. Go Hailey! **June Hoch** was the lucky winner of a 2010 Prius, the grand prize in a fund-raising raffle for the Harrisburg Symphony. Anyone want to buy a 2009 Prius with low mileage? — June just bought it this winter. **Ann Sheehan** and her son, **Jonathan Drake**, traveled to Bratislava, Slovakia for the wedding of their former exchange student, **Roman Kopecky**.

## From the President of the Board:

I write this column -- my first as the board of trustees' incoming president -- several hours after attending Judy and Jill's "Coming of Age" service on June 21. Just as five of our outstanding young people have "come of age" this year, that's also a good metaphor for what's happening to our congregation. We've been meeting for weekly services in the Cumberland Valley for 12 years now, which makes us a congregation about to embark on our teenage years and a whole new set of growing pains. To prepare us for the next phase of our development, the board has enlisted membership growth consultant Mark Bernstein of the Joseph Priestley District. He'll meet with the board and membership committee in August to discuss strategies for attracting more people to our doors.

While UUCV as an entity is maturing, unfortunately the leaking roof over our heads -- and under which so much good goes on -- is well into its geriatric years. In the next few months the board will present to the congregation proposals to replace the failing roof before winter and possibly to make some sanctuary improvements that could be covered under a refinancing plan. But first the board is seeking an energy audit of our building to determine how we can improve it in the most cost-effective and energy-efficient way.

As the board starts its new year on July 1, we thank retiring president Jon Tarrant and vice president Ed Glasgow for their gentlemanly leadership. Under their patient guidance we installed the lift and new sound system, both of which make our building more accessible and welcoming. Thanks also to new vice president Dave Mooney, new treasurer Rick Heckman and returning clerk Jill Kachmar for agreeing to serve as officers. And we welcome new board members Anne Gero and Rachel Teates, whose wisdom and energy we look forward to tapping. The board meets downstairs at 7 p.m. on the third Thursday of the month (except for this month when we will meet at 9 a.m. on Saturday, July 18). You are always welcome to watch us at work!

— Ellen Lyon

### Next Newsletter Deadline

*Sunday, July 19*

Please send your submissions to [newsletter@uucv.net](mailto:newsletter@uucv.net) and feel free to include photos or graphics. Remember, fewer words = more interesting eye appeal!

## World Ripples – A Holiday of Our Own

When I learned about the Jewish holiday of Yom Kippur one Sunday morning at UUCV, I felt envious of such a beautiful, meaningful holiday to celebrate every year. A day of atonement, to forgive and be forgiven, that is really something to celebrate. It's not like I can just begin to celebrate Yom Kippur with my family and friends; it's not our holiday, and we can't really get it. When I celebrate Christmas and Easter with my husband's family, I still don't get it. I don't connect to those holidays the way that they do. Again, I start to feel envious of their strong spiritual beliefs and the joy they get out of celebrating these religious holidays that are so important to them.

Isn't that what religious holidays are all about, to reinforce our spiritual beliefs, while celebrating with friends and family? Where does that leave us UU's? Don't we have something to celebrate?

So, why not create a UU holiday? That's what I have begun with the youth at UUCV. We brainstormed and decided on a holiday called "World Ripples Day," a day to celebrate the good deeds that we are doing, and the positive impact that action has on the world. Isn't that what we are doing as UU's, sending positive ripples out into the world? There are some amazing people at UUCV, who are making tidal waves of change in the world. We need to be celebrating this.

These are some of the ideas that the RE students have already come up with. We will be feasting on healthy vegetarian food from around the world, holding up as example the people already making ripples, and making commitments ourselves, to the ripples we will create in the following year. The kids will be interviewing members of UUCV to find out what they are doing to change the world. In the RE program we will be talking about the way one good deed can send positive ripples out into the world. Soon we will be setting a date, and we will spend the summer finalizing plans.

I'm picturing a loud joyous celebration. We need music and decorations, cheers and toasts. We need to celebrate this holiday together, but also bring it home, have a party, share it with your friends and family. When we are changing the world (for God's sake), we need to celebrate!

— Nancy Bittinger

## **Pridefest is a'coming!**

Pridefest '09 will be held on July 25, again at Harrisburg's Riverfront Park (south end). A full schedule and description of events can be found at [www.harrisburgpride.org/festival](http://www.harrisburgpride.org/festival). Here we'll highlight those things in which we usually participate, namely: the parade; the Silent Witnesses; the UU booth; volunteering for the festival itself; and a new possibility for us, Spirits United, an interfaith worship service Sunday (July 26) evening.

Parade - The parade will kick off at 10 am, with the gathering time for the paraders at about 9 am. This year is the 40th anniversary of the Stonewall Rebellion, the riot in New York that crystallized the gay pride movement. To honor that event, the parade will be led by the Stonewall Veterans' Association. While the parade route has not yet been announced, it undoubtedly will be much the same as in previous years, with the staging area along North St. east from Front St. and the parade down Front St. to the south entrance to Riverfront Park.

Silent Witnesses - The Silent Witnesses play a large role in keeping the peace at the Harrisburg Pridefest, and many here in UUCV participate. The Silent Witnesses are an organization of concerned people who try, through peaceful and non-confrontational means, to provide a buffer against protestors at gay and lesbian events. They work to keep things calm and prevent clashes between the attendees and the protestors. Using rainbow umbrellas, they form a shield between the attendees and the protestors. Many in UUCV are members. In order to participate, new members must have taken the specialized training Silent Witnesses provide. If you have not done so but would like to take part at Harrisburg, there is still time. Training sessions will be held at the Unitarian Church of Harrisburg (UCH) on July 12th (11:30 am), 15th (7 pm), and 20th (7 pm).

UU booth - These arrangements have not yet been made, but presumably we will once again be cooperating with other UU churches in putting up and manning a booth presenting the UU story.

Volunteering at Pridefest - There are numerous jobs, such as taking tickets at the entrance, that volunteers are needed for and that earn the volunteer a free ticket.

Spirits United - This interfaith service will be held at 7 pm on Sunday, July 26, in the downtown church at 1508 Market St. recently acquired by UCH. The service is "designed to provide an outlet for the diverse spiritual and religious expressions of the glbt community along with its friends and allies. Spirits United seeks to provide a safe, non-judgmental, non-confrontational outlet for spiritual expression during Pridefest weekend.."\*

Sign-up sheet - There will be a sign-up sheet on the Welcoming Congregation table in the Social Hall throughout July. Please sign up as early as possible and indicate the activities you plan to take part in. You do not have to sign up for Spirits United. We need to provide this information to the organizers of Pridefest for their planning.

### Questions?

Jackie Page ([jackieshomes@embarqmail.com](mailto:jackieshomes@embarqmail.com)) or Alan Franklin ([akfrank@kuhncom.net](mailto:akfrank@kuhncom.net))

—Alan Franklin

\* from the Pridefest website



## **Nurse's Notes**

With the arrival of summer, I delight in biting into the first tomato of the season from my garden. Nothing beats picking a strawberry at its peak of ripeness or taking in the smells of flowers in the yard. One of the new words that have evolved recently is "locavore". According to the University of California's Wellness Letter, A locavore is one who eats only food grown within a radius of 100 miles. There are pros and cons to this lifestyle. The food is usually tastier and fresher and it's great to support local farmers. However many of us would hate to give up fruit in the winter, or tropical fruits altogether. Fish and chocolate would be off the menu, as well as coffee and tea. Trying to decrease our carbon footprint by buying locally is not as clear-cut as it sounds. A study done in New Zealand found that meat and dairy and other foods produced there were grown and produced more cleanly and efficiently than British products that they were less polluting, even allowing for air transport to Britain. Scientific American reported that beef is the most environmentally expensive food of all. "Producing the annual beef diet of the average American emits as much greenhouse gas as a car driving more than 1800 miles." The whole issue is rather complex. So I am going to enjoy the fruits (and vegetables) of my labors this summer, cut down on the little beef I do eat, but I'm not giving up eating a banana in January.

—Carol McAnulty

## Serious Stuff

Serious Stuff members will discuss Kuwait-born Samar Dahmash-Jarrah's book "Arab Voices Speak to American Hearts" when they meet on Sunday, July 26, in the church library.

After the 9/11 tragedy, the author, now a naturalized U.S. citizen, was called upon by her small Florida community, as well as impelled from within, to dispel stereotypes of Arabs and Muslims. So after spending the next three years speaking to audiences around the country, she spent October 2004 in Egypt, Jordan and Kuwait, asking the questions that became the basis for this book, designated a "must-read", especially for Americans of Arab ancestry. Ms Dahmash-Jarrah holds a Master of Arts degree in political science and a B.S. in Middle East studies from the American University in Cairo.

Time: 6:30 to 8 p.m. Sandy Cones, a friend of the author, will lead the discussion. Questions? Contact Marilyn Durr at 249-4019 or [mdurr137@comcast.net](mailto:mdurr137@comcast.net)



## Membership Committee

After over two years as chair of the Membership Committee, Rachel Teates is stepping down to pursue other areas of interest at UUCV. The committee members shared their gratitude of all the hard work she has put in during their last meeting held at the McAnulty's. Gail Black will be taking over as chair of the committee.



## Auction News

Save November 14th on your calendar to attend the annual UUCV auction. By the time this newsletter comes out, we will have had our first organizational meeting. We have a lot of good people ready to help, but we can always use more. Contact Paul or Carol McAnulty at 249-4433 or [pauland-carol913@embarqmail.com](mailto:pauland-carol913@embarqmail.com) to see how you can be a part of the fun.



## Circle Supper

The July Circle Supper is one not to be missed! It will be hosted by Carol and Paul McAnulty at their fabulous home on Waggoner's Gap Road. You may sign up to attend (and bring some scrumpous dish to share along with you) on the green bordered sheet on the UUCV Sign-Up Table in the Social Hall or you may email me directly at [kg1562@gmail.com](mailto:kg1562@gmail.com). You had better hurry, though! The deadline for signing up for the Saturday, July 11th Circle Supper is Sunday, July 5th at 10 pm!

—Kathleen Gorak

## *Murray Grove*

### HOME COMING:

A Mid-Atlantic UU Celebration

Saturday, September 26, 2009

10:00 am – 4:00 pm

Rev. Meg Barnhouse

Unitarian Universalist Evangelist,  
Storyteller and Musician

New interim minister at Princeton

"All Fire, No Brimstone"

For further information go to:

<http://www.murraygrove.org/homecoming.html>

## Thoreau on Walden Pond

Thoreau has been on our minds! The Coming of Age Group did its pilgrimage to Walden Pond in mid-June (see report on front page). During the ordination of UCH's Yvonne Schumacher Strejcek in Harrisburg on Saturday, June 20th, Boston with its UU luminaries--among them Thoreau--was lauded. That is where Yvonne is headed next on her spiritual and career journey. Recently, Don Hoffman shared with Gisela Roethke Thoreau's poems and journal entries which he had read in the August 15, 2004 UUCV service. And--coming soon, on July 12th-- our minister, Duane Fickeisen, and worship associate Geneva Politzer "will celebrate the 192nd anniversary of Thoreau's birth and consider how paying attention and noticing details in the natural world might be undertaken as a spiritual practice."



When Don Hoffman introduced his readings of Thoreau in the service in 2004, he prefaced his readings with the following words: "It was Emerson who suggested to a young Henry Thoreau that he ought to keep a journal. Thoreau took his benefactor's advice, and the world has been the wealthier for it. Much of Walden, the work for which Thoreau is best known, and a book that has had a profound impact on my life, was gleaned from his journals. And if you want to find Thoreau at his most poetic, don't look to his poems, most of which were written before the age of twenty seven. Look instead to the prose in his journals, especially to the years 1851 to 1854, when he was in his mid-30s. Here's a sampler from that period:" (The following journal entry is one that Don chose to read then, marking its poetic cadences as if it were poetry ; it is originally a prose text.)

*"I think that no experience which I have today comes up to, or is comparable with, the experiences of my boyhood ... Formerly, methought, Nature developed as I developed, and grew up with me. My life was ecstasy. In youth, before I lost any of my senses, I can remember that I was all alive, and inhabited my body with inexpressible satisfaction; both its weariness and its refreshment were sweet to me. This earth was the most glorious musical instrument, and I was audience to its strains. To have such sweet impressions made on us, such ecstasies begotten of the breezes: I can remember how I was astonished. I said to myself—I said to others— "There comes into my mind such in indescribable, infinite all-absorbing, divine, heavenly pleasure, a sense of elevation and expansion, and I have had nought to do with it. I perceive that I am dealt with by superior powers. This is a pleasure, a joy, an existence which I have not procured myself. I speak as a witness on the stand, and tell what I have perceived." The morning and the evening were sweet to me, and I led a life aloof from society of men. I wondered if a mortal had ever known what I knew. I looked in books for some recognition of a kindred experience, but, strange to say, I found none. Indeed, I was slow to discover that other men had had this experience, for it had been possible to read books and to associate with men on other grounds. The maker of me was improving me. When I detected this interference I was profoundly moved. For years I marched as to a music in comparison with which the military music of the streets is noise and discord. I was daily intoxicated, and yet no man could call me intemperate. With all your science can you tell how it is, and whence it is, that light comes into the soul?"*

(Journal, July 16, 1851)

—Gisela Roethke  
(newsletter editor)



## Sunday Worship Services • July 2009

**July 5 — “What Makes for a Good Marriage?”** The Rev. Judy Welles; Dan Cozort, Worship Associate. Music by David M. Glasgow.

Independence Day weekend seems like a good time to reflect on marriage, that unique relationship bond that many of us have experienced with various degrees of success. Whether same sex or heterosexual, a good marriage asks certain things of us and offers much in return. What should we know that will help our marriages thrive?

**July 12 — “Taking Notice: The Spiritual Practice of Observing Nature.”** The Rev. Duane Fickeisen and Geneva Politzer, Worship Associate. Music by David M. Glasgow.

Most of us think of Henry David Thoreau as a somewhat eccentric loner, experimenting with living in the woods at Walden Pond and promoting civil disobedience by resisting a war tax. But he was also a keen observer of nature, carefully recording the dates when the first blossoms appeared on native plants, when the first fruits and berries were ripe, when they reached their peak, and when the first baby animals showed up each year. We will celebrate the 192nd anniversary of his birth and consider how paying attention and noticing details in the natural world might be undertaken as a spiritual practice.

**July 19 — “Another Counterfeit God?”** The Rev. Judy Welles; Elizabeth Motich, Worship Associate. Music by Julie Moffitt.

A recently published novel, *The Shack*, by William P. Young, has stirred up a lot of controversy in the Christian community, reminiscent of the furor over *The Golden Compass* a year ago. The theological messages in these novels are understandably quite appealing to Unitarian Universalists. Let’s explore what the fuss is about and where we stand on some questions such as “Could God be a woman?” “Will Buddhists go to heaven?” and “Was Jesus a Christian?”

**July 26 — “Spiritual Healing”** Worship associates Don Cozort and Dot Everhart. Music by David Glasgow.

Why do we fall ill? What can make us well? For many people today, these questions can not be answered by medical science alone. There is a spiritual component to illness and healing—prayer, belief, meditation, visualization, directed journeying, energy received from other persons, the intervention of higher powers—that seems to be at least as important. This service will explore stories of non-medical healing. We will hear the testimonies of those among us who have had extraordinary experiences and consider what it might mean for our own approach to health.

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## Other Events in July

(Be sure to check the on-line calendar at <http://www.uucv.net/calendar.html> for other information and details.)

**Saturday, July 4, 9a.m.** — Soul Collage

**Saturday, July 11, 6p.m.** — The July Circle Supper will be hosted by Carol and Paul McNulty at their fabulous home on Waggoner’s Gap Road.

**Sunday, July 12, 12p.m. – 1:30p.m.** — Adult R.E. program “Conscious Discipline” in the Dining Hall.

**Wednesday, July 15 to Saturday, July 18** — Peace Camp

**Saturday, July 18, 9a.m.** — Board meeting (exceptionally on Saturday instead of third Thursday) in the board room downstairs.

**Saturday, July 25** — Pridefest ‘09 will be held again at Harrisburg’s Riverfront Park (south end). A full schedule and description of events can be found at [www.harrisburgpride.org/festival](http://www.harrisburgpride.org/festival).

**Sunday, July 26, 12p.m. – 1:30p.m.** — Adult R.E. program “Conscious Discipline” in the Dining Hall.

**Sunday, July 26, 6:30 – 8p.m.** — Serious Stuff members will discuss Kuwait-born Samar Dahmash-Jarrah’s book “Arab Voices Speak to American Hearts” in the church library.

## UUCV Contacts and Resources

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