

## Worship Dates and Information

For worship on Sunday mornings at 10:30 a.m., join us in the sanctuary at 2710 Newtown Road, Cincinnati, Ohio 45244, or click the Zoom link that appears in the service description at <https://huuc.net/worship-dates-and-information/> or at <https://huuc.net/> for the next upcoming service. The worship service and its attendees may be video recorded and appear later on various media. Recent service videos can be found at <https://huuc.net/worship-videos/> and on <https://YouTube.com>.

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### "Hard Work, Holy Work"



**Sunday September 1, 2024, 10:30 a.m.**

***Rev. Bill Gupton leads this service***

This Labor Day weekend, we consider some of the many meanings of "work." There is physical labor. There are vocations and avocations. There is spiritual and emotional work. And there is "calling." At this time in our history, we are

called to do hard work - holy work. That includes not only working on ourselves and in our workplaces, but working "overtime" to build a better, more just, and more equitable future through our democracy.

Image source: <https://uuthevote.org/>

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### Ingathering Sunday and Water Ceremony



**Sunday September 8, 2024, 10:30 a.m.**

***Rev. Bill Gupton and Laci Adams, DLFD, lead this service.***

With summer behind us and an exciting new "church year" of possibilities and discernment ahead, we annually set aside a special Sunday we call "Ingathering Sunday" for our traditional Unitarian Universalist Water Ceremony ritual.

Return home, gather back into the fold, and experience the special welcoming and embracing community that is Heritage Church.

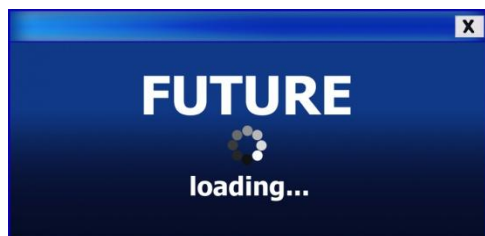
Bring everyone -- of all ages. Bring a friend, neighbor, or co-worker. Bring the water that you have collected over the summer, from places that hold significance for you. (You did gather some water, didn't you? If not, that's okay; it's never too late to collect some!) Our choir is back and will sing for us! Our sanctuary will be full of energy and wonder.

This is the first HUUC "High Holy Day" of the year. Don't miss it! *Zoomers, be sure to have your water with you, too, as we will also welcome your sharing during the service.*

Image source: <https://tinyurl.com/2s6txkx4>

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## "It's About Our Future"



**Sunday, September 15, 2024, 10:30 a.m.**

***Rev. Bill Gupton leads this service.***

It seems, this fall, that there's a lot of talk about the future. And that's a good thing. We *should* talk -- and think -- and make thoughtful, informed decisions about -- our future. So

let's look to the future together [this morning](#). Note also that there is an important congregational meeting following the service; all church members are urged to attend.

Image source: <https://tinyurl.com/38ufam7z>

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## Music Sunday



**Sunday September 22, 2024, 10:30 a.m.**

***Bethany Rogers and Kathy Wade lead this service.***

We will celebrate and reflect on the spiritual power of music, singing some of our most loved hymns.

Image source: <https://tinyurl.com/4rafjsyx>

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## "Teach Your Children Well"



**Sunday September 29, 2024, 10:30 a.m.**

***Rev. Bill Gupton leads this service.***

The leaves are turning, school is back in session, politicians and parents are arguing over what we should and should not teach our children, books are being banned -- it's just another fall in an America divided by a culture war that is, by the way, *very real*. As a faith tradition, we hope to teach our children our beliefs and values. Let's talk about that this morning.

Image source: <https://tinyurl.com/2hbj4u5k>

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## "The Clock is Ticking"



**Sunday October 6, 2024, 10:30 a.m.**

***Rev. Bill Gupton leads this service.***

It is 30 days until one of the most consequential elections in American history. Yes, you've heard that before (more or less every four years now throughout this century), but we can hardly imagine -- and don't really care to -- a more important choice than the one facing American voters a month from now. What kind of country will we be? What legacy will we leave our children, and theirs? Early voting begins Tuesday, October 8, 2024. Let's look at the issues, and get "Fired Up and Ready to Go!"

Image source: <https://tinyurl.com/ypa7czw8>

## Recent Worship Services

### Missed A Sunday Service?



It is not the same as attending in-person or viewing in real time on Zoom, but portions of most worship services are available for later viewing on the church website - HUUC.net. For personal security reasons, the Candles of Community portion of the service is removed. However, if you can't be physically or virtually there on a Sunday morning, you can still enjoy the music and reflections. A collection of recent Sunday worship service videos is available at <https://huuc.net/worship-videos/>.

Images source: HUUC.net media library

## Columns and Essays

### On the Path



**September, 2024**  
**by Rev. Bill Gupton**

Fall is my favorite time of the year. Over the next couple of months, the air will grow crisper, the leaves of the trees will become a vibrant variety of brilliant colors, my two favorite sports (football and hockey) will begin, and – yes – the energy at church will change as well, with more folks returning to the fold, more activities and events taking place, and more excitement (dare I say “hope”?) in the air. Perhaps you have already noticed some of these subtle changes. More are forthcoming.

Don’t miss our annual ingathering on Sunday, September 8, 2024! It’s a time for everyone, from our youngest to our oldest, to rejoin in community after a long, hot summer. Bring some water that you have collected from a location that has special significance for you, for our traditional Water Ceremony. We will blend our waters together to reflect the merging and melding that creates the unique and diverse community we call Heritage.

Also upcoming this month is the return of our fabulous Fall Fest – an evening of fun for all ages that includes our fundraising auction, games and bouncy houses, and haunted trail walks for the young and young at heart - a relaxed, welcoming atmosphere of community and enjoyment. The Fall Fest is an excellent event to bring your friends, neighbors, and family to. Everyone is welcome.

Similarly, thanks to the creativity and effort of some of our remarkable volunteers, we will be offering to the community a series of events we are calling Sanctuary for the Senses. A gift of love from Heritage to our neighbors (though you are welcome to come too!), these evenings will be a chance for folks to rest, rejuvenate, recharge, and take a break from the “noise” in our culture that is gearing up this fall. We’ll be offering yoga, meditation, sound baths, and more.

Our program for children and youth (commonly referred to as “R.E.,” for “Religious Education”) resumes in September as well. Director of Lifespan Faith Development Laci Adams has exciting plans for our young people this fall (and beyond), so bring the kids to church – check out the changes in the classrooms! – and let’s continue to build the best intergenerational community we can . . . one that is inclusive and welcoming to all.

And speaking of inclusive and welcoming – I look forward to heartfelt talks with as many of you as possible over the fall months. See you at HUUC!

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## The President's Corner



### It's Past Time that People Talk about Politics

*by Jaime Castle, Board of Trustees President*

Folks of a certain age grew up knowing that there were some topics of conversation, to be polite, that you just avoided. A big topic to avoid: politics! But why? It's fascinating to me, in an irritated way, how so many people ignore the topic altogether declaring that they just don't like politics. What's not to love about politics?!

People may dislike politics for several reasons -

**Frustration with the system:** people may feel powerlessness or apathy towards the whole process or the two-party system.

**Negative associations:** people are often distrustful of politicians and think that they are prone to corruption.

**Polarization and division:** Many people do not like the constant

fighting and nastiness of the extreme partisan landscape. Conflict can be stressful, and it feels often easier to just disengage.

**Complexity and confusion:** Politics can be complicated, with complicated policies, laws, and procedures that are difficult to understand. This complexity can be overwhelming.

**Overexposure and fatigue:** The news can feel like a constant barrage.

**Lack of representation:** Some individuals feel that their views or communities are not adequately represented in the political discourse.

**Prioritization of other interests:** For many, politics simply isn't a priority. People may prefer to focus on other aspects of life, such as family, work, hobbies, or personal development, rather than getting involved in political matters.

Even if people do have an interest in politics, they may be hesitant to talk about for many reasons. Fear of judgment is a strong deterrent to talk about issues in politics. Polarization and conflict avoidance are other reasons why many keep their views quiet. Some people do not think that they know enough about certain issues, or they hear conflicting information about issues and get confused. Some like to get into heated debates only to feel physically unwell due to the stress of their heart rate rising.

The more that I learn about politics, politicians, and society, I wonder if the whole idea that you must avoid talking about politics was something that was crafted in order to keep people away from paying too much attention to those who make the important decisions that affect our lives. I wonder how different our society would be if we were taught and encouraged to talk about politics, not only in a knowledgeable way, but in a civil way. I wonder if more people learned about logical fallacies and propaganda techniques would we be better off.

It's not too late to change the narrative and to change the culture. My friend, a good person and a good politician, gave me an ornament that I keep close by. It says - We are the ones we've been waiting for. We are the change that we seek. We can, as voters, learn about the issues better and learn about which resources are truthful. As parents and teachers, we can teach our kids how to see through messaging and visuals and to think critically. We can teach and model how to have a conversation with opposing

viewpoints so that we can at least try to understand someone else or help us to understand fears and concerns that often lie underneath. It is a privilege to be able to ignore politics because that means that you don't feel affected in a negative way by it. Too many are struggling and harmed by politics; however, putting heads in the sand is a selfish thing to do.

So, what can you do? The good news is that there is **a lot** that you can do. There is something for everyone to do no matter your current physical or psychological capacity:

- have the civil conversations
- join a canvass
- work on a phone bank
- write postcards
- register voters
- encourage people to vote
- donate to candidates or causes
- put up a yard sign (or five)
- share about candidates or issues on your social media
- call out toxic, unhelpful discourse or disinformation when you encounter it
- do not spread disinformation
- do not give up
- take a break
- imagine the world that you want to live in
- and lastly, go vote!

I want to close with a link to a music video that features at the end another political friend (and fellow 2020 Congressional candidate), Desiree Tims. She says in it: Every time that you sit out an election, every time you don't show up because you think it doesn't matter, someone else is happy that you didn't show up so that they can make that decision for you. Desiree is running again this year for Ohio State Representative (for a Dayton district) and will win, so keep your eyes on her!

<https://tinyurl.com/jjzdus6m>

Image source: Jaime Castle

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## I Wonder....



### How do We Measure, Measure a Year?

**by Laci Adams, DLFD**

I am writing this month's column on Molly Juniper's first birthday! It is making me extremely reflective, which I guess is not a surprising byproduct of annual events like birthdays, anniversaries, and other such monumental events. I was, however, caught off guard by how bittersweet Molly's first birthday feels.

Molly's life didn't start off the easiest. Even before her birthday, we knew that she might face a few extra challenges in life, considering her clubfoot and the extra X chromosome she carries. On top of all that we were expecting, there were also some challenges we weren't expecting, which is how she found her way into the NICU. When Ben was born, Ben also made a very brief (only, really, a few minutes) trip to the NICU. So, I can't say that we were especially concerned, really, when after a few minutes they thought Molly needed a drive-through experience in the NICU. Molly's stay would prove to be a bit longer. Thus, Molly's entrance into the world was so full of joy at her birth followed by a bit of confusion and then days of sadness, worry, and anxiety. I am struck by how Molly's birthday reminds me of so much in our lives -- filled with both high ups and low downs in close proximity.

I will tell you a secret from Molly's week in the NICU -- I often read work emails when sitting in the NICU while Molly slept. I never responded to any of those emails and I wasn't even trying to work. Reading those emails gave me a sense of being enveloped in this amazing community. When I read announcements from Babes with Books, I would remember sitting in the Heritage Room laughing and maybe discussing a book. When the Social Justice Collaborative meeting's email came out, I was reminded of everyone working hard to make a more just world for my tiny people, including my NICU baby. When the RE (Religious Education) Team sent out volunteer reminders, I felt the care and space for learning we give our kids. When I would read the Caring Circle's weekly candles' email, I was connected to others both in celebrating their high highs and holding their low lows. Each email was a reminder of the power of community to bolster us in times of challenge and to celebrate with us in times of joy. In each email, I was aware of the Love that is the beating heart of **this** incredible community.

I am reminded too of other anniversaries and new beginnings. This fall will be the beginning of my fourth year of ministry at Heritage. Every time I look at Ben, I am reminded of how long I have been at Heritage. Little Mari and Ben are just about the same age. When I started at HUUC, they were chubby toddlers ambulating about. Now their "baby" is nearly all gone and they will go to kindergarten next year. As a community, we have welcomed Amos, Maeve and Molly into our midst.

Other changes have accompanied these years of ministry, namely the start of my ordination process. If receiving a call is between a person and the divine, ordination is a community's response to that spark. It is an acknowledgement of what they see in their midst. I have been so warmed and privileged to be in ministry in this community. This community has early and often said that they see me as a minister and they are prepared to respond with the act of ordination. That consistent and caring invitation has allowed me the time to reflect, process, ponder, discern, and prepare. So, it was with great excitement that I finally found myself ready to say yes to that invitation.

Again, as I was at the start of my mothering journey with Molly, I cannot think of a community that I would rather share this journey with because I know of our powerful ability to meet the bitter and sweet together with joy, love, and fortitude.

Best,  
Laci

Image source: <https://tinyurl.com/yc39b3zz>

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## A Shiny New Thing

### JETPIG Fun Reflects Serious Changes



#### *An Opinion* *by Rebecca Pace<sup>1</sup>, HUUC member*

Many people across our Unitarian Universalist Association's (UUA) spectrum are expressing excitement about the new Values approved at the 2024 General Assembly (GA). These Values replace the Seven Principles in Article II<sup>2</sup> of the Association's bylaws<sup>3</sup>.

Like a "shiny new thing"<sup>4</sup>, the fresh start has brought out the playful side of our musicians and religious educators. Graphics, songs<sup>5</sup>, games, and toys are being created to help children and adults understand the changes.

Perhaps nothing has attracted more attention than JETPIG. This clever mnemonic is a simplified way of remembering the six new values. The JETPIG letters stand for each of the values - Justice, Equity, Transformation, Pluralism, Interdependence, and Generosity. Accompanying the new JETPIG catchword/learning tool is the image of a pink pig wearing a jet engine pack. He flies in to introduce both young and old to the values that have replaced our Seven Principles.

With all the frivolity, I wonder if people really understand that there's more to JETPIG than fun and games. Each value carries with it a covenant and action statement explaining how UUs will express (or embody) these values. The innocent laughter that accompanies this flying pig hides significant, potentially disturbing changes on the horizon.

The June 18-23, 2024 UUA GA was, in my opinion, serious business -- the most significant GA since the 1961 sessions that merged Unitarianism and Universalism. The recent changes in Article II at GA 2024 may have spurred the most emotionally charged votes at that GA, but the next steps may loom as the most influential to the organization and its members. The UUA Bylaws Renewal Team is working to create proposed changes to Article III. Article III explains how Article II's theory will become practice.

The June 2022 GA Business Resolution that established the Bylaws Renewal Team<sup>6</sup> charged them to draft a "wholesale re-write." The new bylaws framework should "reflect our theological commitment to liberation and inclusion," and "provide accountability to our long-standing anti-racist and anti-oppressive commitments."

Article III is where the proverbial "rubber meets the road" to make Article II more than simply words on a page open to multiple acceptable (sometimes opposing) interpretations. Article II may be the new "law" but Article III explains how the law will be enforced.

Many UUs felt/feel that the proposed and adopted changes to Article II would/will have no personal impact. This belief may have fueled many UUs' lack of interest in the proposed bylaws changes prior to GA 2024. However, this complacency may be misplaced. The adopted changes to Article II provide the potential logic for and basis of changes in Article III that provide definitive meanings and punitive actions only alluded to in the adopted Article II. These future changes can influence how individual members



(not just the UU organization and/or member congregations) experience what they consider their chosen religion.

Where will JETPIG take us? Look out for what's next.

Image source: <https://tinyurl.com/mun9ne6v>

**Footnotes:**

1 - With input from Barbara Barnes

2 - For more information on the finalized Article II, connect to <https://tinyurl.com/ynpwezjn>

3 - For more information on the current Article III, connect to <https://tinyurl.com/5n8aw893> for the complete UUA Bylaws, as of May 23, 2023, including Article III.

4 - Defined as a flashy thing of questionable substance

5 - Presented in the video seen in <https://www.youtube.com/watch?v=j5kiAz20DVE> of the congregation of First Parish of Watertown, MA

<sup>6</sup>[https://www.uua.org/files/2022-08/reimag\\_bylaw\\_res\\_06262022.pdf](https://www.uua.org/files/2022-08/reimag_bylaw_res_06262022.pdf)

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## Security Upgrades Coming to Heritage



Heritage has an active team working to improve our security and safety with the implementation of the FEMA Non-Profit Security Grant Program grant of \$147,000 approved late last year.

You've already seen Terri Gaitskill's announcements for CPR/AED and Run, Hide, Fight trainings that start this month. In addition, the grant will cover enhanced security through replacing our doors, adding security cameras, and upgrading our cyber-security.

New commercial-grade doors and frames will limit the number of doors that can be used to enter the building and provide greater protection against break-ins and bullets. Security cameras will capture video only (no audio) and will allow us to review footage if there is an issue. No one will monitor the cameras regularly, so your privacy is protected. Trainings will also include de-escalation. Look for more offerings in the future. Adding cyber-security to our computers and network will help keep our data more secure.

Proposals for all of the changes to the building are in progress. Work on some upgrades should begin soon. Please bear with any disruptions, which will likely happen during the week so they won't affect Sunday services.

Additional safety is provided by our team of volunteers who monitor the entrance and the building during worship and other events open to the public. Bob Lamb leads this team, and he is always looking for more volunteers. If you would like to join the team, please reach out to Bob at:

[boblamb2@gmail.com](mailto:boblamb2@gmail.com)

If you have questions on the upgrade project, please reach out to Susan Conley at:

[Susan.ConleyDesign@gmail.com](mailto:Susan.ConleyDesign@gmail.com)

## Grant General Questions:

**Q: How much is the grant?**

**A:** \$147,000 to help non-profits increase their security posture against acts of terrorism or other extremist attacks. We pay then get reimbursed by FEMA (Dept. of Homeland Security specifically).

**Q: How long to implement the grant?**

**A:** Until August 2025

**Q: Replacing windows?**

**A:** No, not under this grant

**Q: Bullet-proof doors?**

**A:** No, they are bullet-resistant; vandal resistant. It slows down an intruder.

**Q: Why are Heritage and Classroom doors “exit only”?**

**A:** To limit the number of ways to get in the building.

**Q: Why don’t classrooms have wheelchair accessible landings?**

**A:** They are not “legal” exits and are not required. Exits are marked by exit signs and all are wheelchair accessible.

**Q: Location of security cameras?**

**A:** Interior cameras will allow us to monitor the sanctuary and the great hall, the entry, and the halls. Exterior cameras will focus on the entrances and the parking lots.

**Q: What? We’re being recorded?**

**A:** Cameras record visual only, no audio. The footage will be reviewed only in case of an intruder or other emergency. Day-to-day activity will not be viewed.

**Q: Minority Bidders?**

**A:** None found on SAM.gov or FEMA lists of approved vendors

Image source: <https://tinyurl.com/53mx7rz9>

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## The Parable of the Unicorn



On August 25, 2024, during the morning worship with the theme of improv, the following improvisational exercise was written by Heritage Universalist Unitarian Church one word at a time.

*The Bengal Tigers loved unicorns. The hunters couldn’t find the unicorns – under, over, up, down, frown-flow – because they were invisible.*

*Unicorns and wallabies sang magically and laughed, because*

*they knew holidays. Yes! Fast! They knew karate, joy, and joking.*

*Then the unicorns went higher to the mountain to buy iPhones. And it was good. Unfortunately, they fell – but magically – they were able to arise and go up the mountain summit quickly.*

*Suddenly ... crash!*

*“Look ... multi-colored bingo! Win big bling!”*

*Quietly, joyfully ... drink in, rejoice, and be present.*

Image source: <https://tinyurl.com/ms6vzaby>

## Announcements



### **We NEED Your Items!**

The Fall Auction/Fall Fest is approaching fast (September 21, 2024) and we need your donations. Gift cards, gift baskets, homemade food and crafts, dinners - all of these bring in much needed money for the church.

To donate, copy and fill out the form below, then attach it to an email or send the same information requested (no form needed) to John Sandman at

[jsandman1146@yahoo.com](mailto:jsandman1146@yahoo.com)

The donations cut-off date is September 10, 2024.

You can get a sneak preview of the new auction website here - <http://www.auctria.events//huuc>

**The website goes live on September 1, 2024, including the bidding!**

In addition, this year all users will register on the auction website, putting their credit card numbers in, and bid online. Whether you are on-site at HUUC for the event or elsewhere, you can bid up until the auction

closing at 8 p.m. Eastern DST on September 21, 2024. Once the auction closes, checkout will be immediate - no standing in line to pay!

I'll be around in September on Sundays to get you hooked up to the website.

More information regarding the different auction and fest components of this event is forthcoming. Stay tuned for these details.

In the meantime, please donate your items for the auction facet of this fun event.

Thanks,  
John Sandman

### **Auction 2024 Donation Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Item Description:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Value: \$ \_\_\_\_\_

Starting Bid: \$ \_\_\_\_\_

Date (if event): \_\_\_\_\_

Number of people (if gathering/event): \_\_\_\_\_

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## Add Your Voice as Choir Rehearsals Resume - Please Join Us!



At 7:00 p.m. on Thursday, August 29, 2024, choir rehearsals resume in the sanctuary. If you are interested in joining the choir, please contact Choir Director Steve McCamley at

[SMcCamley@aol.com](mailto:SMcCamley@aol.com)

Image source: <https://tinyurl.com/yc7428dc>

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## Help Needed for Football Game Parking



Once again, Heritage will offer parking for the five Turpin High School home football games. We need two volunteers at each game to collect money and direct fans to the parking spots. The football games are on August 30, September 13 and 27, and October 11 and 25. Each game starts at 7:30 p.m. with the volunteer shifts from 6:00 to about 7:45p.m. Further details will be provided before each game.

Please sign up using this SignUp Genius link: <https://tinyurl.com/yc3n889a>

Thank you for your support of Heritage Church with this fundraiser. Feel welcome to contact Neal Watzman if you have questions at the following email address:

[neal.watzman@gmail.com](mailto:neal.watzman@gmail.com)

Image source: <https://tinyurl.com/4rx83th6> and <https://tinyurl.com/yy5u89r7> and <https://tinyurl.com/4vb2uzej>

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## Join One of Our Two CPR/AED Classes



**Tuesday, September 3, 2024**  
**3 p.m. or 7 p.m. Sessions**

Whether you have been trained in the past or not, it is always good to review the most up-to-date techniques as a first responder helping in a medical emergency. HUUC will offer free CPR/AED TRAINING at church toward that goal. This is a quick familiarization session rather than a full certification. The sessions should last less than two hours.

Image source: <https://tinyurl.com/4sjrp7ry>



## Remember to Collect Some Water



This summer, you are encouraged to collect and keep a small sample of water from a location that has special significance to you: a vacation destination, the creek on grandparents' farm, a pond or lake, river or ocean. Set that water aside and then bring it with you to church on Sunday, September 8, 2024 for our annual Ingathering Water Ceremony. At that service, we will merge our waters into one common vessel to reflect the rich diversity of our church family while creating our own Heritage "holy water."

This Sunday marks the beginning of another annual cycle of religious community, the 198<sup>th</sup> year in our storied church history.

Image source: <https://tinyurl.com/yttnwshy>

## Endowment Fund Milestone Celebration



Join us for cake on September 8, 2024 as we celebrate our endowment fund's milestone. The cake will be served in the great hall during potluck that immediately follows the morning worship service.

Image source: <https://tinyurl.com/4bnne6rk>

## Special Congregational Meeting



**September 15, 2024**

**Immediately after the morning service in the sanctuary**

HUUC members should plan to attend a brief special congregational meeting on Sunday, September 15, 2024 immediately following the morning worship service. The Board will ask the congregation to approve expenses related to the security grant upgrades.

Members can attend this meeting in person or using the Zoom link for the morning's worship service.

Image source: <https://tinyurl.com/3vmj7pbu>

## Making a Contribution or Pledge Payment to HUUC during the Sunday Worship Service?



Use the blue envelopes (found at the rear of sanctuary or ask an usher) for contributions or pledge payments you are making **to the church** when adding them to the collection. Loose cash or checks in offering plate go to weekly outreach recipient.

Image source: <https://tinyurl.com/e2c3sr9d>

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## Need a Little Hearing Assist?



We all need a little assistance now and then. So why not take advantage of the boost if your hearing needs a bit of help - no shame involved. Hearing assist headphones are available for the Sunday morning services. Just ask an usher for the device.

Image source: <https://tinyurl.com/3f5yva7f>

## Ministries

### Social Justice Collaborative Meeting



**Sunday, October 27, 2024,  
Approximately 10 minutes after the morning worship  
service.**

How fulfilling does it feel to help families who are homeless? You can learn about Found House and how Heritage supports St. John's UU in its hosting.

What are the next events coming up for Anderson Churches for Racial Unity (ACRU) and Greater Anderson Promotes Peace

(GAPP)? You can learn about these well before the events.

In the upcoming election, why does the national Poor People's Campaign identify the oppressed as the possible swing vote? You can learn about the Campaign's broad objectives.

We'll discuss these and other areas, such as the Indigenous People's Study Group, LGBTQ+ issues, and government reform efforts, at the next meeting of the HUUC Social Justice Collaborative. It takes place on Sunday, October 27, in the Heritage Room, starting around ten minutes after the completion of worship.

Come to learn about and contribute on one of topics mentioned above, or raise your own area of concern. All HUUC members and friends are welcome.

If you have questions or ideas, please see the person putting together the agenda, Mimi Sinclair. Her email address is

[mimisinclair@me.com](mailto:mimisinclair@me.com)

Photo caption: Found House volunteers provide supper to homeless families, c. 2019.

Photo credit: <https://tinyurl.com/5n7w4xx2>

## Community Events

### Potluck Lunch Secret # 6 - Don't be Bashful



**Come to the September 8, 2024  
Second Sunday Potluck Lunch  
Sixth in a series**

I'll let you in on something that few people know or believe about me. I'm secretly shy and bashful, even though I have often spoken in public in front of large groups and am speaking to you now as editor of the *Heirloom*. On the Myers-Briggs personality scale, I score a whopping big "I" for introvert. So attending my first HUUC Sunday lunch potluck was a huge challenge for me. It was like my first lunch in high school. Might no one talk to me? Would I eat alone? Much less, I didn't bring anything to share and was worried about what was appropriate to bring. (I'm not a good cook.)

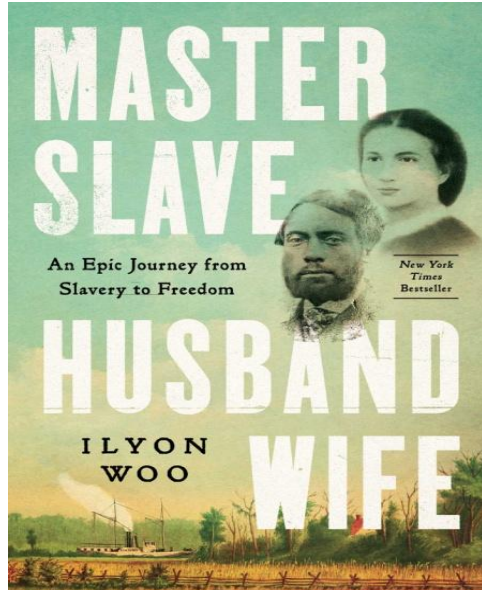
All those fears were for naught. Join the line in the great hall to fill your plate for the feast right after worship services on Sunday, September 8, 2024 - whether you bring something or not. You will soon be in conversation with someone who could be your new Heritage friend. Since we "mix and mingle," it is an opportunity to meet new people, even if you have been coming to Heritage for years.

~ Your domestically challenged *Heirloom* editor, Barb Barnes

Image source: <http://tinyurl.com/2shwspzr>

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## A Remarkable True Story



**The BWB meets Wednesday, September 18, 2024,  
7 - 9 p.m. in the Heritage Room**

The September meeting's selection for the Heritage Women's Book Club (aka the Babes with Books or BWB) is *Master Slave Husband Wife* by Ilyon Wood. According to Amazon.com, this New York Times Bestseller is a "remarkable true story of Ellen and William Craft, who escaped slavery through daring, determination, and disguise, with Ellen passing as a wealthy, disabled White man and William posing as 'his' slave."

The current selections for BWB upcoming meetings are as follows:

October 16 - *The Authenticity Project*, by Clare Pooley

November 20 - *The Power*, by Naomi Alderman

December 18 - Holiday Party, no book selection, movie to be determined

January 15, 2025 - *The Women*, by Kristin Hannah

February 19, 2025 - *The Measure*, by Nickki Erlick

March 19, 2025 - *True Biz*, by Sara Novic

All BWB meetings run from 7 - 9 p.m. in the Heritage Room, unless otherwise announced.

All women (be they members, or friends) are always invited to any BWB meeting - whether they have read the book or not. Unless otherwise announced, the meeting's book selection is available on hold for the Heritage Book Club at the Anderson Township branch of the Hamilton County library approximately a month in advance.

For inclusion in the BWB Google group emails, contact the Heritage office at [HUUCoffice@yahoo.com](mailto:HUUCoffice@yahoo.com).

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## Enjoy the Family Fall Fest and Annual Auction, September 21, 2024



Come to HUUC on Saturday, September 21, 2024 from 6:00 - 9:30 p.m. to enjoy an evening of family fun held in conjunction with the annual HUUC Auction.

This year, our new auction website, <http://www.auctria.events//huuc>, allows you bid on items online, to purchase Fall Fest tickets, and make a dinner donation

in advance of September 21. (Purchasing food in advance helps us plan how much food to order!)

Fall Fest activities will be held on the HUUC exterior grounds, including games, inflatables, a fortune teller, airbrush tattoos and face painting, plus a haunted trail. The costs for these activities are \$5 for the haunted trail, \$15 for a wristband that includes the haunted trail and all Fall Fest activities. Food and drinks will be available for an additional charge. Tickets for the Family Fall Fest also can be purchased onsite at the Fall Fest ticket booth.

The auction will be held simultaneously with the Fest, in the HUUC Great Hall and adjacent rooms. Admission to the Auction is free. The Auction website, cited above, is the source for all information regarding the auction. Not only does the auction website describe the auction items for sale, but you can bid on the items through the website, eliminating the previous manual system. This new system enables immediate checkout at the close of the bidding period. No more standing in line to pay!

The auction website, **including the bidding**, goes live on September 1, 2024.

For more information, check out <http://www.auctria.events//huuc> or use these email addresses:

**jsandman1146@yahoo.com**

to contact John Sandman for Auction information

**meredithmeyer11@gmail.com**

to contact Meredith Meyer for Fall Fest information.

Image sources: Meredith Meyer and <http://www.auctria.events//huuc>



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## Run, Hide, Fight Class at HUCC



Sign up for the free, September 22, 2024 Run, Hide, Fight class regarding dealing with an active shooter situation. This class is presented by the Hamilton County Sheriff's Department. The class, held in the HUUC sanctuary, will start shortly after the Sunday morning service and last less than an hour. Registration by September 15, 2024 is preferred. Register by emailing your request to attend to Terri Gaitskill at:

**gaitskit46@gmail.com**

Image source: <https://tinyurl.com/32udncuc>

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## Practicing Compassionate Communication Two-Part Workshop



**Tuesdays, September 24 & October 8, 2024  
7:00-8:30 p.m. at Heritage UU Church**

Join us for a two-part interactive workshop where we delve into the transformative principles of non-violent communication, inspired by Marshall Rosenberg. This workshop is designed to equip you with practical tools to navigate challenging conversations with empathy and understanding. Don't miss this opportunity to transform your communication style and deepen your connections. Join us for an empowering workshop on compassionate communication! One registration covers two sessions.

### Workshop Highlights:

- **Understanding the Four Components:** Explore and practice the foundational elements of non-violent communication: observations, feelings, needs, and requests. Learn how these components can foster connection and mutual understanding in all types of interactions.
- **Application in Real Life Situations:** Gain insights into when and how to apply non-violent communication techniques in your daily life. Whether dealing with politics, family dynamics, or other sensitive topics, you'll develop strategies to navigate conversations with grace and clarity.
- **Replacing Existing Patterns:** Identify your current communication patterns and learn new strategies to replace them with compassionate approaches. Enhance your ability to listen actively, express yourself authentically, and build meaningful connections.
- **Learn and Practice:** The second session is a continuation of the first and will include opportunities to practice the skills and strategies learned in the first session.

### Who Should Attend:

- Individuals looking to enhance their communication skills in personal and professional relationships.
- Anyone interested in fostering empathy and resolving conflicts peacefully.

**Sponsors: Greater Anderson Promotes Peace (GAPP) and Anderson Churches for Racial Unity (ACRU)**

**Facilitator: Mandie Kender** is an experienced parent coach, therapist, conflict and mediation coach, and leader in addressing family conflict and addiction and recovery. She is the owner of Authentic Living, where she supports families and communities through teaching peaceful and effective communication practices. She is also the current Director of Parent Connex<sup>®</sup> at Beech Acres Parenting Center. With her extensive experience, Mandie has a passion to support the work of restoring wounded relationships through compassionate communication.

**Registration Information:** <https://communicatewithcompassion.eventbrite.com>

**Registration is required, and spaces are limited.** Registration covers both sessions. You must attend Session 1 in order to attend Session 2.

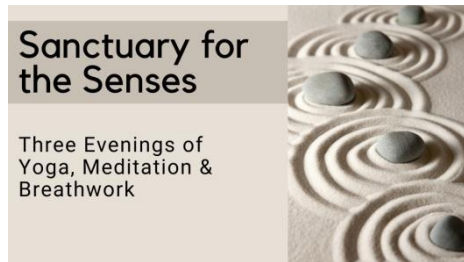
**Optional resource:** *Nonviolent Communication: A Language of Life: Life-Changing Tools for Healthy Relationships* by Marshall B. Rosenberg, PhD

Contact: Louise Lawarre via [gapp.peace@gmail.com](mailto:gapp.peace@gmail.com) (preferred for this posting) or at [louiselawarre@yahoo.com](mailto:louiselawarre@yahoo.com)

Image source: <https://tinyurl.com/5762b8x9>

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## Fall Yoga & Meditation Series



Need a break from this election season? Find a moment of peace from politics in a safe and welcoming community. Heritage Universalist Unitarian Church will open our space to the community this Fall for three, free guided meditation, yoga, and breath work sessions. No pre-registration or equipment required. All sessions will be held in the HUUC sanctuary, scheduled from 7:00 - 8:30 p.m. Sessions are appropriate for all skill levels. Ages 10 and above.

### Guided Meditation for Calm

September 25, 2024

Led by Maureen Boylan

### Simple Yoga

October 15, 2024

Led by Joelle Tunning

### Breath Work and Yogic Techniques to Settle Your Soul

October 29, 2024

Led by Tracy Jo Duckworth

Image source: <https://tinyurl.com/ynwsjvun> and <https://tinyurl.com/ffsxy892>

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## Creating Magic Moments Together



### **HUUC Women's Retreat**

**Friday afternoon, September 27 to Sunday afternoon, September 29, 2024.**

**Hope Springs Institute near Peebles, OH**

For well over a decade, HUUC has held this version of the women's retreat at Hope Springs. We made and continue to create magic moments together with crafts, song, dance, yoga, sacred walking, sharing, fireside chats, and *lots* of laughter. We

welcome all who identify as women, friends, and members of HUUC for three days of deep diving into sisterly community. You always have a choice regarding your participation level.



The price is \$290 for all lodging and meals from Friday afternoon to Sunday afternoon. Scholarships are available. A \$100 deposit is due by June 2, 2024. The full, non-refundable payment is due on September 8, 2024. Please provide these payments to Julie Kane. She can be contacted at [jgkane@cinci.rr.com](mailto:jgkane@cinci.rr.com)

For more details, ask Ellie Lamb, Laura Palmer, or Tracy Jo Small. Tracy Jo can be reached at [tracyjoduckworth@gmail.com](mailto:tracyjoduckworth@gmail.com).



Images source: Courtesy of Tracy Jo Small

## Support

### Inter Parish Ministries Food Pantry Requests



#### Specific Items Needs

Even though the end of the school year and most graduation parties are recent memories, not many of us are thinking of the start of another school year, yet. However, Inter Parish Ministries (IPM) is already gearing up for their annual Back To School (BTS) Drive.

The staff at IPM has reached out to Heritage to ask if we would donate the following items for the BTS initiative that provides school supplies for hundreds of students.

- Dry Erase Markers
- Pens
- Glue Sticks

All donations can be placed in the grocery cart in the HUUC Great Hall no later than Sunday, August 4, 2024. All of the supplies will be included in backpacks distributed to families before the opening of school.

If you have questions, please contact Ann Roberts at 419-350-9064.

## IPM Volunteers Needed

Volunteers serving on a regular schedule are also needed at IPM. Now that the new pantry is open, they are providing more services that require more volunteers. Along with the drive thru pick-ups four days a week, Choice Shopping is now available three afternoons a week. IPM is in need of volunteers in the afternoons with jobs such as front desk receptionist, shelf stockers, greeters, and shopper's companions. If you would like to volunteer, contact Marsha Blair at

[marsha@interparish.org](mailto:marsha@interparish.org)

or call 513-527-6274. The new pantry is now located at 4623 Aicholtz Rd in Union Township.

Image source: <https://www.ipmfoodpantry.org/about>

## News Articles

### Rev. Bill Interviewed on Local Radio Program



On August 15, 2024, Rev. Bill Gupton was interviewed on the local WVXU radio program broadcast of "Cincinnati Edition" regarding his non-HUUC work and passion for Heritage Acres Memorial Sanctuary. Heritage Acres is the only natural burial preserve in the Cincinnati area.

If you'd like to hear this interview, you can find it at:  
<https://www.wvxu.org/show/cincinnati-edition/2024-08-15/green-burials-death-doulas-personalizing-funeral>.

Image credit: Donelle Dreese

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### Board Briefs for August, 2024



The Heritage UU Church Board of Trustees met on August 12, 2024. The following points summarize their activities.

1. Our Fall Festival is approaching on September 21, 2024 and we need volunteers! We are splitting up the responsibilities into one-hour shifts, so you can enjoy the festival as both a volunteer and a participant. If you are able to help out, please reach out to Meredith Meyer or a board member. Thank you!
  2. We will hold a short special congressional meeting on Sunday, September 15, 2024 immediately following the service.
- Please plan to attend, either in person or by Zoom, if you are able.
3. Our congregation will be sponsoring Laci Adams as an aspirant for UU ministerial fellowship. The process will take a while, and we are excited to support Laci in her journey!
  4. The books are officially closed on our fiscal year ending [June 30, 2024](#).

Image source: <https://tinyurl.com/59jv6frp>

## From the Archives

### Voices from the Past - Part II



*by Mike Roberts, Church Historian*

Last month, comments and parts of sermons from Reverend Anthony Beresford were offered. This month, thoughts from the sermons of Eleanor Artman will be presented. A few of her sermons have been left in our archives.

Rev. Artman served Heritage in 1985 and again from 1989 to 2001. Some of our current members fondly remember Reverend Artman who was in the pulpit when the following passages were rendered

to the congregation at Heritage.

From a 1999 sermon titled "Blessed by the Animals," she states - *"Throughout history, humans were accustomed to regard animals as objects, as tools, commodities, resources. We raise them for food, use their furs and hides for clothing and decoration, and use their bodies for research. One might say we 'de-humanize' animals, but of course this would not be accurate. They are not humans, even though humans are animals. We might say we 'de-sacralize' them—rob them of their holy qualities, injuring both their nature and our own. This does not mean to me that I become a vegetarian. It does mean that I recognize what the animals give to my life, and that I need to be sparing and thankful."*

Reverend Artman included the following thoughts in her 1997 Water Ceremony sermon.

*"Wherever there is water, there is life, and wherever there is life there is water - pure, clean, natural waters. Even raindrops teem with microscopic life. All life is a watery gel, frozen moments of water. Our body is a molded river."*

*Water nourishes; it is the sap of trees, the cool juice of fruits, the rich blood of animals. Water is beautiful; it is the sparkle in our eyes, a rainbow, the jewels of the morning dew, and endless varieties of snowflakes. Water makes music in the pitter-patter or raindrops on the roof, a brook's gurgle, the crash of the surf. It dances in a waterfall and in the twists and turns of a whitewater river. Water is the great healer that quenches fever, thirst, and dry parched land. It refreshes, revives, and strengthens."*

In another sermon from September 1997, Rev. Artman spoke about "On the Way to Love: Respect." She offered the following.

*"Love - just one word for it in English. Eskimos have thirty words for snow, because it is a life or death matter to them to have exact information about the element they live with so intimately. What would it be like if we had thirty words for that most complicated matter of love? Is it not also a matter of life and death?"*

*Imagine what richness would be expressed if one had a specific vocabulary for the love of one's father, another word for love of one's mother, yet another for one's camel as the Persians do, still another for one's lover, and another exclusively for the sunset!*



*Or, a word for the love of oneself - probably the most neglected form of love we have. Or a word for the love of those who are in religious community with us. Or a word for the love of those who are not. Or a word for the love of the unlovable. You get the idea."*

Artman also wanted to explore the reasons why people choose Unitarian Universalism as a religious experience. In October, 1997 she cited the following reasons.

*"To provide more opportunities for religious wonder.*

*To learn about the history of freethinkers and religious revolutionaries.*

*To explore world religions.*

*To raise our children in this faith of freedom and responsibility.*

*To look with new eyes on our own lives and the world we live in.*

*To belong to a community of like-minded seekers always seeking to expand the circle."*

In November of 1997, Reverend Artman delivered a sermon entitled "Words to Live By." One small part of that delivery included the following.

*"I'm sure each of you has your favorite sayings, or touchstones. Words you go back to again and again to regain your balance in life. Words that catch your imagination and your dreams. Words that comfort and strengthen you. Some even carry such words in their wallets — we might call that wallet theology. I cannot tell you how many memorial services I have done, where, when I talk with the bereaved about the service, about what they would like included, they hand me a crumpled clipping; 'She had this by her bedside', or a worn copy of a poem: 'He carried this in his wallet.' "*

Eleanor provided us with insight for what we should be thankful in her Thanksgiving holiday sermon.

*"Be thankful for the happiness you have known in times past, the moments of mirth and delight, the years of health. How many of your dreams have come true; promises long deferred, have so often at last been made good.*

*Be thankful for the dearness of your loved ones, the faithfulness of your friends, the courtesy and kindness repeatedly shown you by total strangers.*

*Be thankful that your fears have again and again proven groundless, that you have survived so many close calls, so many narrow escapes; and that the same good fortune has generally followed your children in their misadventures, and your friends likewise.*

*Be thankful not only for the joys that have accompanied your way, and the unnumbered gifts of a kindly providence. Master the harder art of gratitude for life's sterner lessons. You have known the pain, pain that has given you warning of unseen dangers. You have known failure, failure that shattered false hopes of easy victory, and toughened your spirit for lessons. Having made mistakes, you have learned important lessons. Having encountered obstacles, you have found courage and endurance to surmount them. Having known sorrow and loneliness, you have discovered that even these have quickened your sympathy, taught you your need of others.*

*Be thankful, then, that so much you have not sought and would have bypassed if you could, nonetheless has proved enriching to your experience. Even in life's dark labyrinthine ways and bitter moments, we of faith and openness can trace the workings of a mysterious wisdom, an impartial providence, a love that connects us all.*

*But how ill prepared we often feel - ill prepared for giving thanks, ill prepared for what is around us and before us, ill disposed to be grateful in an ungrateful universe."*

Several weeks after her thoughts on giving thanks, Reverend Artman continued with a sermon on "You're Welcome." A small part of that sermon had this observation.

*"This church is not a place of right convictions, a fortress of truth or even a bastion of philosophy. The church is a community of those who have suffered loss, lived through it, and learned true compassion - who have a sense of awe and mystery about this world and this enterprise of living. This church is where we hear music and sing it ourselves, where we serve one another, where the strands of our beliefs, our lives and hopes are woven in a cable strong enough to bear us across the valleys of pain, despair, grief, doubt, and disillusionment. Each has experienced these, or will. We learn from each other, and for those reasons we come to this special place, infusing it with hope."*

Image source: <https://tinyurl.com/528xb38t>

## The Wider UU World

### Universalist Convocation is Close this Year



**Friday through Sunday, September 20 – 22, 2024**  
**Universalist Church of Eldorado, OH.**

This is the perfect year to attend the Universalist Convocation, since it is being held just a 1½ hour drive away at the Universalist Church of Eldorado, Ohio.

For more than 30 years, Universalists have gathered together at the annual convocation (meeting) to learn, explore and celebrate our Universalist heritage. The Universalist

Convocation is recognized as a Related Organization of the Unitarian Universalist Association but operates independently under its own Charter, Bylaws, and Officers.

Heritage Universalist Unitarian Church hosted the Convocation in 2014, and several Heritage members have attended in other years. More information can be found at the Universalist Convocation webpage at <https://universalistconvocation.org/announcement/>. Registration opens August 1 at this webpage: <https://universalistconvocation.org/register/>

If you have questions about the Universalist Convocation, feel free to talk with past attendees Russ Araujo, Rae Jane Araujo, or Rebecca Pace or contact them at the following email addresses.

[russaraujo@gmail.com](mailto:russaraujo@gmail.com)

[RaeJane.Araujo@gmail.com](mailto:RaeJane.Araujo@gmail.com)

[rebpace@gmail.com](mailto:rebpace@gmail.com)

Image caption: Universalist Church of Eldorado, Ohio

Image source: <https://universalistconvocation.org/announcement/>

## Calendar of HUUC Events

For the online calendar of HUUC events, go to: <https://huuc.net/calendar-for-huuc/> and scroll to the month of interest. See also the list of all events at: <https://huuc.net/events/>

## Get Weekly HUUC Updates

People in the Google Group “huuc-announcements” get a few Heritage-related announcement emails each week, including a summary on Monday, entitled *Heritage Connection*, of the upcoming activities and worship. If you would like to receive huuc-announcement emails, please send an email requesting it to the church administrator at: [HUUCoffice@yahoo.com](mailto:HUUCoffice@yahoo.com)

### Heirloom

A publication of  
Heritage Universalist Unitarian Church

Rev. Bill Gupton, Senior Minister  
Rev. Doak Mansfield, Minister Emeritus  
Jaime Castle, Board President  
Laci Lee Adams, Director of Lifespan Faith Development  
Sherry McCamley, Music Director and Accompanist  
Steve McCamley, Choir Director  
Martha Viehmann, Church Administrator  
Kevin Palmer, Technology Coordinator  
Antonio Ciolino, Web Technician  
Barbara L. Barnes, *Heirloom* Editor

Submissions for the next *Heirloom* are due by **5 p.m., Tuesday, September 24, 2024.**  
See <https://huuc.net/website-and-heirloom-newsletter-submitters-guide/> for information on  
writing for the *Heirloom*

Send submissions to [newsletter1@HUUC.net](mailto:newsletter1@HUUC.net).  
HUUC Contact Information: <https://huuc.net/contact-us/>

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