

The Gathering at Northern Hills, A Unitarian Universalist Community



The Harbinger

The Gathering at Northern Hills is a congregation of free people

As such, we celebrate diversity and welcome to our services all persons, irrespective of race, ethnicity, disability, sexual orientation, or faith.

We invite and welcome to our membership those in agreement with our purposes and principles.

Website:

<http://www.gnhuu.org>

For current calendar information, visit the website and click on the calendar link at the bottom of the webpage.

**Rev. Doug Slagle, Minister
Sunday Services & Religious
Education:**

Sunday at 10:45

Nursery Care Provided



Watch your thoughts,
they become words.
Watch your words,
they become actions.
Watch your actions,
they become habits.
Watch your habits,
they become character,
Watch your character,
it becomes your destiny.

- Frank Outlaw

Upcoming Events



This Sunday, August 11, Rev. Doug, Topic TBA

August 1 - August 31 - Shambhala Meditation Group, Every Tuesday, 7:00 – 8:30 pm, Quimby Room.

Aug 11 - Social Justice Action Meeting, 9:15am, Sanctuary

Aug 11 - RE Classes for the Youth, 10:15am

Aug 11 - Coffeehouse Service, 10:45am

Aug 14 - Lunch at Lighthouse Youth Services, 11:00 am

Aug 18 - Congregational Conversation, 12:00 pm

Aug 25 – Membership Team Meeting, 12:00 pm

Aug 27 – GNH Women’s Group Meeting, 12:00 pm

Sept 1 - Service Planning Team Meeting, 9:00 am

Sept 1 - Children’s R.E. Team Meeting, 12:00 pm, Wm Ellery Channing Rm

Sept 8 - Congregational Conversation, 12:00 pm

Sept 8 - Board of Trustees Meeting, 12:15 pm

Sept 11 - Lunch at Lighthouse Youth Services, 11:00 am

Upcoming Sunday Messages

Sunday, August 11: Coffeehouse Family Service, Living in a global community”

Sunday, August 18: Water Communion Service, :”Mountain Highs and Valley Lows” (reprise from Rev. Doug’s intended message for August 4.)

Sunday, August 25: Guest Speaker Jennifer Schmahl - “My Spiritual Journey:

Notes from Your Board

Highlights of the Board of Trustees meeting August 4, 2019:

Financial Audit. A comprehensive audit report by Kim Roots and Pete Patterson was received with gratitude. Their overview covered the books and financial records of GNH from 2016 through 2018 and expressed confidence that “the reports of the treasurer and financial secretary accurately reflect the donations, expenses and budget position of the church.” In addition, Pete and Kim identified practices in collection procedures and deposits, accounts and signers, personnel backup, computer records, fixed asset inventory, fidelity bond coverage, and stock and savings accounts where improvements may be made to bring us in line with best practices.

Committee on Healthy Congregational Life. This new team now has three members and will be convened by Ralph Whaley this month. We thank Phyllis Berenson, Kevin Heidt, and Dave Hester for agreeing to serve in this important capacity.

Security and Safety. Rev. Doug and Sue Cline met with Springfield Township police to discuss congregational preparedness to deal with building emergencies (tornado, fire, active shooter). Several suggestions were made and are in the process of being implemented. Board President Sue Cline and Rev. Doug will soon share the suggestions, in detail, with the congregation immediately following a Sunday service and in a future Harbinger.

Congregational Conversations. Dates and times for upcoming conversations were revised. The next conversation will be August 18 at noon, following the service. The third date is September 8, with a meeting at 9:00 preceding service and a second opportunity at noontime following the service.

Administrative Dates. Dates and deadlines were established for several annual functions:

2020 Budget Requests: October 1

Pledge Drive Kickoff: October 6

Nominating Committees (Trustees; Endowment Fund): October 13

Staff Reviews: October; November

Congregational Meeting: December 8



Thoughts from Rev. Doug...

It Really *IS* About Love - and an Absence of Hate

What has most troubled me over the past week, in my personal life and in the life of our nation, is the reality of hate in the human spirit. We've seen it horrifically manifest in outbursts of physical violence in three mass shootings - actions that killed nearly 40 people and seriously injured even more.

But we've also seen it manifest in outbursts of violent speech - which is the use of angry words to denounce, humiliate, bully, condemn or marginalize. When leaders and their followers demean others with words like "subhuman", "rats", "invaders", "rapists and drug dealers", they have just as surely sought to hurt and harm another as has someone who fires a gun at them. While we all have the right of free speech, we have the moral responsibility to honor the dignity and implicit worth of everyone - even those with whom we disagree.

Multiple experts say that anger is a common and understandable human emotion. Something we perceive as a wrong, an affront, or an injustice causes us to feel frustration, hostility and displeasure.

Experts equally say, however, that it is in how we deal with our feelings of anger that determines whether we manifest love or hate. When we take the time to channel our angry feelings into **constructive non-violent responses**, we manifest love for the other and for ourselves. Such constructive responses should take the form of thinking before we speak, act, or write. It means being open, listening, and empathetic to those with whom we disagree. It means being patient and not raising our voices or using words of diminishment, but instead being respectful and compassionate - even against enemies.

Dr. Martin Luther King, Jr. exemplified the power of constructive non-violent anger. Channeling decades of frustration and hostility towards white supremacy and privilege into peaceful non-violent protest, he not only lived true to the ideal of love for his enemies, he also rose high above them in the moral universe. As he said, **"Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him."**

His words will echo through the ages and will, because of the power of love, drown out the violent speech of hate. But more than that, his words validate the power of love to eliminate fights of any kind - physical or verbal. Love is the power that transcends everything. To rise above the primal instinct to lash out at another with physical or verbal violence is to prove the greatness of the human spirit to love, show empathy, and be respectful.

It also witnesses the psychological power to love oneself. To release destructive and toxic anger inside us, we must practice the ethic of forgiveness. Once again, Dr. King said it best: **“We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.”**

As the minister to the Gathering at Northern Hills, it is my role to exemplify the ideals of which I’ve just written - to love all members, even those I disagree with. To do that, I must seek understanding of all opinions. And then I must work to find ways that not only I can be in unity with those I disagree, but also unite the congregation. To quote Jesus - who was famously quoted by Abraham Lincoln, **“A house divided against itself, that house cannot stand.”**

The same is true of the Gathering at Northern Hills. Our responsibility is to always manifest love and never manifest divisive hate or anger. To do that, we must find ways to listen, understand and, yes (!!!!) COMPROMISE with those with whom we respectfully disagree.

And we must not only do that within our church community, but also in our families and workplaces. We must manifest love in all we do and say by showing respect, dignity and appreciation to everyone - a partner who has hurt us, a colleague who has belittled us, or someone who has political views different from ours.

In that regard, I must deeply examine my own failings to manifest love in all that I do. It is so easy to marginalize people with whom I disagree by using words and thoughts that are demeaning and hurtful.

To save our nation, to bring it back together, we each must manifest the power of love and not of hate. We all want to see political or social change in our nation, but there is enduring truth in the words, **“We must be the change we want to see.”** In other words, to change the hate we see in our nation, we must first change ourselves.

I wish you much peace and joy...

GNH ANNOUNCEMENTS

Lighthouse Youth Services Lunch Preparation.

GNH will next serve lunch at the Lighthouse Sheakley Center, **Wednesday, Aug 14** at 11:00 am - 1:30 m. Please contact Ginny Patterson if you can help.

Looking for a Fun Serving Activity for Adults and Youth?

Please volunteer at the Freestore, 1250 Tennessee Avenue, Saturday morning, Sept. 21, 9 AM to 11:30 AM.

Youth ages 10 and up, with an adult, are welcome. Come help address food insecurity in Cincinnati. Please notify Rev. Doug if you plan to volunteer.



Building Security:

Rev. Doug and Sue Cline met with Springfield Township police to discuss congregational preparedness to deal with building emergencies (tornado, fire, active shooter). Several suggestions were made and are in the process of being implemented. Board President Sue Cline and Rev. Doug will soon share the suggestions, in detail, with the congregation immediately following a Sunday service and in a future Harbinger.

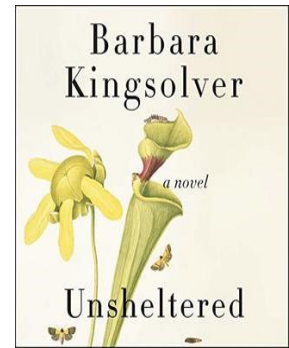
Thoughts and Prayers

Member Leslie Edwards has been moved to Mt. Washington Care Center, 6900 Beechmont Avenue, Room 225, 45230. Mr. Edwards is his same self but is working on gaining weight and increasing his strength. He has difficulty speaking. **“Brief visits and cards are welcome, but no phone calls.”** Please contact Patti Weirs or Rev. Doug if you know of members

GNH Book Club –

Sept 6, 2019, 1:00 pm, Conference Room,
September's Book of the Month.

“Unsheltered” by Barbara Kingsolver



MOVING

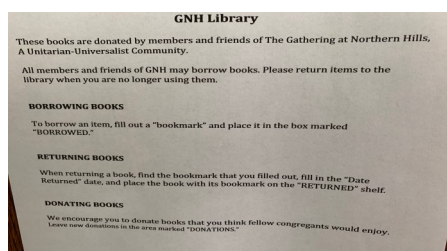
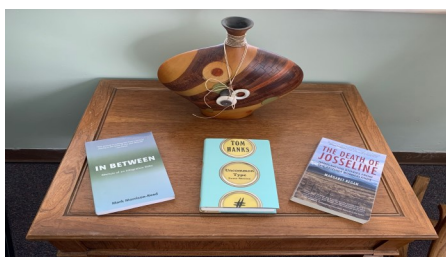
Kimball Roots and Barry Young are in the process of packing up their house to move. They are asking if anyone in the congregation could bring in sheets of bubble wrap packing and padded envelopes you might have receive from products you ordered.

New GNH Library

A free lending library for GNH friends and members now resides in the Conference Room (down the hall to the left as you exit the sanctuary, past the office, on the right). The rules are simple: Check out a book by filling out a colored “bookmark” form and placing it in the bookshelf section marked “Borrowed.” Return the book when you are no longer actively using it.

Much of the initial inventory has been donated by members of the GNH Book Club, who meet regularly in this room from 1:00 – 2:00 PM on the first Friday of each month. We welcome donations from everyone! If you have a book that you have enjoyed and think a fellow congregant may enjoy, please consider giving it to the library. If you have a book that you thought you would enjoy but have never gotten around to reading, bring it in—maybe someone else will get to it before you do!

Any member or friend of GNH is welcome to access the library when the conference room is not in use. Come by to see what is there.



Update from the Rental Marketing Team

The team is making progress.

1. Our team cleaning days have made a difference. We sold the lockers for \$150. They had not been used for years and are now being used for a good cause. The broken curio cabinet is gone - hallway looks cleaner and cared for. The closets are more orderly and filled with less unused stuff. Beyond our team members, Sallie Ann Killian, Linda Gutowski, Betsy Anderson, and Becky Wilson all helped. The RE team made tremendous progress in the cleaning of their areas as well!
2. Jeff Lachter (and his "apprentice" Ann Bobonick) put up chair rails and touched up the Quimby walls. And, most crucial, he fixed the faucet on the Quimby kitchen sink.
3. Carolyn Broughton, Penny Shore, Anthony Lewis, Becky Wilson and Doug Slagle put in a long day's work (and a lot of preplanning) to do a Quimby Room photo shoot including a business and party set up. Mary Lou put together flowers for the tables (along with her "apprentice" Ann). Penny saw to it we were able to get additional tables transported in. Carolyn not only took the photos, but edited them for our use. The list could go on and on to cover all of the hours this team spent to get all the needed materials to accomplish this - think tablecloths, vases, silverware . . .
You will be surprised how spiffed up the room can be.
4. Alan Garrison has compiled many many photos of GNH to be used for publicity materials.
5. Hours have been spent on the gardens. Wow! They grow fast. Thanks to Ann McCracken, Lois (the volunteer), Lindsey Johnson, Nick Leksan, Marsha Friedhoff, Gene Berry, The Boy Scouts, Sallie Ann Killian and Rev. Doug.
6. So far we have brought in \$150 with the sale of the lockers and only spent \$50 for flowers.
7. Andy Rotterman is working with our team to help with publicity materials for our website and materials for distribution.

Next steps:

1. Finishing touches on the rental forms, policies, etc.
2. Determine format for printed publicity.
3. Create copy for publicity materials, choose photos, design materials.
4. Determine specifically how we get this out to the public. We have had a lot of good ideas.

If you have suggestions, comments or concerns, please share them with Ann.

Congregational Conversations Continue

Plan to attend one—or more—of the upcoming Congregational Conversations, on August 18 and September 8. These conversations are being held as the next step for congregants to tell the board what is important in planning a strategy for GNH for the next five years. The loosely structured conversations focus on three broad categories of major topics that emerged from the April survey, and can be expressed by the words of our unison affirmation:

- Creating a welcoming community
- Encouraging spiritual growth
- Fostering responsiveness to our world

All members and friends of GNH are invited and encouraged to attend one or several of the conversations. This is an excellent way to express your personal viewpoints and to hear what your fellow congregants have to say.

The next conversation will be on Sunday, August 18 at 12:00 noon, after the morning service. The following conversation is a doubleheader: on Sept. 8 there will be one conversation from 9:00-10:30 and a second opportunity at noon, after the service.

Shambhala Meditation Group

Every Tuesday, 7:00 PM – 8:30 PM

The Shambhala Meditation Group welcomes newcomers and experienced meditators alike. Questions/RSVP: contact Ann Bobonick.

Save the Date: Pet Blessing Service, Sunday, September 8th, 10:45 AM,

Weather Permitting as we will be outdoors.

Pets of all sizes, shapes and kinds are welcome.

Join together as we honor and bless

Sign Up Now for IHN Sept. 29-Oct. 6!



Interfaith Hospitality Network
of the Main Line



Each year GNH has just two or three opportunities to meet and help homeless families directly through the **Interfaith Hospitality Network (IHN)**. Our next IHN week, when three or four families stay for a week at Friendship United Methodist Church, is from Sunday evening, September 29 through Sunday morning, October 6. Volunteers may serve as dinner hosts (5:15-7:00 PM), serving food prepared and brought to the church by others; evening hosts (7:00 -8:30 PM), playing with children or supervising homework; or overnight hosts (8:30 PM-7:00AM), staying overnight at Friendship and rising early to make sure the families have made their breakfast and lunches and are ready to go on their way to work, school, or the social center.

Meeting and talking with IHN guests is often an inspiring experience and always an educational one. We urge as many people to get involved as possible, whether hosting in various roles throughout the evening or donating and preparing food for the evening meal. Friendship welcomes our individual participation on any evening of the week; a Signup Genius sheet has been published already to allow people to commit to certain tasks and days. Spots are going fast!

We are already signed up to supply food for a turkey dinner on Sunday, Sept. 29. Consider joining a GNH group to provide the food and to serve as the dinner and evening hosts for that date. Families with children are especially welcome to help and join the guests in dinner and after-dinner activities.

Here are links to the sign-up forms:

- Service: <https://www.signupgenius.com/go/20F0E4EA8A92CAA8-ihnservice7>

- Food: <https://www.signupgenius.com/go/20f0e4ea8a92caa8-ihnfood7>

Contact Susanne Bjorner (513-317-1086) or bjorner@earthlink.net if you have questions or need help to sign up.

Items Always Needed by Valley Interfaith

Valley Interfaith Community Resource Center (VICRC) in Lockland is dependent on donated items. Many needed items are difficult for Valley to purchase due to either high cost or limited availability. Consider picking up a few of their most needed items and dropping them off at GNH. Place them in the large basket by the stairs in the foyer outside the Quimby Room. **NOTE: VICRC no longer uses empty plastic containers, so please do not donate these.**

Most needed pantry items include all kinds of cereal, peanut butter, and canned meat.

Most needed personal hygiene items include toothbrushes, toothpaste, men's and women's deodorant, body wash, shampoo, cleaning products, garbage bags, unscented hypoallergenic powder laundry soap, feminine hygiene products, size 4-6 diapers and any size pull-ups, and toilet paper. Drug stores, like CVS and Walgreens, often have special deals on these items.

Most needed clothing and house wares items include men's jeans (especially small sizes), men's gym shoes and boots (new or gently used), gently used pots and pans, new or gently used queen and king sheet sets, bath towels, new or gently used window box fans, and new or gently used space heaters.

Valley **cannot accept** any furniture, TVs, infant/child car seats or cribs/playpens as well as many household items and baby items due to legal or space restrictions. Thanks so much for your generosity!



Openings Available for Auction Social Events in August

Shelley Nelson's Afternoon Taco Dinner at GNH has been re-scheduled for Saturday, August 17, at 1 p.m., and there are still openings to attend. Shelley, a skilled chef, is new to our congregation. Her meal will include cowboy caviar (a mash-up between a salad and a dip, typically made with a variety of fresh veggies, black-eyed peas, and black beans) and corn chips, watermelon salad, tacos (beef and vegetarian) with corn and flour shells, refried beans, cilantro lime rice and Mexican brownies. What a refreshing summer meal! Cost is only \$12 a person, and all proceeds go to support GNH.

The auction's popular Dinner and Euchre Party will be held the following Saturday, August 24, at the Wyoming home of Amy Bryce and Robert Ford, and you can still sign up to go. Dinner will be provided at 6 p.m. by Linda and Bob Gutowski and Bob Freer. Card play follows at 7 p.m. All experience levels are welcome. There's no need to bring a partner, but please bring \$5 per player (for prize money) and a lot of quarters for when you are euchred (quarters go to the lowest scorer). Cost is \$25 a person, and all proceeds go to support GNH.

To sign up for either of these events, please contact Betsy Anderson at mbanderson1@zoomtown.com.

Thanks to All Who Donated Folders and Binders for VICRC

Thanks to your generosity, GNH was donate oveable to r 300 two-pocket folders and 35 binders to Valley Interfaith for their Back-2-School program this fall. In fact, we have extra folders as a head start for next year's Back-2-School drive!
VICRC appreciates your support.

New Hospitality Team Serves GNH!

Penny Shore and a team of twelve volunteers have begun work providing Sunday hospitality to members and visitors. Please thank these committed volunteers for their time and energy making Sundays a welcome and friendly time for all. Hospitality time after service on Sundays is to give members and guests an opportunity to socialize while having a light snack. Occasionally, GNH will hold a special event or potluck meal and more elaborate food will be served. Anyone interested in serving on the new Hospitality team should please contact Penny Shore. Team members use an online sign-up to select dates when they can host hospitality.

A new and regular “menu” of food items will be served every Sunday. This snack covers the various dietary choices within the congregation (omnivore, vegetarian, vegan, gluten-free, sugar-free, artificial ingredient-free.)

The regular menu will be:

- Coffee - regular & decaf (Fair Trade Coffee)
- Tea
- Juice (fruit juice w/o sweeteners)
- Cream, creamer, sugar, sweeteners
- Fruit or fresh vegetables
- Bagels

Cream Cheese

If you wish, you may continue to bring special food items on Sundays for sharing with the congregation. If you do, please contact Penny Shore by Saturday so the Hospitality team can plan accordingly. Unfortunately, cut fruit cannot be served on Coffeehouse Sundays.

Since we are all trying to keep our building neat and clutter-free, the Hospitality Teams requests you follow these policies:

- Any food brought into the kitchen for a use other than hospitality **must be clearly labeled** with Name, Event, and Throw Away Date.
- Any food that is not labeled will either be used for hospitality, offered to the congregation to take home, or discarded.
- Any food that is left on the shelves that is not properly labeled and closed to prevent spoilage will be discarded.

Please do not leave donations of kitchen wares in the kitchen. The Hospitality Team will post a notice in the Harbinger if an item is needed.

Please enjoy Sunday Hospitality at GNH!

Keeping our Building Neat and Clean

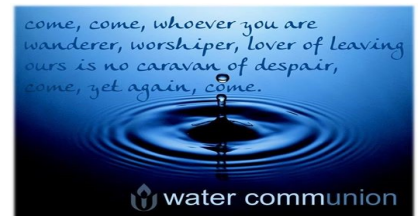
People Who Dislike Weeds - NEEDED! Please volunteer 30 minutes to weed the plant beds along the sidewalk before the front entry.

The beds around our sign and mailbox also need weeding. Also we need volunteers to trim the bushes next to the building. Your help will save GNH from having to pay a landscaper. This is a much needed task to prevent ant infestation into the building. If you're willing to donate 30 minutes to an hour of time, please see Rev. Doug or Ann Bobonick.

Your help keeping GNH looking nice is very much appreciated Thank you for understanding.



Water Communion, Sunday, August 18



Please remember to collect a sample of water from a place that is meaningful to you this summer. It can be from your back yard, a lake, the

American Academy of Pediatrics and other health experts warn that children are more affected by exposure to cell phones and WIFI radiation than are adults.



GNH VOLUNTEER OPPORTUNITIES

Caring and Support Team

Provides nurture and support for members in the congregation in time of need or crisis. Contact Phyllis Berenson at pbereson@yahoo.com or Patti Wiers at pjwiers@fuse.net

Ways and Means (Fundraising)

Conducts fundraising through the annual auction, rummage sale, and other event.

“WE WELCOME NEW FUND RAISING IDEAS AND VOLUNTEERS”.

Contact Betsy Anderson at mbanderson1@zoomtown.com

Ushers

Ushers prepare and distribute the order of service, warmly greet all attendees, assist in directing members and guests in seating, assist in the offering, assist in counting of cash offerings after the service. Phyllis Berenson at pberenson@yahoo.com or Mel Levrant at ocarmel@fuse.net



Please Help Take Care of our Church Home!

All able members are asked to volunteer, in some way, to take care of our building and grounds. **WE NEED MORE VOLUNTEERS FOR THIS WORK!** If you are willing to donate an hour or two to mow grass, do yard work, organize, clean, or do light repairs and maintenance - PLEASE contact Rev. Doug or David Hester.

NEWSLETTER POLICY (September 2008)

All items that appear in the Harbinger should be of general interest to the members and friends of GNH and be consistent with GNH's mission, purposes, and policies.

Newsletter submission should be as brief as possible, with a 500 word maximum. The editor has the right and responsibility to edit as needed to ensure conciseness and readability. The editor also has the right to delay publishing non-time-critical articles as available space may require.

The newsletter editor may refuse publication if a submission is considered inappropriate.

The editor shall consult with the minister and the Trustee who holds the communication portfolio for guidance in what shall be published.

Members of GNH shall have the choice to receive the Harbinger electronically or via paper mail. The newsletter shall be posted on the website. Do not submit names or contact information without the consent of other persons.

The Harbinger mailing list shall not be used for business purposes or for any type of mailings

The Gathering at Northern Hills, A Unitarian Universalist Community

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Office Hours Change Effective August 20
Tuesday, and Thursday, 11:00 am -4:00 pm,
Wednesday 9 am - 2 pm



NEXT Harbinger

**Our Next Harbinger will be
Tuesday, Aug 20, 2019**

Please have all articles to the office by 10 a.m. by the deadline, Monday, Aug 19, 2019 before the Harbinger is published. Space can be reserved on the rare occasion an article needs to be late.