



## NEIGHBORHOOD UNITARIAN UNIVERSALIST CHURCH

Announcements

301 N. Orange Grove Blvd. Pasadena, CA 91103 (626) 449-3470 [information@uuneighborhood.org](mailto:information@uuneighborhood.org)

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### TODAY – AUGUST 8, 2010

Our offering this Sunday will be dedicated to the UUA (Unitarian Universalist Association) who provides resources and support for congregations in all areas of church life. The UUA is a public voice of our UU values and principles to the national media, U.S. Congress and administration. Their website, [www.uua.org](http://www.uua.org), which averages 4000 visitors daily, is one of the most important tools for introducing seekers to Unitarian Universalism.

**Families with Young Children Picnic** after the service in the Preschool yard.

If you recently ordered a **new nametag**, please stop by the welcome table to pick it up. And if you need a new one, the helpful folks at the table can assist you.

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### UPCOMING EVENTS AND ANNOUNCEMENTS

Our ACAC (Alliance for the Care of Abused Children) social workers have asked for our help in collecting back-to-school supplies for a large number of children in the families that they serve. Most needed are backpacks for all ages along with notebooks, paper, pens, pencils, colored folders, calculators, small dictionaries, colored markers and pencils and Target gift certificates. Please bring your donations to the church office in bags or boxes marked "ACAC" by Sunday, August 22. For a complete list of needed supplies or for further information, please contact Toni Lebel, [creativealbums@aol.com](mailto:creativealbums@aol.com).

**Get Reengaged Day - An Opportunity to Build Skills to Organize for Justice** - On August 21 the Unitarian Universalist Fellowship of Laguna will be hosting the UULM Get Reengaged one-day training designed to help congregations engage in marriage equality work in their local community. The training will be 9:30 a.m. - 4:00 p.m. with costs of \$10 to cover training materials. Please register through [www.uulmca.org](http://www.uulmca.org) as soon as possible to reserve a spot.

**Sunday morning Youth Religious Education teachers needed!** We still need teachers! Consider joining a team, the commitment is manageable and curriculum is provided. Teaching is a great way to learn more about Unitarian Universalism and to deepen your own spiritual journey. Please visit the Lifelong learning table for more information or contact Sara LaWall at [slawall@uuneighborhood.org](mailto:slawall@uuneighborhood.org).

**Neighborhood Book Group August Books** - July 26, August 2 & 9 *Crossing Mandelbaum Gate* by Kai Bird, August 16, 23 *A Place of Greater Safety: A Novel* by Hilary Mantel. The NC Book Group meets on Mondays from 7:00 to 8:30 p.m., at the home of John and Ann Hunnewell, 171 Melrose Ave., Monrovia 91016. (Melrose runs north of Foothill Blvd., just west of the Aztec Hotel parking lot.) For further information, contact John Hunnewell, (626) 359-5825, e-mail [ahwell@aol.com](mailto:ahwell@aol.com).

**7<sup>th</sup> Principle tip:** Michael Pollan's book Food Rules synthesizes the complex issues of what we should eat, both for ourselves and for the planet, in seven words: "Eat Food. Not too much. Mostly plants." To clarify just what he means he then lists 64 rules, some of which follow: # 3: Avoid food products containing ingredients that no ordinary human would keep in the pantry. (e.g.: Xanthum gum, found in many foods including TJ's Tofu Corn Dogs) #13: Eat only foods that will eventually rot. (i.e., not Twinkies) # 16: Buy your snacks at the farmers' market. #20: It's not food if it arrived through the window of your car. #24: "Eating what stands on one leg is better than eating what stands on two legs, which is better than eating what stands on four legs." (Chinese proverb) #23: Treat meat as a flavoring or special occasion food. #27: Eat animals that have themselves eaten well. More rules next week! Bon Appétit!

**3 New volunteer opportunities available in the church office.** Great environment, friendly people, and mindful, meditative tasks that help the church make a difference in the world. General office duties to support the church's financial and communications functions. Must commit to 3-6 hours per week for at least 3 months, Tuesday or Thursday. Please review the complete volunteer job descriptions on our website at: <http://uuneighborhood.org/getconnected/volunteering.htm>. Contact Alyssa Bellew at 626-449-3470 X 11 or [abellew@uuneighborhood.org](mailto:abellew@uuneighborhood.org) to apply.

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The **Pastoral Care Teams and volunteers** from the church are here to help you in times of crisis or need. We can provide meals, rides, do errands, and/or one-on-one support. "Members helping members." Call the church at (626) 449-3470, ext. 27.

## UPCOMING SERVICE SCHEDULE

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August 15: The Devil Lives Downstairs **Service at 10:00 a.m.**  
Marisol Caballero, Summer Minister

### Summer Schedule (June 14 -Sept. 5)

Worship: 1 Service at 10:00 a.m.

Office: Monday - Thursday 9 a.m. - 5 p.m.

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## MEMBERS AND FRIENDS WHO ARE SERVING TODAY

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**Infant Care:** Evelyn Espinosa

**Pre-School:** Cathy Jimenez, Claudia Zaragoza

**Chalice Children:** Vivien Hoang

**Summer YRE Staff:** Phoebe Conn, Katherine Donnelly-Crocker

**6<sup>th</sup>-8<sup>th</sup> Grade:** Michael Alvarado, Lauren Eaton, Anne Franck, Terri Hopper, Tres Izzard

**Senior High:** Erin Lindsay, Kit Petrie, Josh Stallings

**FLOWERS:** Nancy Guth

**SOUND & LIGHTING:** Alan Freeman

**USHERS:** Lee Brainerd, Sandy Hume, Ned Racine, Pat Saul

**WELCOME TABLE:** George Scherer

**GREETER:** Julie Hiroto

**SOCIAL JUSTICE:** Kris Ockershauser

**SUNDAY SUPPORT STAFF:** Alyssa Bellew

**CUSTODIAN:** Stanley Brooks

**COFFEE SERVERS:** Stephanie Ballard and Ron Crosthwaite

**MARKET:** Yukio & Madelaine Okano

If you would like to learn more about our church and Unitarian Universalism, please stop by the Welcome Table after the service