



NEIGHBORHOOD UNITARIAN UNIVERSALIST CHURCH

Announcements

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

TODAY – AUGUST 15, 2010

Pick up "**Best of Neighborhood**" classic worship CDs from 2004-2009 including Rev. Brandoch Lovely & the popular Jazz service for just \$1.00 each at the Neighborhood Market today -limited quantities while they last.

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.

THIS WEEK

Social Justice Knitting continues August 18 at 7:00 p.m. in the Neighborhood House Living Room. Knit to meet the urgent needs of impoverished people. Melinda Goddard at melinda.goddard@clearmansrestaurants.com.

There will be no **Neighborhood Yoga** for the next two weeks. Yoga will resume on September 2.

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 as soon as possible to reserve a spot.

UPCOMING EVENTS AND ANNOUNCEMENTS

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.

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 to apply.

7th 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 were listed last week and more today: #35: Eat sweet foods as you find them in nature (i.e. :eat the fruit, don't drink the juice). #36: Don't eat breakfast cereals that change the color of the milk. #39: Eat all the junk food you want as long as you cook it yourself (think French fries). #41: Eat more like the French. Or the Japanese. Or the Italians. Or the Greeks. #44: Pay more, eat less. # 50: The banquet is in the first bite. #52: Buy smaller plates and glasses and #58: Do all your eating at a table. Bon Appétit!



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

August 22: The Borders of Humanity **Service at 10:00 a.m.**
Sara LaWall, Director of Religious Education

Summer Schedule (June 14 -Sept. 5)

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

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

MEMBERS AND FRIENDS WHO ARE SERVING TODAY

Infant Care: Evelyn Espinosa

Pre-School: Cathy Jimenez, Claudia Zaragoza

Chalice Children: Vivien Hoang

Summer YRE Staff: Phoebe Conn, Katherine Donnelly-Crocker

6th-8th Grade: Michael Alvarado, Lauren Eaton, Anne Franck, Terri Hopper, Tres Izzard

Senior High: Erin Lindsay, Kit Petrie, Josh Stallings

FLOWERS: Irene Burkner

SOUND & LIGHTING: Mike Granewich

USHERS: Angela Escobar, Tracy King, Mary Nelson, John Van Cise

SUNDAY SUPPORT STAFF: Alyssa Bellew

CUSTODIAN: Miguel Mendoza

WELCOME TABLE: Kim Wilkinson

GREETER: Barb and Andy Eaton

CHOICES FOR NEWCOMERS: Myranda Marsh

SOCIAL JUSTICE: Marilyn Downey

COFFEE SERVERS: Carol and Dick Bennett

MARKET: Anna Arnheim and Robin Robinson

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