

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 agree-
ment with our purposes and
principles.*

Website:

<http://www.gnhuu.org>

**Join GNH Sunday
Morning Services
at 10:45**

or Join GNH on Zoom

<https://zoom.us/j/91833287637>

**Please email
gnhuu460@gmail.com
to receive additional
Church information**



Mental Health Awareness Month began in the United States in 1949 (76 years ago) and was started by [Mental Health America](#) (MHA) (then known as the National Association for Mental Health). Each year in mid-March Mental Health America releases a *toolkit of materials* to guide preparation for outreach activities during Mental Health Awareness Month. During the month of May, MHA, its affiliates, and other organizations interested in mental health conduct a number of activities which are based on a different theme each year. The Mental Health Month ribbon is green, symbolizing Hope, strength, and emotional support for those affected by mental illness.

Sanctuary Services

Join GNH Zoom Sunday Morning Service Meeting

<https://zoom.us/j/91833287637>

GNH currently offers hybrid services.

You may attend in our sanctuary or online via our Zoom Link:

All past service videos can be found on the church webpage: gnhuu.org

Click where it says **"View the latest service videos here"**

and the most recent service video will appear.

At the top right of the video you will see a three line icon,

click this to access o

ther service videos.

Masks Consideration

COVIDACTNOW.org states that our area is at a **MEDIUM**

level of community risk for COVID,

Please consider your personal situation and

make the choice that is right for you.

UPCOMING SUNDAY MESSAGE

This Sunday, May 11, 2025 – GNH will be open to those who wish to view the service via First UU Church You Tube from GNH

Sanctuary. Hospitality will be availability following the service.

City-wide UU worship service next Sunday, May 11

GNH will be participating in the Joint UU Worship Service to be held at First Unitarian Church of Cincinnati on May 11, starting at **10:30 a.m.**

Additional Information on the next page.

Sunday, May 18, 2025, Tribute to Richard Venus,

The musical selections will be by Michael Tacy and Hillary Wagner, a friend and mandolin teacher of Richard, will play the two songs on Richard's mandolin. Service Leader will be Tom Lottman.

Readings and reflection on **BELONGING** Sue Cline

Readings and reflection on **BECOMING** Jack Brennan

Readings and reflection on **BELIEVING** Richard Wagner

Readings and reflection on **BELOVING** Marcia Venus

City-wide UU worship service this Sunday, May 11

GNH will be participating in the joint UU worship service to be held at First Unitarian Church of Cincinnati on May 11, starting at 10:30 a.m.

Join other UUs from all over the area as the ministers of three Cincinnati congregations answer your questions about Unitarian Universalism. The participating ministers are Rev. Bill Gupton of Heritage UU Church, Rev. Jenn Gracen of St. John's UU Church, and Rev. Alex Riegel of First Unitarian Church.

The clergy panel invite you to “Ask a Minister” by submitting your questions, prior to the service, at alex.riegel@firstuu.com. Questions may concern religion, spirituality, worship, church dynamics, the state of the world, the meaning of life, and more.

The ministers will select the best, the funniest, the most poignant and challenging inquiries to answer live from the chancel in a “question box” format. **The deadline for submitting questions is Wednesday, May 7, at 6 p.m.** All are invited to First Unitarian Church to hear from our local UU ministers, to enjoy beautiful music and singing, prayers and silence. There will also be children's programming, and great UU fellowship and food.

Three Ways to Attend on May 11

Several GNH members are attending the service at First Church and can drive others. If you would like a ride, please ask in advance: **Sue Cline, Tom Lottman, Jack Brennan**. If you can offer a ride, let them know!

You may attend GNH as usual –**but at 10:30 AM**. Alan will connect to the service at First Church and show it on our screen in the GNH sanctuary.

Following the service at GNH on You Tube, **Hospitality** (Beverages and Snacks) will be available in the Quimby Room and discussion about the service can take place.

For those who cannot get to First Church or GNH in person, you can connect to the First Church service on YouTube directly from your home:

<https://www.youtube.com/c/FirstUnitarianChurchofCincinnati/videos>

The GNH Zoom link will not be active that day. You must use the First Church YouTube link above.

Remember: Service starts at 10:30 AM on May 11!

A note from MJ Pierson

>

> First, I want to thank those of you who have tried to stay in touch. To Marti, Jack, the caring committee, and Betsy, I'm really sorry I haven't been back in touch with you. It's been difficult because we've been figuring out what's going on with me and it's been a lot of twist and turns.

>

> The end of the summer, I finally saw the Doctor about my right ankle. It had totally collapsed and according to the doctor, there really was nothing that could be done surgically to fix it. Since then my left ankle has started to collapse. It was the ankle Doctor Who suggested that perhaps there was more going on. He suggested Ehlers Danlos syndrome. The fascinating thing about that diagnosis is it explained so many of the things that happened to my health during my entire life. How many times had you all seen me in a boot because my ankle had been sprained? I really thought I was a klutz. Turns out my body had its own ideas. Ehlers Danlos is most known for people with hyper flexibility. I was double jointed my entire life. That's why the sprains strains and dislocations.

>

> The end of August, and throughout the fall, I was also dealing with new abdominal issues. I thought that the pain was too high to be a hernia, but it turns out hernias can be almost anywhere. The Ehlers Danlos is a connective tissue disorder. Turns out that it also explains the hernias I've had. I've been diagnosed with a rather large hernia just under my sternum. Good news is it's not where it will cause major problems by strangulating or anything like that. It has, however, had intermittent pain and has made it a little more difficult for me to get around.

>

> I'm in a holding pattern again. Sometime this summer there is a plan to do two abdominal surgeries at the same time. The first hernia surgeons I saw didn't want to do the surgery. I have several new doctors through UC. I will probably be out of commission for many months yet again after the surgery. In the meantime, I have to be very careful to not injure myself more.

>

> It's become difficult for me to get around. I use either a wheelchair or scooter. To transport either of those require someone who can lift them and put them in and out of a vehicle. Also, Sean is working most Sundays now. Many weeks he's working six 10 hour days. He has been wonderful at taking me places like doctors appointments, but we really don't have time to do much that Social. I don't know where I'd be without him.

>

> I do think of you all often. Keep me in your thoughts and prayers.

>

UU Booth at the FESTIVAL

Booth staffed in shifts from 9 a.m. to 8 p.m.

The annual **Cincinnati Pride Parade and Festival is Saturday, June 25, 2025**. In this era when there are sweeping anti-trans bills in state legislatures, and efforts to undermine the rights of all Lesbian, Gay, Bisexual, Trans and Queer persons, we are hoping for a huge showing of UUs!

UUs in the PARADE

Line Up starts at 10 a.m. Step Off is around 11 a.m.

The parade starts at 11:00 a.m. at 7th and Plum Streets downtown; be there by 10:00 to find parking and find the people in the yellow clothes and with the yellow banners in that vicinity. Our float will be a minivan with a huge flaming chalice on top. You can view the parade route at the Cincinnati Pride Parade information page here: <https://www.cincinnatipride.org>. Carpool, bicycle, bus, just be there!

For more information on UU involvement in the parade, contact MJ Pierson by email at mjpier0410@aol.com, or by phone at 513-258-4784.

UU Booth at the FESTIVAL

Booth staffed in shifts from 9 a.m. to 8 p.m.

The Pride Festival takes place at Sawyer Point and Yeatman's Cove, 705 East Pete Rose Way, Cincinnati, OH 45202. It's once again free for everyone. There's food, drinks, vendors, and entertainment to fill your Saturday afternoon with fun. More information on the festival is on the Cincinnati Pride Festival information page at <https://www.cincinnatipride.org/festival.htm>

You can help people learn about Unitarian Universalism at the UU Booth! It's a lot of fun working a shift at the booth, talking with people, handing out information, and watching the crowd. There have been recent years in which our booth made contact with at least 700 people!

Here is a Sign-up Genius link

SignUpGenius: <https://tinyurl.com/CincyPrideUU2025>

For more information on working at the UU information booth, contact MJ Pierson at mjpier0410@aol.com, or call her at **513-258-4784**.

If you have questions on the day of the festival—including help in locating the booth—you can text MJ Pierson at the number above.



UUA Credential Manager Access to Assign GA Delegates

The Credential Manager is now open and your congregation can begin distributing member delegate credentials for General Assembly. These credentials allow member delegates to vote on the [UUA moderator election](#) and, if registered for General Assembly, to vote on business matters listed in the [business agenda](#).

Access the Credential Manager

This unique link is for The Gathering at Northern Hills - A UU Community only.
DO NOT SHARE OUTSIDE YOUR CONGREGATION.

Your congregation is only responsible for assigning credentials to its member delegates.

Ministers and religious educators can retrieve their credentials via ga-delegate.uua.org. General Assembly registrations must be for specific individuals and are non-transferable. Learn more about credentialing and General Assembly at uua.org/ga.

Three Ways to Be a General Assembly Delegate

1. **In-person Registrant** - required for all live GA events and programming taking place in Baltimore, Maryland. In keeping with UU values, your decision to attend GA in person should include an assessment of risk to your own safety, as well as compassion for the most vulnerable in our community who might also be present. In-person attendees must be vaccinated and/or self-test negative for COVID prior to entry in UUA GA spaces. Additionally, in-person attendees agree to safely distance from others when eating and/or singing, and to wear approved face masks while indoors and in close proximity. Registered delegates will participate in-person during General Sessions, and will use the GA Delegate Platform to access delegate materials and voting tools.

2. **Full Online Registrant** - required for access to virtual GA programming. Delegates will use the GA Delegate Platform for discussion and voting during General Sessions.

3. **Business-only Online Registrant** - registration provides access to the GA Delegate Platform for discussion and voting during General Sessions. Payment is not required but a donation to offset production and platform costs is suggested. Business-only registrants will not have access to GA programming or to the event app (Whova).

Register Today!

Volunteers needed for Festival of Faiths
Sunday, June 22, 2025



Compassion through action: standing together for the greater

More info about the event is here:
<https://equasion.org/about-the-festival-2/>

The 8th annual Cincinnati Festival of Faiths will begin on Sunday, June 22 from 12:30 - 4:30 PM at the Cintas Center and continue with online programming. The festival is a celebration of all faiths where we can have fun and learn from one another.

"The best way to accept diversity of religion is to be educated about all the different religions."

Hi, wanted to ask that you check with your congregations and let me know by/during our meeting on Saturday 5/10 who would be interested in volunteering to be at **Festival of Faiths** on Sunday, June 22nd. The event runs 12:30pm to 4:30pm. I can be there for part of it, and Bob Lamb also plans to be there but would need to split his time between the UU table and the MARCC table.

But we will need additional volunteers if we are going to have a table.

Thank you
Pete Asman <asmanpeter@gmail.com>

TUESDAY DISCUSSION GROUP

Every Second Tuesday

3:00 to 4:00 pm.

Discussion via Zoom

**The next meeting will be on Tuesday, May 13, 2025
from 3:00 to 4:00 pm via Zoom.**

This is a short, informal meeting of a casual group of GNH members and friends. ALL are welcome to join this session.

If you are not already on the mailing list to receive the Zoom link and preparation email, contact Susanne Bjorner susanne.bjorner@gmail.com or Sue Cline scline0149@gmail.com.

Lighthouse Shelter for Youth

May 14, 2025,

Every Second Wednesday of the Month, at 12:00 PM.

All drop off food is welcome.

Cook and/or Serve Lunch for homeless youth

We arrive at the Lighthouse at 11:30 and serve at noon.

Contact Cheryl if anyone wants to donate food.



GNH CARE TEAM

For Emergency Contact Information

We would like to keep basic emergency contact information for any member who lives alone or anyone who feels they would like the Care Team to have the information. This would include a family member or friend who could be contacted if there is some concern when someone has not been seen at services & has had no contact with anyone for a while. Participation is purely voluntary. If you are interested please contact your Care Team members through our designated email (gnhcareteam@gmail.com) or speak to one of us at services.

Anita, Becky, Betsy, Linda, Marti, Sue Woodruff, Susanne Bjorner, Ruth

CARE TEAM BIRTH DATES REQUEST

The Care Team would like to get birthdates for as many members as we can who would like to receive greetings on their birthday. We ask that you email the Care Team with your birth date. Including the year would be optional. "The Care Team would like to celebrate you on your birthday.

Please send your birth date (year is optional) in an email to the Care Team at gnhcareteam@gmail.com if you would like to receive birthday greetings. If you have a birthday list you are willing to share we would surely appreciate it. "Please contact Ruth Kraus at ruth.kraus@yahoo.com if you have any questions.



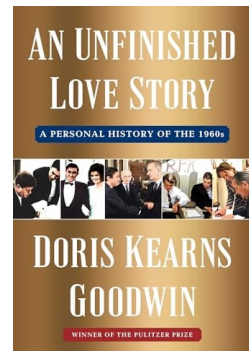
There is a basket at the back of the sanctuary for anyone who would like to donate cards for the Care Team's use. All donations will be appreciated.

VICRC Open House--Wednesday, May 21, 11am - 1pm

For many years, we have partnered with Valley Interfaith Community Resource Center (VICRC) in Lockland to help our neighbors in need. VICRC is hosting an **Open House** with light bites on Wednesday, May 21, from 11:00 a.m. until 1:00 p.m. to celebrate their partners, give tours, share updates to projects, answer questions about Valley and describe additional volunteer opportunities. If you'd like to attend, please contact Betsy Anderson at mbanderson1@zoomtown.com so she can let Valley know how many to expect. Those attending can either carpool from GNH or drive on their own.

Book Club, 1st Friday of each month in GNH Quimby Room at 1:00 PM

June 6, 2025 – “An Unfinished Love Story” by Doris Kernes Goodwin



July 4, 2025 – “By The Fire We Carry” by Rebecca Nagle

August 1, 2025 – “Miss Benson's Beetle” by Rachel Joyce

GNH BOOK CLUB

GNH Community Garden



GNH COMMUNITY GARDEN ... Calling all Gardeners!

It's time to start working on our Community Garden!

More information to come in the next Harbinger



THOUGHTS AND PRAYERS

**Please offer prayers and good thoughts
For all our members' and friends' peace and wisdom**

**Please contact Adrienne at ghnuu460@gmail.com
If you know of any member or friend with care needs.**



Ways to give to GNH

GNH is grateful for all those who have kept up with their pledges during the pandemic and days of virtual services.

As you know, there are several ways to give of your financial resources to GNH:

- Mail a check to GNH.
 - Ask your bank or credit union to mail a monthly check automatically. Many banks do not charge fees for this service. Check with your bank.
 - Set up monthly or quarterly automatic payments from your investment accounts. Talk to your financial adviser.
- ◇ Use our online giving app, Givelify. Set up your personal confidential account at <https://giv.li/phv85g>. Download the Givelify app to your smartphone using the Apple Store or Google Play. Once you have the app, donating to GNH is as easy as Tap. Give. Done. (Note that Givelify charges GNH a transaction fee of 2.9% on each transaction, so you may want to increase your online donation by a small percentage to compensate.)

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

460 Fleming Road
Cincinnati, Ohio 45231

Phone: 513-931-6651
Email: gnhuu460@gmail.com

OFFICE HOURS



NEXT Harbinger

**Our Next Harbinger will be
Tuesday, May 20, 2025**

Please have all articles to the
office by
10 a.m. by the deadline, Monday,
May 19, 2025 before the
Harbinger is published.
Space can be
reserved on the rare occasion an
article needs to be late.