

## 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**



I AM TOO POSITIVE  
TO BE DOUBTFUL  
TOO OPTIMISTIC  
TO BE FEARFUL  
AND TOO DETERMINED  
TO BE DEFEATED

# Sanctuary Services

Office Hours: Tuesday and Thursday  
11:am - 4:00 PM

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](http://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 other service videos.

## Masks Consideration

[COVIDACTNOW.org](http://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.

## SUNDAY MORNING SERVICES Month of September

**This Sunday, September 7, 2025, Mary Anne Bressler**, Parish & Community Engagement Coordinator, Catholic Charities Southwest Ohio (CCSWO), will speak on "**Welcoming the Stranger.**" From its founding in 1916, CCSWO has worked with newcomers to the United States—both immigrants and refugees—who have come seeking peace and security. In the midst of the changes to both refugee resettlement and immigration systems, CCSWO has continued to provide legal and mental health services, educational programs, and emergency assistance, Mary Anne will talk about how CCSWO is serving the immigrant and refugee communities in this uncertain time.

**Next Sunday, September 14, 2025**, Member speaker **Khoa Lewis** begins a series on **Right Ways & Words**. Part One: "**Ontocalypse Now**" will consider significant revelations that life sometimes brings us which so completely undermine our usual basic assumptions and beliefs that it throws us for a loop...leading to the revelation to end all such revelations.

**Sunday, September 21, 2025**, "**Right Ways & Words**" concludes with Part Two: "**A Place at Our Table**" Here **Khoa Lewis** offers some thoughts on how awareness and compassion can guide us in transforming those in our society who would oppress with force and violence...without resorting to violence ourselves.

**Sunday, September 28, 2025**, We will hear the wisdom of our late member **Rev. Richard Venus** in a sermon presented by his wife **Marcia Venus**. "**The Gift of Years**" was Richard's last sermon, given when he retired from UU ministry. It is not included in his book **Every Place is Holy Ground**, so this is a premier for most of us.

## Konsious Konsense

Hello GNH members and friends,

This is Khoa writing the first article for a new semi-regular Harbinger column. I had wanted a recurring space for sharing ideas arising in my various spiritual endeavors--a "cognitive staging area" for messages and discussions amongst us. The Service Planning Team will use the space to solicit ideas and keep you abreast of efforts. Michael is known for his skill to reach into his mind and pull out "what's been on there", making for great discussion material. So without any specific promised pattern of recurrence, we offer this space for articles such as these.

This can also include writings by any of our members and friends. Perhaps you have profound ideas to share but feel more comfortable publishing in written form rather than delivering by speaking. Here's the venue! It's an experiment in mindful creativity for generating good worship space. Even the title is experimental (do YOU understand what the current one means?) and will likely change from issue to issue. What will be constant is the hope that it inspires and uplifts and grounds our community in its shared worship space. I will be covering "editor" duties, so if you have something for us, feel free to send it along in email to [khoalewis@proton.me](mailto:khoalewis@proton.me) with the subject "For the Harbinger Column".

And now on to some musings. In the Lakota tradition of the sweat lodge there are tiny sacred pouches of tobacco strung around the interior of the lodge. The tobacco plant invokes the union of Father Sky and Mother Earth and the prayers that come through us native creatures inhabiting that space. The tobacco holds these prayers as they form during the lodge. Through tobacco-soaked sweat running into the soil and through the smoke of its combustion wafting into the air, the prayers are presented back to the Mother and Father as a sacred offering. It is instructive to imagine ourselves exhibiting that degree of deliberate care and reflective tending with all of the words we speak and all of the ways we engage. Indeed one of the prayer ties always strung before a lodge are the white and black pouches, fifteen each, for Right Ways and Words.

This is what we do in a Sunday Worship Service with the songs, gongs, quotes and quips: we are setting the stage, establishing an intention and raising resonant energy to support the capacity of the message we receive to transform us. The entire service we do to hold up the proper intention and energy for our lives throughout the week. These implicit rituals in our lives, like the words in our messages, all serve to keep us strong in our beliefs so that we may live well and love.

A matter of right ways and words has been on my mind concerning ideation about the "end of things" and apocalyptic fixations: what do they mean? how do we survive them? Coming up in September (14th & 21st ) I'm delivering a two-part message series. Right Ways & Words **Part One: "Ontocalypse Now"** will consider significant revelations that life sometimes brings us that so completely undermine our usual basic assumptions and beliefs that it throws us for a loop. We will discover what might be the most shocking revelation to end all such revelations. **Part Two: "A Place at Our Table"** offers some thoughts on how that ultimate revelation can guide us in transforming those in our

## Hygiene Kits on September 14, 2025

We will assemble Hygiene Kits on Sunday,  
September 14 after the morning service.

We hope you can join us in this valuable service to the  
Lighthouse Sheakley Center for Youth.

Our goal is to prepare about **250** kits.

It'll be a FUN hour!

## VICRC



Donations that Valley Interfaith Community Resource Center (VICRC)  
can especially use,

are paper products, cereal, and any kind of pasta.

Please put your donations in the big wicker basket in the foyer outside  
the Quimby Room near the stairs.

Thanks You!

## FOUND HOUSE - INTERFAITH HOUSING NETWORK



As summer winds down, we're gearing up for some exciting fall happenings -  
and we couldn't do any of it without this incredible community.

## Volunteer Appreciation Event

Thursday, October 16th, 6 pm

Join us for light refreshments and celebration

For more information, follow on us social media, join our email list, or  
contact [jgreen@foundhouse.org](mailto:jgreen@foundhouse.org)

At Hyde Park Community United Methodist Church -  
1345 Grace Ave. Cincinnati, Oh 45208



## Kroger Community Rewards Program: GNH's Latest Quarterly Dividend

GNH has received a dividend of **\$46.31** from Kroger for the quarter beginning **May 1, 2025**, through **July 31, 2025**. This amount is based on **28** GNH households registered for the Kroger Community Rewards Program and how much they purchased with their Kroger Plus Cards during that period.

### Register Your Kroger Plus Card to Support GNH!

You can help earn “FREE” money for GNH’s support of local charities, including UpSpring, Sweet Cheeks Diaper Bank, Lighthouse, and Valley Interfaith Community Resource Center. If you shop at Kroger and have a Plus card, but haven’t registered for this easy way to support GNH’s outreach projects, go to [www.kroger.com/communityrewards](http://www.kroger.com/communityrewards) and follow the links. **Please sign up for the former Northern Hills Fellowship and use our NPO# SR254.** If you need help or have questions about registering, contact Betsy Anderson or Pete Patterson, or call Kroger’s tech team at 1-866-221-4141. Thank you for your support!



## **TUESDAY DISCUSSION GROUP**

**Every Second Tuesday  
Discussion via Zoom**

**The next meeting will be on The Second Tuesday,  
September 9, 2025  
from 3:00 to 4:00 pm via Zoom.**

**The discussion may range freely, but we will start by  
giving thoughts on “Abundance.”**

This is an informal meeting of a casual group of GNH members and friends.  
**ALL are welcome and encouraged 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](mailto:susanne.bjorner@gmail.com)  
or Sue Cline [scline0149@gmail.com](mailto:scline0149@gmail.com).

## **Lighthouse Shelter for Youth**

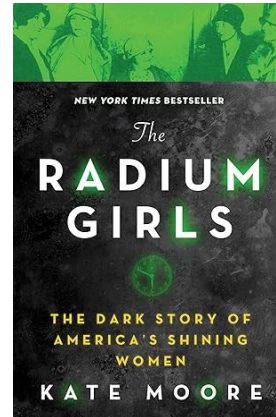
**September 15, 2025,  
Third Monday of the Month, at 12:00 PM.**

**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.***

**Book Club,**  
**Will Meet on the 1st Friday each month**  
***September 5, 2025***  
**GNH Quimby Room at 1:00 PM**

**October 3, 2025 The Radium Girls**  
by Kate Moore



November 7 The Other Einstein by Marie Benedict

December 5 James by Percival Everett

January 2 20206 Belgravia by Julian Fellows

**GNH BOOK CLUB**

# GNH Community Garden

**A special thank you from the Community Garden Team  
to NADA HURON and ALAN GARRISON f**  
or their donations of lawn mowers for  
inside the community garden space.

The problem we faced was that the large mower  
from the service could not fit through the gates.

But if we left the fence open,  
the deer would eat everything else we planted!!

We really appreciate the gift!!

Thank You,  
Lindsey

**GNH COMMUNITY GARDEN ... Calling all Gardeners!**

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

More information to come in the next Harbinger





## 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](mailto: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](mailto: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](mailto: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.***

## 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](mailto: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

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## OFFICE HOURS



## NEXT Harbinger

**Our Next Harbinger will be  
Tuesday, September 16, 2025**

Please have all articles to the  
office by  
10 a.m. by the deadline, Monday,  
September 15, 2025 before the  
Harbinger is published.

Space can be  
reserved on the rare occasion an  
article needs to be late.