

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**



Thanksgiving Day is a National Holiday

celebrated on various dates in Canada, the United States, some of the Caribbean islands, and Liberia. It began as a day of giving thanks for the blessing of the harvest and of the preceding year. Similarly named festival holidays occur in Germany and Japan. Thanksgiving is celebrated on the second Monday of October in Canada and on the fourth Thursday of November in the United States, and around the same part of the year in other places. Although Thanksgiving has historical roots in religious and cultural traditions, it has long been celebrated as a secular holiday as well.

The Thanksgiving Story.

Most stories of Thanksgiving history start with the harvest celebration of the pilgrims and the Native Americans that took place in the autumn of 1621.

Although they did have a three-day feast in celebration of a good harvest, and the local natives did participate, this “first thanksgiving” was not a holiday, simply a gathering.

Sanctuary Services

Join GNH Zoom Sunday Morning Service Meeting

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

GNH Website

Be sure to check out GNH's updated web site—gnhuu.org—

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 other 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.

“CELEBRATION OF LIFE”

Saturday, November 22, 2025 at 10:00 am.

Honoring GNH Member, Bob Freer

SUNDAY MORNING SERVICES

This Sunday, November 23, 2025, Guest speaker **Diane Wright** returns with an enlightening and comforting message about this season of reflection, preparation, and gratitude.

Next Sunday, November 30, 2025, Member speaker **Michael Tacy** will be at the podium to share recent thoughts and contemplations.

“Yule Love This Solstice Celebration!”

Join us on **Sunday, December 21st** for a special Winter Solstice Service.

Les and Michael Tacy will lead us in exploring the history
and significance of the Winter Solstice.

We'll enjoy singing beautiful songs that have roots in Pagan celebrations
and later became part of the Christmas holiday season.

Annual Congregational Meeting—December 14, 2025

Vote on 2026 Budget & New Board Members

GNH's annual congregational meeting will follow Sunday's service on December 14. It's important for members to attend to vote on our 2026 budget and to elect two new Board officers to replace Ruth Kraus and John Suddarth, whose terms end at the end of 2025.

Marcia Venus and Allen Jerome are up for election to replace them.

Please mark your calendars now so you're sure to attend.

We must have a quorum of at least 30% of the membership present to take a vote.

WOMEN'S ACTION NETWORK DONATIONS

The Women's Action Network (WAN) is pleased to report recent donations of \$100 each to these charities that we support:

Valley Interfaith Community Resource Center,

Sheakley Center for Youth,

UpSpring for disadvantaged and homeless children,

and Sweet Cheeks Diaper Bank.

These donations are from our Outreach Fund that depends on your donations and the Kroger Community Rewards Program.

You can help by signing up for the Kroger Program.

Holiday Gift Donations Requested for VICRC and Lighthouse

Valley Interfaith Community Resource Center (VICRC) and Lighthouse are again requesting gift donations for the holiday season.

In 2024, we donated **14** \$50 gift certificates to Lighthouse and
31 \$25 gift certificates to VICRC

This year, **VICRC has asked for \$25 gift cards** from either Walmart or Target and will also accept children's toys and clothes for toddlers/babies (unwrapped).

These are due at GNH by Sunday, December 7.

Lighthouse has asked for \$50 gift cards
from either Amazon, Kroger, Target, Walmart, Meijer, T J Maxx, or Burlington.

These are due at GNH by Sunday, November 23.

If you prefer to purchase a \$25 gift card for Lighthouse,
we can pair two given by two different donors to equal one gift.

Curtailment of SNAP Benefits Heightens Need for Donations to VICRC

Valley Interfaith Community Resource Center (VICRC) is especially in need of our support since SNAP benefits have been curtailed as a result of the government shutdown. Food and toiletry donations are encouraged, including such items as **pasta, cereal, tuna, canned fruit, and paper products (particularly diapers and feminine hygiene products)**. Please put your donations in the large basket or plastic tub at the base of the stairs in the Quimby Room foyer, and they will be delivered to VICRC.

FROM NOWHERE TO NOW HERE

Tom Lottman

Last Sunday we talked about a recent research study that concluded that almost 90% of daily human activity is done on autopilot. The neuroscientist Christof Koch of the Allen Institute for Brain Science describes it as being *Nowhere* and the need to change our experiences to *Now here*. Our encounter with reality is constrained by what Koch calls our perception box. What we see, touch, hear, taste, and smell we assume to be reality, but in fact all of our experience of the world is mediated by our senses interpreted by our brain. For many of us, our perception box is quite small and limiting. It's useful to expand our perception box through some simple daily exercises, and for some even escaping our perception box through meditation, etc. The key lies not in the complexity of what we do, but in the quality of the attention we bring to it. Consciousness, awareness, and mindfulness expand not through effort alone, but through the presence, reflection, and intention we bring to everyday life.

One of the simplest yet most transformative practices is mindful breathing. It's something we never stop doing, so it's always available for increased mindfulness. Periodically during the day, stop and consciously attend to the rhythm of your breathing, noticing the air entering and leaving your body, the motion of your midsection as you inhale and exhale. And for a couple of breaths, intentionally make your exhale longer than your inhale. Or you can practice the physiological sigh doing two intake breaths with a prolonged exhale. These are strategies to activate your parasympathetic nervous system, your rest and digest system. This practice reduces stress and improves emotional regulation. A few minutes each day spent being aware of your breathing can recalibrate consciousness toward a calm clarity.

Expanding consciousness doesn't mean withdrawing from the world, but rather deeper participation in it. When you move from *nowhere* to *now here*, the ordinary becomes extraordinary.

If it's of interest to GNH folks, in future articles I will add other daily activities including mindful experience eating, walking, art, nature, gratitude, kindness, and reflection. Living horizontally means an intentional mindful connection to new ideas, new people, new experiences. It's not about being elsewhere, but rather being here, fully present in the simplicity and yet majesty of everyday life.

Kroger Community Rewards Program: GNH's Latest Quarterly Dividend

GNH has received a dividend of **\$47.60** from Kroger for the quarter beginning **August 1, 2025**, through **October 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 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!



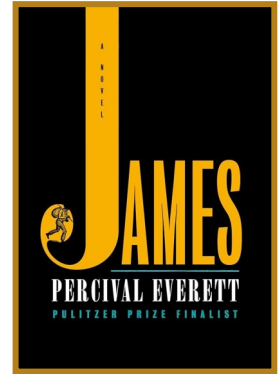
Book Club

Will Meet on the 1st Friday each month

November 7, 2025

GNH Quimby Room at 1:00 PM

December 5, 2025 James by Percival Everett



January 2, 2026 Belgravia by Julian Fellows

February 6, 2026 Becoming Madame Secretary

by Stephanie Dray

March 6, 2026 Why Fish Don't Exist by Lulu Miller

April 3, 2026 Life And Art by Richard Russo

May 1, 2026 Football Sissy by Jack Brennan

June 5, 2026 The God of The Woods by Liz Moore

GNH BOOK CLUB

TUESDAY DISCUSSION GROUP

**Every Second Tuesday
Discussion via Zoom**

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

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 or Sue Cline scline0149@gmail.com.

Lighthouse Shelter for Youth

**December 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.***

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.

GNH Community Garden

IT'S A WRAP!

A huge thank you to the community garden team for the successful wrap up of our second season of growing together in the Mary Lou Auffman community garden. We had some unusual things grown this summer, cotton, loofah squash -- which, when harvested small can be eaten and when left to grow large can be peeled and dried into loofah sponges, magnificent sunflowers and a million cherry tomatoes. A special thank you to Anita and Alan Jerome for their plot of cutting flowers. It made the garden look beautiful and made for lots of pretty flowers for our Sunday morning services.

A special thank you to the hearty team that closed up the garden this year. Sera Morris, Andrew Ketterer, Nicole McDonald and Mike Dirr. In 3 hours they managed to clear the beds, remove a lot of the invasive weeds that had grown across from garden to garden, and Mike single-handedly attacked the far end of the garden that will host the new beds next year. As you can see, it really does look wonderful.

Thank you very much to the whole team.

Lindsey Johnson
802-342-0519







Christmas Card Writing

Come enjoy a quiet space to write your Christmas cards this year. Join us at Transfiguration Spirituality Center, on the tranquil campus of the Community of the Transfiguration in Glendale. Bring your own cards, and we'll provide the pens and light refreshments for you, prepared by our own Food for the Soul Ministry. We'd love for you to join us!

Tuesday, December 2, 10 AM—Noon



495 Albion Ave., Glendale, OH 45246

For more information,
please contact Liz Keuffer at liz@ctsisters.org.

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, December 2, 2025**

Please have all articles to the
office by
10 a.m. by the deadline, Monday,
December 1, 2025 before the
Harbinger is published.
Space can be
reserved on the rare occasion an
article needs to be late.