Volume 16 September 1, 2026
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 agreement 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/95703829636**

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

**Phone: 513-931-6651**




# SELF-CARE for SEPTEMBER

@POSITIVELYPRESENT



# . Sanctuary Services

**Join GNH Zoom Sunday Morning Service Meeting**

**https://zoom.us/j/91833287637**

## GNH Website

Be sure to check out GNH's updated website—**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.

## Sunday Morning Services

**This Sunday, September 6, 2026**
Guest presenter **Melissa Adamchick**, CEO of Upspring, will take us "Inside the Minds of Unhoused Youth."

**Next Sunday, September 13, 2026**
Guest speaker **Rayshun Holt** presents "A Phoenix Rose From the Jail Cell." He shares a personal story of a teen sentenced to life imprisonment, paroled after two decades, then rising to a life of service and leadership.

**Sunday, September 20, 2026**
Guest speaker **Ramona Beck**, member of First Unitarian Church of Cincinnati, will be at GNH to share her persona spiritual journey.

**Sunday, September 27, 2026**
As we move into a new church year, Member **Jack Brennan** will deliver the message, titled "Lay-Led and Loving It!"

## VOLUNTEER GREETERS NEEDED

Volunteers wanted to GREET members and visitors on Sunday morning. Being a Greeter involves smiling, welcoming and signing in visitors at the podium in the lobby. Nada and I thank you for your support.
Becky Davis Wilson

## GNH Go Team Donations to Our Charities

The GNH Go Team is pleased to report on the following recent donations to our preferred charities. The donations include $100 each to the Lighthouse Sheakley Center for Youth, Valley Interfaith CRC, UpSpring (homeless children) and Sweet Cheeks Diaper Bank. We will continue our program of Quarterly donations from our GNH Outreach Fund that is supported by member donations and the Kroger Community Rewards program.

# A Sign For Our Time

(Ann McCracken)

Do you ever wonder if GNH a small, lay led fellowship makes a difference beyond our walls? I do. Recently, I found that answers often come when you least expect them.

On Sunday afternoon June 14, I was sitting in the sanctuary at St. John's UU Church. I was listening to the poets who wrote pieces that were published in the collection of poetry and drawings on peace and justice that were published in the book **For a Better World 2026.**

Imagine my surprise when Henry Jacquez, a poet and Deacon in the Queen of Apostles family of parishes in the Archdiocese of Cincinnati introduced his poem saying it was inspired by a sign he read going down Fleming Road on a snowy day this past winter. Then he read his piece.

## Pretti Good

(by Henry Jacquez)

The church sign read:
"We are all, Pretti good"
it stood frozen in the thick,
deep white fallen snow
this week keeping many of us inside,
when ten shots fired,
injustice fired through social media:
January twenty-fourth for Alex
Pretti the intensive care nurse
pepper-sprayed, wrestled,
tackled, pinned to the ground;
Nicollet Avenue, Minneapolis,
Minnesota as the Crucified Jesus
hung upon his ancient cross,
his words rippling through history
"Father, forgive them for they
know not what they do" as his

unconditional love, mercy, and
forgiveness pierced the injustice
against him, against all those
falsely accused, against Pretti
as he laid on the snow stained
asphalt earth motionless
the snow continued falling
quietly in Finneytown, Ohio
on the good, the peaceful,
the praise of God on their lips,
forgiveness in their prayer,
faithful petitions mourning
Jesus, our refuge, our light,
our consolation, deliver us
seven hundred miles away

The poetry reading at St. John's, an art exhibit at the Cincinnati Art Academy, and the book were all part of the work of Dr. Saad Ghosn, a retired physician, professor emeritus in the UC College of Medicine, and a vigorous advocate. He started SOS ART which organizes an annual collaborative exhibition for poets and artists to encourage their creative work in peace and justice. He edited and published **For a Better World, 2026** which this year, is the 24th annual book of drawings and poems on peace and justice. The organization hosts public art exhibitions, poetry readings, and cultural events.

In an interview with Jeffery Hillard in 2008 Dr. Ghosn noted "Good values are prone to grow and expand; once planted they flourish in both the one who planted them and the one who receives them."

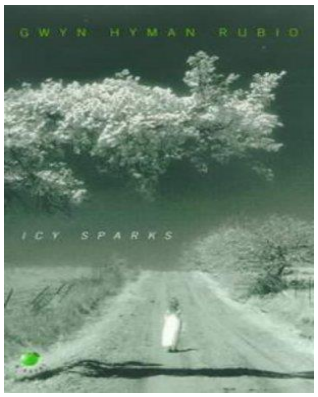
How wonderful to see that a GNH sign rippled out to become a poem which makes both GNH and Deacon Jacquez making a difference through this peace and justice movement.

# Book Club

## Our next meeting is Friday, September 4, 2026

Contact Susanne Bjourner at susanne.bjourner@gmail.com for the zoom link)

9/4 Icy Sparks by Gwyn Hyman Rubio




We welcome anyone who would like to join our discussions. We usually try to read a wide variety of topics and genres. The book selections are suggested by members, and the club is always interested in hearing book recommendations from anyone interested in joining our discussions.

10/4 Trials Of Nina McCall by Scott Stern

11/6 The Correspondent by Virginia Evans

12/4 Empire Falls by Richard Russo

# SECOND TUESDAY DISCUSSION GROUP

## Every Second Tuesday

## Discussion via Zoom

The next meeting will be on **The Second Tuesday, September 8, 2026**, from 3:00 to 4:00 pm via Zoom.

The Second Tuesday discussion on September 8 will focus on **Self Compassion**. It will be led by Richard Thornton, long-term friend of GNH, now residing in Bowling Green, KY. This discussion, originally scheduled for August, was postponed last month due to tornado warnings issued just as the meeting began.

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.

## Monday, September 28, 2026

Tom Lottman and Allen Jerome will serve lunch at the Lighthouse on the fourth Monday of each month. Tom and Allen are supported by members of the former Women's Action Network, renamed GNH Outreach Team (Go Team) chaired by Betsy Anderson. If you have any questions or would like to offer food donations for a Lighthouse lunch, please contact Tom, Allen or Betsy. Usually, a main dish is served as well as fruit and dessert.






# *Gardening is Good for The Mind and Soul*

Don’t have a sunny space for a garden? The Gathering at Northern Hills has raised to meet your needs.

Grow vegetables and flowers, enjoy the outdoors and make new friends!

**Spaces are subject to availability and assigned on a first come first serve basis.**

***“To plant is to believe in tomorrow.”***

**Audrey Hepburn**

# 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.




***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**
**To our dear and loved member, Sue Cline**

**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**.

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# *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 other than those specifically relating to church events.**


**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: Tuesday and Thursday**
**11:00 AM to 4:00 PM**
**Tuesday and Thursday, 11:00 am - 4:00 pm**

# NEXT HARBINGER



**Our Next Harbinger will be Tuesday, September 15, 2026 Please have all articles to the emailed by 12:00 pm. deadline on Tuesday September 15, 2026. Before the Harbinger is published. Space can be reserved on the rare occasion and article needs to be late.**