



# NUUSLETTER

The Newsletter of Holston Valley Unitarian Universalist Church  
always available online at [www.hvuuc.org](http://www.hvuuc.org)

*The mission of Holston Valley Unitarian Universalist Church is to promote spiritual growth, religious freedom, and ethical action.*

August 2022

PO Box 8383 Johnson City, Tennessee 37615 (423) 477-7661

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Up to date church info is always available at [www.hvuuc.org](http://www.hvuuc.org)

With our Risk Assessment Level currently at medium or high, every speaker and singer we have unmasked on Sunday morning takes a Covid test that morning before the service.

Here's how you can help!

You can get free rapid tests through the Postal Service by filling out an online form. You are able to order this up to three times.

IF you do not need these free tests for your own non-church use, and you are willing to fill out this form to get free tests and donate them to the church, we would greatly appreciate it!

Here's the link with the form, and thank you!

<https://special.usps.com/testkits>

## Upcoming Church Services

### 11:00AM Sundays

#### August 7

*Hospitality as a Spiritual Practice*

Five members of the Hospitality Covenant group, which met earlier this year, host today's service. Beth, Denee, Emily, Jodi, and Phyllis will explore forms of hospitality in their lives and our church community. They will share the concept of radical hospitality, and the idea of hospitality as a spiritual practice.

#### August 14

*Religion as a Coping Mechanism, Rev. Sapp*

How is religion used as a coping mechanism, and is it a healthy or unhealthy way to cope? And is Unitarian Universalism exempt from the follies of spiritual bypassing? The answers are complicated but we can dive into asking the questions together, and learn how our own ability to practice discernment comes into play.

#### August 21

*Wisdom's Simplicity, Rev Sapp*

According to the Tao Te Ching, "In the pursuit of learning, every day something is acquired. In the pursuit of the Tao, every day something is dropped." How do we simplify our lives in a way that will lead to greater well-being?

#### August 28

*But I Won't Do That, Rev. Sapp*

This Sunday, the day after Tri-Pride, we explore the things that we do to fit in, and the things that we absolutely cannot compromise on. When should we code-switch and what are the implications of that practice?

# Lessons From a Potato

This Sunday at the CUUPS first Harvest Celebration, we had a chance to contemplate our metaphorical harvest. What have we been working toward in our life and where are we seeing it come to fruition? Before us was a table laden with flowers and forage, fruits, vegetables and herbs. It was so bountiful that we had to place some of it around the table, we literally overflowed!

And it made me realize how incredibly blessed I am to be here, in this place, with you all, on my first anniversary of ministry at Holston Valley Unitarian Universalist Church. We have overflowed with opportunities for fellowship, learning, and leading in social justice. We have worked together, just like our vision statement says. And every challenge we meet stretches me a little more, helping me grow into the minister I want to be... the minister this community is helping me become.

When it came time to select an item to represent my personal harvest from the table, I was drawn to a potato. A potato that was given to me earlier that week from a person's garden, during a pastoral care visit. (Potatoes are awesome, I like them so many ways but roasted with lots of garlic and onion is probably my favorite.)

The symbolism of the potato is really important to me, because one of my growth areas is that I must continue to be very intentional about prioritizing rest and self-care. The image of a potato laying in the earth, doing nothing but soaking up what's good for it, is one that I will return to on my days off.

Where are you finding rest? How are you taking care of yourself? As the world offers up no end of things to worry about, no end of causes that need our passion and our clarity, those times of rest become vitally important so that we have something to bring to the struggle when it's time.

Unitarian Universalist author Atena O. Danner wrote a UU book of meditations called "Incantations for Rest," and the whole book is an invitation for me to be a better potato. Maybe you might find it helpful for you too?

Here's an excerpt:

## **"A Spell for Warriors and Heroes"**

"I say 'No.' With strength, with conviction,  
Without blinking. I say 'No'  
My yes is a gift to bestow and receive.

I declare myself protected by organizing for collaboration,  
by delegating, by sharing.  
I will work with people I can trust to hold what I put down.  
By the power of asking for and receiving help,  
I release control and call in opportunity  
I make room to rest, imagine, and connect more deeply to my purpose.

I protect my relationships, I pour into them from my cup of time. I start with myself. I lay down my important work and seek rest.

I gently cast aside compliments that elevate exhaustion and sacrifice of wellness, and turn toward relationships.

I speak my intention for wellness into being, and into the knowing of others. I claim time for relationships: for family, friends, neighbors, pets... I show up for my own life.

There is enough of me to be there for my people because I protect my time like I protect my people."

She continues on with more insight, but the entire gist is that our "no"s protect our "yes"es, and our rest protects our work, and I just love that. It's my hope that as we keep moving forward, we find the balance that will support our rich and meaningful lives.—Rev Tiffany Sapp



## Covenant Group News

### Let's Chat Covenant Group

Covenant Groups are a great way to meet others, you don't have to be a member of the church to join us.

"Let's Chat" topics are very variable. The next sessions are:

- Hospitality
- The Positive Side of Darkness
- Centering as a Spiritual Practice and Healing.

We meet 2nd and 4th Wednesdays at 6:30 PM to 8:30 PM. We meet in the REZ (Religious Education Zone) the building up the hill from the Sanctuary. We have a covenant which describes on how we are to interact with each other, so you can feel safe.

Email [letschat@hvuuc.org](mailto:letschat@hvuuc.org) with any questions!

### What's Brewing Covenant Group

What's Brewing Covenant Group led by Wanda Earp will cover a variety of topics:

- joy milestones
- porch conversations
- making friends as we age
- work of our hands
- animal friends
- small kindnesses
- our legacy/gifts and more

Starting at 10:30 am and ending at 12:30pm in the Emerson Room of the REZ. Bring our morning beverage of choice and reap the joys of deep listening and sharing.

**Dates: Sept 12, 19, 26, Oct 3, 10, 17, 24, 31.**

Limit of 10 members. Email Wanda at [whatsbrewing@hvuuc.org](mailto:whatsbrewing@hvuuc.org) to sign up.

### Newbies Covenant Group

In mid September a new small covenant group will start and meet 3 times. The schedule is not yet set.

The group will have up to 10 people consisting of newer members/friends of the church that have never been in a small covenant group before.

George Cross will facilitate the meetings that are designed to explore your personal/spiritual history and interests. Look for further information to follow.

If interested, email George at [georgecross@hvuuc.org](mailto:georgecross@hvuuc.org)

## Path to Membership

Curious About Joining Our Church?

There will be a Path to Membership Class on **Sunday, August 28 from 12:30-2:30 pm.**

This is a class that helps those considering membership learn more about our church and the opportunities for involvement. The class does not commit you to membership, but is a necessary precursor for joining our church. It also allows you to get to know a small group of people on a more personal level.

We would like for this class to be held in-person if comfort levels and restrictions allow. To that end, this class will be limited to 8 people. If more are interested, a second class may be planned. Get your name on the list early by emailing [membershipdevelopment@hvuuc.org](mailto:membershipdevelopment@hvuuc.org). There will also be a sign-up sheet on the side counter in the sanctuary.

Please provide the following information:

- Name
- email
- phone
- how you prefer to be contacted
- whether you will require childcare

If you require childcare, please provide the number of children and their ages.

We look forward to your participation!

# Upcoming Events at HVUUC

**All events are subject to change based on COVID numbers. Visit <https://hvuuc.org/reopening-plan> for more details about our different risk levels and regulations.**

## Ladies on the Lake

Lakeside swim party on Saturday 08/13/22. 11am-6pm.

Bring your favorite towel & folding chair. Relax on the deck or swim in the lake. Bring a dish or favorite snack to share as food will be potluck style. Water, ice tea provided.

Please contact [WOMENSGROUP@HVUUC.ORG](mailto:WOMENSGROUP@HVUUC.ORG) with any questions.

Ladies fun in the summer on the lake. Don't miss it!

## Kirtan Concert—August 20th

Kirtan is a Sanskrit word that has many loose translations in English. The music that comes to life in a Kirtan is designed to effortlessly guide a group of people through songs or mantras designed for storytelling, meditation, and a praise and worship to divinity.

This musical concert is designed to be an interactive experience for everyone in the family. It can just as easily be enjoyed solely through the listeners experience but encourages participation in its repetitive and meditative sounds.

The band's name is "Nambhava". Nam references the holy names and Bhava means bliss of existence generated from Bhakti

Sound healing is a practice that has been used for as long as we know and the activation of our inner divinity is at the core of this event. Please join us as we sing together and celebrate this sacred life <3

Suggested sliding scale for the concert is \$1-\$20.

## Game Night

Join us for a pop-up Saturday game night on August 20th! Your game host's focus is on games considered a bit more 'involved.' This means games with maybe more rules or fiddly playing pieces than a simple party game... DiceForge, RoboRally, SmallWorld, Clank, Skull King, etc. all come to mind as potentials.

No, we aren't limited to only involved type of games, though. People can come and pitch all sorts of favorite games! If you want to lead a favorite game, you should be fluent in the rules and mechanics to be able to teach it to others.

No prior experience necessary, just a willingness to learn and try something new and have fun. Many of us find that often when a new rules-heavy game is being taught, we think "what have I gotten into?" And then a couple turns into it the game starts to make sense and it's a lot of fun (if you like this kind of thing).

There is not a sub-group of games for littlin's, so please, no young kids at this one (unless they have an unusual desire and ability to play these kinds of games).

Also, RSVPs really help though you can just show up. Email [gamegroup@hvuuc.org](mailto:gamegroup@hvuuc.org) to RSVP or ask questions. You can bring personal snacks/drinks if you like.

This may change if the risk assessment goes into HIGH category. You can read about the protocols for each risk category from this page: <https://hvuuc.org/reopening-plan>

## Church Picnic

**Sunday, September 25, 2022  
1:00 PM 5:00 PM**

Bring a smile & your favorite dish to share! Enjoy games & fellowship with your church family! Hotdogs will be served along with iced tea, lemonade, water and coffee.

The picnic will be held this year on church grounds immediately following Sunday service. Email [fellowship@hvuuc.org](mailto:fellowship@hvuuc.org) with any questions.

# Social Justice Committee

## CLIMATE

The Social Justice Committee has been focused on Dismantling White Supremacy, on Environmental, LGBTQ and Homelessness and Hunger issues.

This month we want to share a video from Dr. Randy Wycoff, Dean of the College of Public Health at ETSU. His presentation alerts us to climate change and its implications and consequences for social justice for all of us, especially the most vulnerable.

[https://www.youtube.com/embed/8IzryafKfGk?](https://www.youtube.com/embed/8IzryafKfGk)

## TRI-PRIDE

If you aren't aware that the TriPride Festival and Parade IS BACK....what have you been doing??

It will be held this year on August 27th for the first time in Bristol.

HVUUC is once again a TriPride sponsor and we will participate in the parade, and we will have a booth. The parade begins at 11:00 a.m. and HVUUC walkers (and their well-behaved dogs) should be in line no later than 10:00am.

More details will follow as we get them. The festival begins immediately after, around 12:00 p.m. The TriPride Festival is a FREE, good for all ages event that will feature live performances, vendors, exhibitors, health services, and food trucks.

So, what does all of this mean for HVUUC? It means we need a group of volunteers to march in the parade, spend time at the HVUUC booth, and generally just have a great time!

Please contact the Social Justice Committee or Dottie Blades to reserve your place in the parade and/or at the HVUUC booth for this great event!

## POLL WORKERS NEEDED

It is not too late to sign up to be a poll worker in your county during the election in November!

Poll workers are supposed to be evenly divided between parties, however, it seems that does not happen in our area because one party tends to dominate.

Call or go by your local election office and complete a form to get on the registry become a poll worker. You will then have a training date set before the next election so that you understand what your roles and responsibilities are and what they are not.

I'm very excited to be a poll worker now in Carter County. Please consider joining in your county!

## GUN VIOLENCE

I am pleased to provide the Public Health update with data accurate as of July 7, 2022:

<https://youtu.be/9NJMtLLze1c>

## REPRODUCTIVE FREEDOM

Let's gather in the heart of Sullivan county and make our voices known that Tennessee has no right to our bodies. Please invite as many inclusive people as possible. Meet at church circle and loop around downtown kingsport in 4 different groups.

**Saturday, August 13  
12:00PM**

<https://fb.me/e/1UQx1WViN>

## FOOD DONATIONS

FOOD DONATIONS EVERY SUNDAY

Please bring an item or two for our local food pantries. The shelves are pretty bare.. if you'd like to share!

## Please remember your pledge.

Make checks payable to "HVVUUC."  
Write "pledge" in the memo.

**Mail to:**  
HVVUUC  
PO Box 8383  
Gray, TN 37615



**Thank you!**

## Kitchen of Hope

If you would like to help, please consider donating either money or food items that can go in a lunch bag. We serve once a month, but the Kitchen of Hope serves 6 nights a week.

### To donate money:

Mail a check to - HVVUUC PO Box 8383, Gray, TN 37615 memo: Kitchen of Hope

Via Paypal - <https://hvuuc.org/donate> (please indicate it is for Kitchen of Hope)

To donate food: Contact Kim at [KOH@hvuuc.org](mailto:KOH@hvuuc.org)

## Website Member Log In

There is information on the website that you need to log in to see. Scroll to bottom of the home page and click on "Members Area". If you need the password, email [office@hvuuc.org](mailto:office@hvuuc.org).

Once you log in, you can get a recent member directory, read the board policies and procedures and board meeting minutes, and get a reimbursement form or our tax exempt certificate.

## Grocery Cards Available for Purchase

Food City and Ingles grocery cards are available and can be mailed or delivered to you!

Cards can be delivered to mailboxes in the Johnson City or Kingsport area, and possibly to others areas. Of course, the cards could also be mailed.

We will happily accommodate your needs so that we can continue to generate a wee bit of income for the church.

If you are interested, please contact Dottie and Richard at [grocerycards@hvuuc.org](mailto:grocerycards@hvuuc.org).

Thank you for continuing to participate!

## 2021-2022 Board of Trustees

**President:** Ann Johnson [president@hvuuc.org](mailto:president@hvuuc.org)

**Vice President:** Dottie Blades [vp@hvuuc.org](mailto:vp@hvuuc.org)

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**Membership Trustee:** Cynthia Goodman [membership@hvuuc.org](mailto:membership@hvuuc.org)

### Minister

Rev. Tiffany Sapp: 477-7661 (office) [minister@hvuuc.org](mailto:minister@hvuuc.org)

### Director of Religious Education

Sarah White [DRE@hvuuc.org](mailto:DRE@hvuuc.org)

### Music Director

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### Office Administrator

Jessica Bowman [office@hvuuc.org](mailto:office@hvuuc.org)

Submissions for each month's newsletter are due by the last day of month to [newsletter@hvuuc.org](mailto:newsletter@hvuuc.org).

Up to date information can always be found at [www.hvuuc.org](http://www.hvuuc.org)