



# 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 2023

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

## Headlines ....

- [Minister's Note](#)
- [The Divine Feminine](#)
- [Kitchen Stuff Swap](#)
- [Path to Membership](#)
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Up to date church info is always available at [www.hvuuc.org](http://www.hvuuc.org)

## Save the Date

August 4—Women's Night

August 2 & 16—Atheist Group

August 9 & 23—Let's Chat Group

August 13—Kitchen Stuff Swap

August 16—BoT Meeting

August 20—Church Picnic

Every Tues—Yoga with Tish

Find these events and more on our church calendar at the link below.

<https://localendar.com/public/hvuuchurch>

## Upcoming Church Services - 11:00AM Sun

**Aug 6, 2023, Rev Tiffany Sapp**

*Faithfully Becoming: General Assembly Report*

Hear reports from our delegates and our minister about our trip to General Assembly, the annual national gathering and business meeting for the Unitarian Universalist Association. What did we learn? How did it make us think? Who are we becoming as a movement? We will also offer our kids and youth a backpack/notebook blessing during this service. Young people should bring either their backpack or a notebook to the service.

**August 13, 2023, Music Team & Rev. Tiffany Sapp**

*Stories and Song: Music Sunday*

Music is a rich metaphor for community and tells the story of how we harmonize, explore our differences, and learn our own true song. Hear musical gifts from our congregation's musicians, and hear stories of community from several of our members and staff.

**August 20, 2023, Rev. Tiffany Sapp**

*Cats, Boxes, and Labels*

Labels. We love them and we hate them. Religious labels are especially interesting when you're a Unitarian Universalist, because we are very much a both/and religion. Come explore how you label yourself, how your friends in this community label themselves, and how different that is than when someone puts a label on you. For extra fun, take the Belief-O-Matic before the service starts, at <https://www.beliefnet.com/entertainment/quizzes/beliefomatic.aspx>

**August 27, 2023, Rev. Tiffany Sap**

*Mental Health Sunday*

One in Five US Adults experience Mental Illness. Mental Healthcare is shockingly difficult to obtain. And the last few years have definitely made matters around mental health more difficult to navigate. How can communities like ours make a difference in the journey to have a healthier life, mentally and emotionally?

## Virtual Church on YouTube

All of our services are available on our YouTube channel. They are uploaded by the end of the day each Sunday.

Subscribe to our channel at:

[youtube.com/c/HolstonValleyUnitarianUniversalistChurch/featured](https://youtube.com/c/HolstonValleyUnitarianUniversalistChurch/featured)

## That Back-to-School Energy

Happy August Everyone!

With most schools starting back this week, it seems like all of East Tennessee is carrying that back to school energy, and our congregation is no different!

In addition to some amazing collaborative worship services coming up, and a new year of fall religious education programming just around the corner, we have some other special opportunities for learning, service and fellowship on the horizon that you may want to be on the lookout for:

**Listening & Caring Workshop:** On Saturday August 12th from 10:30am until noon, I will be leading a workshop oriented around listening skills that can be especially helpful when visiting church members and friends when hospitalized, shut-in or otherwise isolated. This training is modeled off of similar programs held in Unitarian Universalist congregations throughout the country, and centers around skills like Reflective Listening and Open Ended Questions. There's still room in this class, just email me at [minister@hvuuc.org](mailto:minister@hvuuc.org) if you'd like to sign up!

**Church Potluck Picnic:** Connecting over a meal is one of the best ways to build community, and it doesn't really feel like the church year has begun until we have had our church Picnic. We'll be having it here at HVUUC, right after church on August 20th, to make it as easy as possible for us to all attend. I hope to see you there!

**Water Communion:** Mark your calendar for Sunday September 10th for Water Communion, one of the favorite rituals that celebrates our connection to nature and each other. Bring some water that is meaningful to you whether it's from your summer travels, or a local body of water holds a special meaning to you.

**Minister Emeritus Celebration:** And mark your calendar for the following Sunday as well, September 17th, where we will celebrate Rev. Jeff Briere's new relationship with our congregation as our second Minister Emeritus!

**Generations Workshop:** After church on Sunday October 15th, I will be hosting a Generations Workshop where we explore Generational Diversity in our congregation. Churches are one of the last spaces that exist that are truly Multi-Generational. This is one of our greatest strengths as it leads to a beautiful diversity of thought where we can all learn from each other.

In addition to these events there's always so much going on in the broader community that we are also a part of. This Sunday, August 6th, I'll be headed to a Nuclear Prayer Day event in the afternoon. And Tri-Pride is on my calendar for Saturday September 23rd.

The ways to get involved abound! I hope to see you around, both in the church and in our wider community.

Rev. Tiffany

# Upcoming News and Events at HVUUC

## Path to Membership Class

Path to Membership will be facilitated in two parts held on successive Sundays in September.

The first class, Sunday, September 17, will be dedicated to understanding Unitarian Universalism and our Covenant. The second class, Sunday, September 24, will involve sharing spiritual journeys, discussing how to become integrated into church life, and how our church is governed. Each class will run from 12:30 - 2:30 p.m.

Childcare will be provided.

Although these classes do not commit you to membership, they are necessary precursors for joining. They also allow you to get to know a small group of people on a more personal level.

The number of participants will be limited. Get your name on the list, if you haven't already, by emailing [membership@hvuuc.org](mailto:membership@hvuuc.org). There will also be a sign-up sheet on the side counter in the sanctuary.

Please provide the following information when you sign up:

Name, email, phone, and whether you prefer emails or texts. If you require childcare, please provide the number of children and their ages.

We look forward to your participation!

## The Divine Feminine Covenant Group

A four-session Covenant Group focusing on the divine feminine will take place on Sunday afternoons from 12:30 – 2:30 upstairs in the REZ. Open to all who identify as women.

- 9/24
- 10/15
- 10/29
- 11/12

In these four sessions the group will explore a culturally diverse, feminine face of God and ask how we can live into Her and bring more of Her into the world. Four goddesses from matrilineal cultures in different geographic regions will be explored.

For more information, email [divinefeminine@hvuuc.org](mailto:divinefeminine@hvuuc.org).

## Kitchen Stuff Swap

Does your kitchen runneth over with pots, pans, utensils, gadgets, lidded containers for leftovers, & small appliances you no longer use? Bring your extras (in good condition) to us on Aug 6...there will be a designated area in the Fred Ball Room for your donations.

The Kitchen Krew will pull out what we need for the church kitchen, then on Aug 13, will lay them out swap meet style, free for the taking. You might find that unique gadget you never knew you needed.

We'll pack up what's left over & get it to Family Promise, Hunger First, & the Habitat for Humanity ReStore. Help yourself, HVUUC, & the community. WIN-WIN-WIN!!!

## Green Arts Festival

Sunday Nov 12, 12:30-2:00 Mark your calendars!

Find beautiful art, music, handmade items, and delicious food.

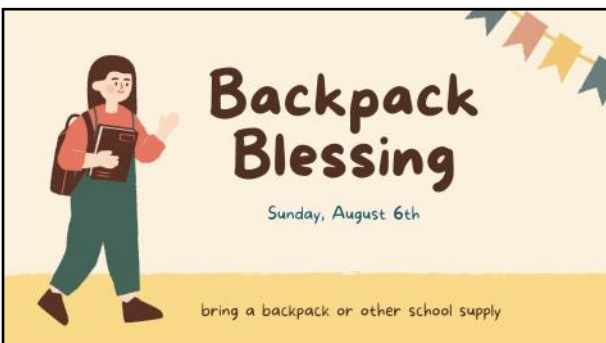
Support local artisans & HVUUC's green initiative Questions? Interested in vending? Contact Kim Ray at [greenarts@hvuuc.org](mailto:greenarts@hvuuc.org)

## Please Return Unused Church Keys

We're getting low on church keys and are requesting those that are not using one regularly to return the key for others that need one.

If you have a church key that you no longer use, please return it to our Facilities Trustee, Doug Chaffin. We're getting low and having more keys made is costly. We appreciate you helping us out in this small way.

Email [facilities@hvuuc.org](mailto:facilities@hvuuc.org) should you have questions or to schedule a time to return a key.



# Social Justice News and Initiatives

## Environmental Focus Group:

Our Summer “Matinee and Tomatoes” was a wonderful gathering! Our East TN cool spring was a nice treat this year, but it gave our tomato plants an excuse to sleep in late. Friends reported lots of green ones still with few sandwiches ready but with a little help from the Farmers’ Markets, it worked out. Great Gratitude for Lori K., Dana E., David K. and Dian G. for this enlightening and fun event. The matinee in the sanctuary was, The Biggest Little Farm, a story spanning eight years of a California couple’s building of their sustainable farm. Same time next year?



## Peace Focus Group:

It was a very busy month for our Focus Group.

**July 15th:** The Peace Focus Group participated in “Co-Creating Peace” at the Peace Pentagon in Independence, VA. Many different faith and activist groups participated. It was a beautiful day of activities including an International Flag Ceremony, water blessing and prayer for peace.



**August 6th:** Nuclear Prayer Day will be celebrated by many local organizations including HVUUC’s Peace Focus Group. All are welcome to this interfaith event. Rev. Tiffany will be offering a water blessing. For more information: <https://fb.me/e/18UXVkoNj>

**SPONSORS**

**NUCLEAR PRAYER DAY – ERWIN IS DEDICATED TO:**

- Praying in solidarity with others around the globe for a world free of nuclear weapons
- Commemorating the atomic bombing of Hiroshima, declaring NEVER AGAIN!
- Offering interfaith blessings for the waters of the Nolichucky
- Raising awareness of the threats of nuclear weapons

**WHEN:** August 6 – 2-3 PM

**WHERE:** Linear Trail (across from 1080 S. Industrial Dr., Erwin TN 37650) Park in the spaces for the Linear Trail

**INFO:** Linda @ b.75@live.com

**BRING:** Song/ Blessings / Prayer

**September 21:** The United National International Day of Peace. For more information on how to get involved: <https://www.un.org/en/observances/international-day-peace>

## LGBTQIA+ Focus Group:

**The July 30th:** 5th Sunday contribution was collected to support the upcoming TriPride Annual Pride Parade and Festival on September 23 from 11:00am to 7:00pm at the beautiful Founders Park in Johnson City. It's not too late to donate – just put in your check Memo section: TriPride; <https://hvuuc.org/donate>.

**September 23:** TriPride Volunteers needed: WE NEED VOLUNTEERS TO “PERSON” and prepare for our presence.

EMAIL: [lgbtqia@hvuuc.org](mailto:lgbtqia@hvuuc.org) to step up and welcome others to our community!

## Advocating Democracy:

**July 2nd:** A very informative session on gun safety was presented: BE S.M.A.R.T by local Mom's Demand Action representative Shauna Webb.

Do you understand this acronym?

- S:** Secure all firearms in your home and vehicles
- M.** Model responsible behavior around firearms
- A.** Ask about the presence of unsecured firearms in others homes
- R.** Recognize the role of firearms in suicides
- T.** Tell your peers to be S-M-A-R-T

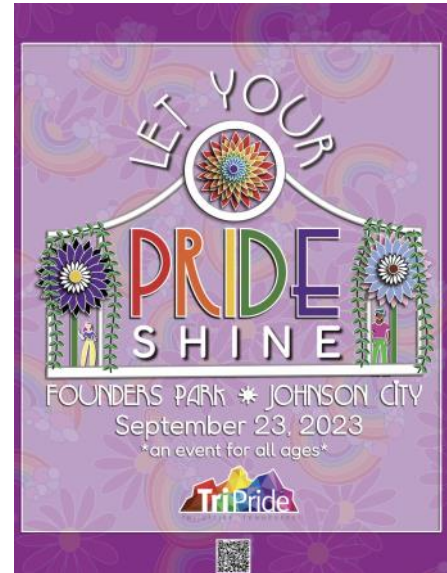
For more info and future trainings: <https://besmartforkids.org/>

**August 21:** Governor Bill Lee has called for a special session of the Tennessee General Assembly to begin August 21 "to strengthen public safety and preserve constitutional rights." The session is to "...pursue thoughtful, practical measures that strengthen the safety of Tennesseans, preserve Second Amendment rights, prioritize due process protections, support law enforcement and address mental health." While word "guns" is not mentioned in the press release; the call of this session is a direct reaction to the public pressure put on Lee and the legislature after the Coventry School murders in March. Many gun safety and democracy groups are planning to be in Nashville on opening day. Many state legislators are asking Gov. Lee to cancel the session.

This is the time for all Tennessee citizens to communicate their thoughts and suggestions to the Governor and state legislators on how to reduce gun violence (now, the #1 killer of children in the country), and, specifically, in our state (#11 in the Nation). A special online portal has been established for YOU to communicate on this subject: [https://stateoftennessee.formstack.com/forms/specialsession\\_public\\_safety](https://stateoftennessee.formstack.com/forms/specialsession_public_safety). You can find an address for YOUR state Senator and Legislator here: <https://www.capitol.tn.gov/>

## Hunger and Homelessness Focus Group:

We are looking for more volunteers at the Kitchen Hope in Kingsport to prepare meals, serve and clean up. This is a great opportunity to help the less fortunate in our community. We need volunteers for the 1st Tuesday of every month. It is a 2-hour slot, mostly 3:00-5:00, but could use your services earlier as well. To volunteer, or for more information, please contact: [hunger@hvuuc.org](mailto:hunger@hvuuc.org).



## Caring Team

Caring Team August coordinator is Joy Boyd.

Many thanks to our newest member Peggy Wolfe for her special efforts in July.

Big welcome to Joy Boyd, our new chairperson.



THE CARING TEAM CARES ABOUT 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 - HVUUC 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!

## 2023-2024 Board of Trustees

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### Minister

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### Director of Religious Education

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### Office Administrator

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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)