



NUUSLETTER

The Newsletter of Holston Valley Unitarian Universalist Church
always available online at www.hvuuc.org

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

February 2023

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

Headlines

- [Minister's Note](#)
- [Kitchen Update](#)
- [Coffee Hour Sign Up](#)
- [Social Justice](#)

Up to date church info is always available at www.hvuuc.org

Save the Date

Feb 3—Women's Group

Feb 13—Brunch Bunch

Feb 17—Game Group

Feb 21—bUUC Club

Every Wed—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

February 5, 2023, Rev. Tiffany Sapp
From Campfire Myths to YouTube Church

"The more you know, the more you realize you don't know" is a truism attributed to Aristotle that feels especially relevant in the information age. This is both the joy and the frustration of the free and responsible search for truth and meaning. Today we look at how has religion evolved as our access to information has evolved, looking deep into our roots.

February 12, 2023, Rev. Tiffany Sapp,
Elephants, Orcas and Humans, Oh My!

Humans are not the only mammals that depend on the wisdom of community elders for survival. Elephants and Orcas both have matriarchal communities that depend on the wisdom of Grandmotherly figures. Today we explore the "grandmother hypothesis" and see what it might say about how we care for each other

February 19, 2023, Rev. Tiffany Sapp,
The Golden Rule & The Platinum Rule

There are versions of the Golden Rule in every religion and culture, and it is often our very first introduction to ethics as a child. How does it help us live better lives? And is there an even better "rule" out there?



Sign up for daily or weekly news and event emails at our website here: <http://ceepurl.com/c7GW3H>

Article 2 Revisions and Workshop

Dear Friends,

This month the last round of revisions to the Proposed Revision to Article II were made, based on input from November's feedback session, and approved by the Unitarian Universalist Association's Board. And they definitely listened to people's feedback!

One of the biggest concerns was that there were not enough linguistic cues in the Values statement to call us back to the Principles that we love so much. And so the UUA Article II Study Commission revised the Values statement with an eye for where our Seven Principles fit here.

So today I want to share with you the updated language of the Values Statement portion of Article II, with the Principles language bolded. Some of it you will recognize from my January sermon series, but some of it is new.

Proposed Section C-2.2. Values and Covenant

As Unitarian Universalists in religious community, we covenant, congregation-to-congregation and through our association, to support and assist one another in our ministries. We draw from our heritages of freedom, reason, hope, and courage, building on the foundation of love.

Love is the power that holds us together and is at the center of our shared values. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love.

Inseparable from one another, these shared values are:

Interdependence. We honor the sacred **interdependent web of all existence**. We covenant to cherish Earth and all beings by creating and nurturing relationships of care and respect. With humility and reverence, we acknowledge our place in the great web of life, and we work to repair harm and damaged relationships.

Pluralism. We celebrate that we are all sacred beings diverse in culture, experience, and theology. We covenant to learn from one another in our **free and responsible search for truth and meaning**. We embrace our differences and commonalities with Love, curiosity, and respect.

Justice. We work to be diverse multicultural Beloved **Communities** where all thrive. We covenant to dismantle racism and all forms of systemic oppression. We support the use of inclusive **democratic processes** to make decisions.

Transformation. We adapt to the changing world. We covenant to collectively transform and **grow spiritually** and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect.

Generosity. We cultivate a spirit of gratitude and hope. We covenant to freely and **compassionately** share our faith, presence, and resources. Our generosity connects us to one another in relationships of interdependence and mutuality.

Equity. We declare that every person has the right to flourish with **inherent dignity and worthiness**. We covenant to use our time, wisdom, attention, and money to build and sustain fully accessible and inclusive **communities**.

There is more to Article II than Principles and Values though, and if you want to see the full report including the work they did and the reasoning they have for these proposed changes, you can access that here: <https://www.uua.org/uugovernance/committees/article-ii-study-commission>

If this is a topic that interests you, we will have a chance to go deeper in a workshop, offered Sunday March 5th for people who prefer to be in person, and Tuesday March 7th for people who prefer to be in Zoom. Look for information about that in the Events part of our website or [click here](#).

With gratitude for each of you,
Rev. Tiffany

Upcoming News and Events at HVUUC

Hearth Health Month

February is Heart Healthy Month. According to the World Health Organization Cardiovascular disease is the number one cause of death. Risk factors include high blood pressure, obesity, smoking, and high cholesterol levels. Take care of yourself by preparing heart health meals, work out, and develop healthier habits to help reduce stress. You can do it!

The Church has two AEDs. (Automatic External Defibrillator) They can be used to save both adults and children. One is located on the back right hand side wall in the Church, the other is located in the REZ as you enter on the left hand side wall.

To become more comfortable with using our Philips FRx Automatic External Defibrillator [click here for an instructional video](#), or search "Philips FRx Automatic External Defibrillator" on YouTube. You could save a life!

quainted.

Are you interested but need a helper?

You can be teamed up for kitchen prep and/or kitchen cleanup. If you can arrive early, but cannot stay later, you can be teamed up with another who will share the schedule to suit your needs.

So come on and gather together for your Sunday church fellowship hour!

Taking sign ups now for March and April and the rest of 2023.

Questions? Just email coffeehour@hvuuc.org If you love fellowship then volunteer now

Schedules are open.

We need YOU!

(all supplies provided)

Flood Update

A pdf documenting the current status of repairs to the kitchen and Fred Ball room is available on our website.

[Click here](#) or visit <https://hvuuc.org/congregation-news/2023/1/24/flood-update> for full details.

Coffee Hour

BIG THANKS.. to our Board of Trustees for volunteering their time for the February Sunday after service coffee hour!

To volunteer for coffee hour or to team up with someone experienced for training, email [coffee hour@hvuuc.org](mailto:coffeehour@hvuuc.org)

It's a great pathway to meet new people. A chance for committees to introduce themselves to others and everybody can make a new friend.

Committees can volunteer for the month with two people each Sunday. This helps greatly.

Don't be shy...newbies will always be teamed up with experienced kitchen workers.

It's a valued social hour for everyone to get ac-

Let's Chat Covenant Group

Let's Chat Covenant Group is starting back after a winter hiatus.

Start date is April 12th. We will meet in the REZ from 6:30 to 8:30 on second and fourth Wednesdays.

Topics vary from one meeting to the next. You must sign up with Greg Kramer to attend.

Let's Chat is a long term Covenant Group, which means people may join at any time as long as the group doesn't have more than 10 members. We have much fewer than that.

We range from laughter to responsibility. We meet second and fourth Wednesdays at the Church in the REZ room one. The first room on the right as you enter the REZ.

We start promptly at 6:30 and end at 8:30. I plan to continue through the summer.

You must sign up by contacting Greg Kramer at greg@hvuuc.org to participate.

Social Justice News and Initiatives

On SJC 2023 passion invite n-l article

What is YOUR social justice passion?

Thanks to all who participated in the Social Justice Sunday activities. REPLAY HERE: <https://youtu.be/9gNE0uWF3tk>) There is clearly a mounting need and energy for expanded social justice work in our church and community. For those unable to participate in the Social Justice Fair, we invite YOU to consider where YOU would like to get further engaged in the Church's efforts in 2023.

We are NOT asking you to be on the official SJ Committee (but you can, if you like) and attend "a bunch of meetings." Just find YOUR passion for compassionate action in the list of Focus Groups below and contact the Focus Group Lead via email.

- ANTI-RACISM – Jon Anderson - racial justice, “Undoing Systematic White Supremacy” ~ **AntiRacism@hvuuc.org**
- HEALTH/DISABILITY – Tristan Lane, Jessica McComb and Emily Hand - disability and accessibility, mental and physical health advocacy, reproductive justice, and addiction ~ **Health@Hvuuc.org**
- HOMELESSNESS & HUNGER – Mary Williamson and Diane Priesmeyer - advocating and assisting the unhoused and hungry ~ **Hunger@hvuuc.org**
- LGBTQIA+ - Tristan Lane and Courtney Johnson - LGBTQIA+ Issues ~ **LGBTQIA@hvuuc.org**
- ADVOCATING DEMOCRACY – Bob Warner - voter rights, campaign finance reform, Federal election systems ~ **Democracy@hvuuc.org**
- ENVIRONMENTAL - Lori Krause and Guerry McConnell – environmental Issues ~ **Environment@hvuuc.org**
- PEACE WORKS – Noel Marshall - peace work, denuclearization, gun control ~ **Peace@hvuuc.org**

Peace Works Focus Group:

1. Call for HOST FAMILIES: Creating Friendships for Peace invites families to host teen pairs arriving from Israel/Palestine and Cyprus this summer. Take part in this memorable and transformative experience! See more: <https://friendships4peace.org>
2. SAVE THE DATE: May 3-5, 2023, the Alliance for Peacebuilding, in partnership with the United States Institute of Peace (USIP), will hold its 11th annual conference, PeaceCon 2023: Beyond Fragile Ground: New Peacebuilding Architectures for Today and the Future, in hybrid format. Join us as we collectively explore what is working, how to build on these successes, and how we develop and demand practical and interconnected new peacebuilding strategies and tools for the future to shape a more effective and inclusive peacebuilding sector. <https://www.allianceforpeacebuilding.org/peacecon2023>
3. Feb. 7-8: Visions for a New Earth; FREE online: <https://fb.me/e/25cvhNoiK>

Advocating Democracy Focus Group:

Sunday, Feb. 12th The NON-PARTISAN League of Women Voters TURNS 103 and we are celebrating! Join the NE TN Chapters for an informal hour as we mix and mingle, enjoy birthday cake, and learn about spring plans for our League and how to get involved!

When? **Sunday, February 12, 2-3p**

Where? Food City, State of Franklin Road, Johnson City

Room? Upstairs Community Room (steps or elevator just before the deli to your right)

Who? This is a public event—come and bring a friend!

Caring Team

Monthly Coordinator for February 2023 is:

Linda Good

For assistance email: caring@hvuuc.org

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

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.

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.

Thank you for continuing to participate!

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Submissions for each month's newsletter are due by the last day of month to newsletter@hvuuc.org.

Up to date information can always be found at www.hvuuc.org