



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 2024

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

Headlines

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

Save the Date

Feb 12 & 26 —Let's Chat Group

Feb 11 & 25—Choir Rehearsal

Feb 14—Ash Wednesday Gathering

Feb 15 —BoT Meeting

Feb 28—Wednesday Night Supper

Yoga with Tish Every Tues at 5:15

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

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

Upcoming Church Services - 11:00AM Sun

Feb 4, 2024, Jen Raffensburger

Change: The Only Constant

There's no question: 2024 is going to be a year of change. Of course - what year isn't? When change feels unsettling or scary, how do we shift our relationship with anticipation of change? Our faith calls us to the work of transformation. How can we work to embrace the change that is coming? How can we learn from our own relationship and reactions to change how to deepen our call to transformation within ourselves and our faith communities?

Feb 11, 2024, Rev. Sapp

Contemplation Through Photography

Lent has traditionally been a time of contemplation and fasting in the Christian tradition. Unitarian Universalist Christians have taken a broader view of this time, with the #UULent photo-a-day spiritual practice. Last year Rev. Tiffany managed to participate in every day of the observance, taking photos and writing reflections based on the key word given for the day. She shares what she learned last year as she gears up for another season of practice, and reflects on how times and practices of intentional contemplation can be beneficial to people of every belief and no belief.

Feb 18, 2024, Rev. Sapp

The Two Paths of Awe

What do you think of, when you think of those "Wow" moments we experience in life? Do you want to whoop and cheer and clap? Or do you want to sit in awestruck silence? Come explore with your community how both of these approaches work, and both do something important for the human experience.

February 25, 2024, Kevin Bradley

The Final Exit Network

Medical technology can keep your body functioning longer than ever, whether you want to or not. Who decides (and why), and what can you do about it?

Winter Reading

As the cold has driven me indoors and I'm intentionally working on reducing my screen-time, I am finding myself drawn more and more to books as a way to create some cozy places of rest for myself. Some of these books are like junk-food for my mind with easy plots and simple characters and lots of tropes. But when I'm done with this kind of brain-candy, I remember that we have a number of good reads available to us through the Unitarian Universalist Bookstore: inSpirit.

If you're looking for a good winter read that challenges you and makes you think, you might want to try one of these:

A great place to start is always with the UUA's Common Read. Once a year the Unitarian Universalist Association picks a book that many congregations will choose to read together, often related to a social justice topic. The Anti-Racist subgroup of the Social Justice Committee hosted a book group about the 2022-2023 Common Read: "Mistakes and Miracles" that was eye-opening, heart-wrenching and awe-inspiring.

The 2023-2024 Common Read is "On Repentance and Repair by Rabbi Danya Ruttenberg." The UUA says this: "This Common Read offers a glimpse into one of our faith's foundational sources, Judaism. Readers explore the call to accountability as we follow Rabbi Ruttenberg into a framework for making amends offered by the 12th century Jewish physician and scholar, Maimonides.

On Repentance and Repair invites readers of any faith to explore practices for accountability that can bring us into wholeness and really make a difference in our personal, community, and national relationships."

The 2021-2022 Common Read was "Defund Fear: Safety without Policing, Prisons, and Punishment" by Zach Norris. InSpirit describes it as "A groundbreaking new vision for public safety that overturns more than 200 years of fear-based discrimination, othering, and punishment."

And the 2020-2021 Common Read was "Breathe: A Letter to My Sons" by Imani Perry, who was also the Ware Lecturer at General Assembly in the summer of 2023. InSpirit reviews her book this way: "Explores the terror, grace, and beauty of coming of age as a Black person in contemporary America and what it means to parent our children in a persistently unjust world."

Outside of the Common Reads, I can tell you that my colleagues are all abuzz about the book "A Fire at the Center: Solidarity, Whiteness, and Becoming a Water Protector" by Karen Van Fossan. InSpirit's writeup says "With penetrating insight, Karen Van Fossan blends memoir, history, and cultural critique to take readers behind the scenes of the resistance efforts to two colonial pipelines."

I hope sometime this February you can find yourself with a cup of tea, coffee or cocoa and a good book on a cold day.

Rev Tiffany

minister@hvuuc.org

Upcoming News and Events at HVUUC

February is American Heart Month

February is American Heart Month, a time when all people, especially women are encouraged to focus on their cardiovascular health. Nearly half of U.S. women do not realize that heart related illnesses is the leading cause of death for women.

To learn more about heart attack's, strokes, , AED's (Automatic External Defibrillator) and CPR (Cardiopulmonary Resuscitation) go to www.heart.org. We have TWO AED's on the premises.

Do you know where they are and how to use them? You could save a life!

First Friday Women's Group

February 2, 2024, 6:30-9:30

Jennifer M. has graciously offered to host the next Women's Group meetup.

This event is open to all those who identify as women. There is no agenda, just time to socialize and relax. Bring food or drink to share, but if Friday has you tired and scrambling, don't worry! Come anyway! Singing is not mandatory but there will be a karaoke machine. Join us!

For more information email: womensgroup@hvuuc.org

Choir Rehearsal

Volunteer Choir Leader, Rachel Reece, will be hosting Bi-weekly Choir Rehearsals for a 3-month trial period from February to May on the 2nd and 4th Sunday following Sunday Services.

Grab your coffee and hugs then head over to the piano with your hymnals for some exercises and fun community time with other music lovers as part of our Music Program.

Coffee Hour

See bulletin board calendar right next to the kitchen. Your help is necessary to maintain Fellowship hour Sunday schedule.

We currently have NO volunteers for 2024. Sign ups needed ASAP.

BIG THANKS to all the volunteers who made our weekly HVUUC Fellowship possible in 2023.

Email Coffeeshour@hvuuc.org

Board of Trustees Meeting

Normally our Board of Trustees meet every third Wednesday of the month via zoom.

This month the meeting will instead be on **Thursday, February 15th at 7:00PM.**

All HVUUC members are welcome and encouraged to attend. If you'd like to receive the zoom link please email president@hvuuc.org

Path to Membership Classes

March 3rd & 10th

Path to Membership will be facilitated in two parts held on successive Sundays in March. The first class, Sunday, March 3, will be dedicated to understanding Unitarian Universalism and our Covenant. The second class, Sunday, March 10, 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. 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 number
- Communication preference (text or email)
- Age and number of children needing childcare

We look forward to your participation!

Social Justice News and Initiatives

Water Day Clean Up

This month, members of HVUUC have another opportunity to make our local waterways safer and more beautiful by signing up to reduce the flow of plastic, foam, and other trash into the TN River. Our friends at Keep the TN River Beautiful have invited us again to participate in a lake clean up on Sunday, February 18, 2024.

Removing litter from waterways protects fish, birds, and other wildlife from dangers of entrapment or accidental consumption of garbage and there are thousands of pounds of trash ready for collection by valiant volunteers.

The team will gather at Washington County boat ramp in Abingdon at 1:30 and be taken by boats to the lake shores most in need of care. Equipment is provided. Wear clothes that can get dirty and sturdy, closed shoes.

You must register to attend and secure your seat on the boat here:
<https://www.keeptnriverbeautiful.org/southholston>

Contact for questions: environment@hvuuc.org

Plant a Tree

HVUUC is serving again this year as one of 162 pick-up sites across the state for the TN Environmental Council's native tree planting event! Tree Day is March 16 th , 2024. On the morning of March 15th on the HVUUC back porch we will organize and bundle seedlings and prepare them for distribution. On March 16th, we will be open for community members who have ordered trees to pick them up 9:00am-1:00pm.

Volunteers are needed to help one or both days. Also, the tree crew needs clean plastic shopping bags and newspaper for bundling orders. You can drop either at the Tree Day box in the Fred Ball room during February. Thank you!

To learn more about trees or to order trees: <https://www.tectn.org/tennesseetreeday.html>
If you would like to help please contact Lori K or email environment@hvuuc.org

More from Social Justice...

CELEBRATE: The Social Justice Committee celebrated how our community shined out Light throughout 2023 by sponsoring and/or participating in local events. Here is a link to this remembrance. The drumming is taken from a previous HVUUC service. <https://youtu.be/h2rU6nC6u0Y>

INSPIRE: Mark Mohundro of the Tennessee Valley UU in Knoxville gave an informative and inspiring talk on how to be an activist grounded in spiritual practice. He invites all to come to the monthly on-line gathering of the Tennessee UU United (Action Network), where we support other UU Churches across TN and organize for action to bring UU Principles and Values to the TN Legislature.

Next meeting February 11 @ 6pm. To sign up or for more Information: markmohundro@tvuuc.net

EDUCATE: Gwynn Mettetal, President of the Northeast League of Women Voters, ... All are invited to their next monthly meeting which is always held at the Community Room at the Food City on State of Franklin FEB. 18TH from 2 - 3:30 PM. All are welcome - League Members as well as the Community.

For more Information: lww.netn@gmail.com

IMMIGRATION: Former HVUUC member, Amerika Grewal, who currently resides in Eagle Pass, Texas, gave a sobering report on the horrifying conditions taking place at the US-Mexico border. There is a Border Vigil the first Monday of every month at sunset - all are welcome to remember those at that time from wherever you are.

Link: [Fb.com/bordervigil](https://fb.com/bordervigil)

MUSIC FOR THE ACTIVIST'S SOUL: "Spiritual Activism" composed and sung by HVUUC Music Director, Charis Carter. <https://youtu.be/Dm0uuL6b5is>

JOIN US! Contact SJchair@HVUUC.org. Emily H. has now accepted the role as Chairman of the Social Justice Committee. We are ever grateful for Bob Warner's leadership these past three years!! YAY Emily and Bob!!

Caring Team

February Coordinator: Peggy Wolfe

Contact caring@hvuuc.org to communicate any needs in our congregation.

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 twice 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!

2023-2024 Board of Trustees

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