



# 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.*

March 2024

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

## Headlines ....

- [Minister's Note](#)
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Up to date church info is always available at [www.hvuuc.org](http://www.hvuuc.org)

### Save the Date

Mar 1—Women's Night  
Mar 3—Path to Membership  
Mar 11 & 25 —Let's Chat Group  
Mar 10 & 24—Choir Rehearsal  
Mar 20 —BoT Meeting  
Mar 27—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

**Mar 3, 2024, Rev. Sapp**  
*Idolatries of the Mind and Spirit*

The fifth source of Unitarian Universalism is "Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit." And we've always had a health representation of skeptics, atheists and agnostics here in our community. How does the guidance of reason help us be better humans?

**Mar 10, 2024, Rev. Sapp**  
*Brick by Brick*

How do we build community together? Let's take some lessons in resourcefulness and resilience from Manilla's bottle-brickers. The way they build literal walls may inspire us as we continue to build community together.

**Mar 17, 2024, Sophia P**  
*Universalist Love: Widening the Circle*

A dive into Unitarian Universalist history reveals classist roots that disenfranchised the poor and working class among our ranks, and within our communities. Together we will examine our past and discuss how to move forward in our mission to widen the circle for all.

**Mar 24, 2024, Rev. Sapp**  
*Interview with an AI*

Questions abound about Artificial Intelligence. Are they beneficial for us or harmful? Are they going to take all our jobs? Are they going to take over the world? Where do they come from and what is their purpose? Rev. Tiffany interviews an AI with these pressing questions and more, and we hear from a friend of the congregation who is studying AI as part of her graduate studies.

**Mar 31, 2024, Rev. Sapp**  
*Son of Man: Jesus through the eyes of Kahlil Gibran*

This Easter we take a look at Jesus through the poetry of Kahlil Gibran. His book "Jesus the Son of Man: His Words and His Deeds as Told and Recorded by Those Who Knew Him" is an imaginative work that showcases the humanity of Jesus from the point of view of people who would have known him.

## Pastoral Care Work

Have you ever wondered what I do on days other than Sunday? If you've been curious, this newsletter series is for you. For the next half a year (or so) I'm going to share with you the seven competencies that the Ministerial Fellowship Committee says are essential for Unitarian Universalist ministry. We're not going to start with the first, because that's mostly about all the highly visible stuff I do: Sunday Services, Weddings, Memorial Service, that sort of stuff. Instead, we'll start with the second competency: Pastoral Care and Presence

Pastoral Care work is the most important invisible work that I will ever do for this church. I connect with members and friends of our congregation in my office, at the hospital, in people's homes (for members who aren't mobile), over the phone and zoom, even by text! Sometimes people reach out to me about something heavy like grief or conflict. Sometimes it's about supporting you in your quest for truth and meaning (for real, come nerd out with me about your personal path!). Generally though, it's because someone has reached out to me, not the other way around. I am especially blessed here at HVUUC to have such a competent and capable Caring Team to share this ministry with, they do an excellent job of offering support as well: sending cards and keeping track of the congregation's well-being, and organizing extra help like meal trains when a person's situation calls for it.

Part of the work that I do in the Pastoral Care role is to understand and navigate the difference between offering pastoral support (which I am qualified to do), and offering therapeutic counseling (which I am NOT qualified to do). My support isn't a replacement for therapy. This doesn't mean that I won't listen to you talk about your anxiety, it just means that I can't treat your anxiety. The matters that I am best suited for are non-therapeutic concerns: quest for truth and meaning, grief work, self-care, mindfulness practices, covenant and conflict, parenting as a UU, those sorts of things.

Another deeply important aspect of the Pastoral Care and Presence competency is healthy boundaries. A minister's ability to hold good boundaries is essential for the health of the church system. In a recent boundary training I learned is that one of the best ways to promote healthy boundaries in the church is to communicate those boundaries clearly to the church. This newsletter article seems like a good place to do that. For me to be the minister that you deserve, the only way I can relate to you is solely in the role of minister. Not a friend. Not a date or a hook-up. Just your minister. This is not to say that we can't be friendly or enjoy working together in the context of our shared ministry. It just means that our time together is going to be in the context of our shared ministry, period. If you're worried about these boundaries and how you're doing with them, don't be! Managing the boundaries, and communicating clearly about them, is my job, not yours.

Who knew that Pastoral Care contained so much? I want you to know that some of my favorite moments in ministry in the last few years here have been when I have been invited to sit with one or two of you and hear your stories, and explore the big questions in life with you. I also want you to know that I see how good you all are at taking care of each other. The calling to care for each other is one that we all answer, and while I may be the professional, I see the beautiful caring ministry that you all do with each other.

If you want to reach out to set up some time to talk, just give me an email at [minister@hvuuc.org](mailto:minister@hvuuc.org)

-Rev. Tiffany

# Upcoming News and Events at HVUUC

## Let's Chat Covenant Group

The Let's Chat Covenant Group is looking for new members.

Previous sessions were Praise and Flattery, Shame and Scorn, Joy, Laughter, and the ever present Change.

The topics are always varied and interesting!

We meet 2nd and 4th Monday's at 6:30 to 8:30 in the REZ.

Email [letschat@hvuuc.org](mailto:letschat@hvuuc.org) if you are interested.

## Garden Club

"The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul." Alfred Austin

Good news! Several green thumbs have volunteered to participate in the HVUUC Garden Club.

We will be doing a "walk about" after church on Sunday Mar 10 to assess our current landscaping so can begin making plans for the season. If you would like to join us on the "walk about" and give your input, please feel free to join us.

Once the plans are developed, we will be scheduling a series of work events and will encourage everyone to turn out to help.

For more information, Email [Garden@hvuuc.org](mailto:Garden@hvuuc.org) or talk with Judy Wade.

## 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.

## Free Radon Test Kit

January was Radon Awareness Month. Radon is a radioactive gas. You can't see it, you can't smell it or taste it. It can accumulate in your home. It is the second leading cause of lung cancer after smoking.

The good news is you can check your home with a FREE Test Kit and take corrective action if indicated. Request your FREE Test Kit at [www.tn.gov/environment](http://www.tn.gov/environment)

(Allow 4 weeks for delivery)

## 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 March. Sign ups needed ASAP.

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

Email [Coffeeshour@hvuuc.org](mailto:Coffeeshour@hvuuc.org)

## First Friday Women's Group

March 1, 2024, 6:30-9:30

Women's night is for all who identify as women - a safe space to meet, talk, get ideas, and support each other.

This March 1st it will be at the HVUUC campus, in the main building around the kitchen. Be prepared to have some fun and connect with a supportive group. Bring a snack or beverage to share if you would like, but it is not required.

Email [womensgroup@hvuuc.org](mailto:womensgroup@hvuuc.org) with questions.

## Board of Trustees Meeting

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

This month the meeting will be on **Wednesday March 20th 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](mailto:president@hvuuc.org)

## Social Justice News and Initiatives

### Inviting Peace

This month, World Beyond War is marking International Women's Day with a month-long virtual film festival exploring the intersection of women, war and militarized masculinity. The festival begins March 9.

You can find more information and registration links for the 3 movies and the live online discussion panels with filmmakers and special guests at:

<https://worldbeyondwar.org/2024filmfest/>



Gwynn Mettetal (center), President of the Northeast Chapter of the League of Women's Voters accepts a check from the HVUUC congregation for \$554 in support of the League's Education Fund to educate voters in the northeast Tennessee. Presenting the donation are incoming and outgoing Social Justice Committee Chairs Emily Hand (left) and Bob Warner (right).

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](mailto:environment@hvuuc.org)

## Caring Team

March Coordinator: Judy Wade

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