



# 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.*

May 2022

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

## Headlines ....

- [Minister Note](#)
- [Women's Group](#)
- [Religious Education](#)
- [Covenant Groups](#)
- [brUUnch bUUnch](#)
- [Social Justice](#)
- [Caring Team](#)

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

## Upcoming Events

Spring is in the air and lots of activity is brewing at HVUUC.

There are many events lined up in the coming months for our members and friends.

You can find the full list of pending events on our website at the link below.

<https://hvuuc.org/featured-events>

If you would like to share relevant news or events with the congregation you can submit items with this form, found on our website.

<https://hvuuc.org/submissions>

## Upcoming Church Services

11:00AM Sundays at [HVUUC YouTube](#)

**May 8—Reflections about Motherhood**

For Mothers Day our church writers group shares essays they've written about motherhood.

**May 15—Flower Communion, Rev Sapp**

A widely celebrated Unitarian Universalist tradition, the flower communion is an interactive service that invites us to contemplate what we bring to our community and what we receive from our community. Please bring a flower. It can come from the store, your garden, or even the roadside. Additional flowers will be provided so please come whether you have a flower or not.

**May 22—Eighth Principle, Rev. Sapp**

There's talk in many Unitarian Universalist Congregations about adding an Eighth Principle. What is it and why is there so much growing interest around it?

**May 29—Fifth Sunday, Sarah S**

We are creatures of adaptation so why is change so terrifying? Today we'll look at how even when given permission to wreck something, we still find the process difficult.

*The Shared Pulpit Seminar*

details under "events" at [hvuuc.org](http://hvuuc.org)

Sat May 14

Rev. Tiffany will be hosting a "Shared Pulpit Seminar" to give you the tips and tools you need to put together a 15 minute message. Attending this seminar does NOT obligate you to do any speaking, but it might be a great opportunity to think about the possibilities. [Click here to register and learn more.](#)

# The Promises We Make Each Other

Last week I got into a robust debate with a minister of a more religiously conservative path about the difference between a Unitarian Universalist Covenant and a traditional Creed. I generally welcome these conversations rather than shut them down, when I have the energy for it, because I usually learn something.

In this conversation I was reminded that Unitarian Universalist communities can be as deeply committed to their Covenants as other communities can be about their Creeds. The difference, in my mind, isn't so much about the level of commitment. Instead, it is the content and purpose that make Covenant and Creed so different. Creeds are about beliefs, usually of an esoteric nature. Creeds attempt to define that which is most sacred, something that we Unitarian Universalists try to leave open-ended (as was so eloquently described by our Service Leader this last Sunday). Covenant leaves all that alone. Instead, Covenant is about describing the promises that we make to each other, so that we can be a healthy religious community.

The Unitarian Universalist Association of Congregations has a Covenant between Unitarian Universalist congregations and the wider association, and this is our Seven Principles. And Holston Valley Unitarian Universalist Church has a Covenant between its members. It says:

## **We covenant:**

- To cherish the worth and dignity of others
- To honor our differences
- To practice good faith and openness
- To communicate directly and honestly
- To share our gifts and our gratitude
- In building our beloved community

## **To live this covenant, we will:**

- Be invitational and friendly
- Engage in hospitality
- Offer our best and assume the best in others
- Unite for our common good and social justice
- Respect a free pulpit
- Build and honor trust
- Engage in ministry and service to others
- See conflict as an opportunity for transformation
- Talk to each other, rather than about each other

These are very concrete promises that we will practice with each other. We won't always get it right, but hopefully in the ways that we practice, we will all grow into a community that most accurately reflects our ideals.

During this time of multi-platform gatherings, one of the ways we can live out our Covenants is to remember that Covid-19 is still with us, and we can make decisions to decrease the risk to our community. If we're feeling unwell we can stay home, or take one of the many rapid tests that are now available in drug stores. We can look for each other's armbands if we're at in-person church so that we understand and respect each others' boundaries. And we can remember in our planning that there are members of our church family that are more medically vulnerable as well as small children that are not yet eligible for vaccination.

Holding these awarenesses, remaining compassionate and vigilant, are part of "cherish the worth and dignity of others," "engage in hospitality" and "build and honor trust." I've overheard many conversations lately that show that you all are doing exactly that. The fact that we continue to try to care for each other in these ways makes me proud to be part of this community. These are the promises that we've made to each other, and they are the promises that we are striving to keep.

-Rev. Tiffany

## Covenant Groups

Church begins again. Coffee hour. Work groups. Busy committees. We are at an exciting time of rebirth.

Did you know there's a way to get to know church friends better, to have deeper conversations than the simple coffee hour chats? We call them Covenant Groups.

### A Covenant Group

- Meets regularly (weekly or twice a month) with a small number (6-10) of folks for up to two hours. (Usually for a limited number of weeks).
- Times and days of the week for the groups vary.
- Members offer stories and truths from their own experiences as related to the group topic.
- We laugh, listen, and share.
- We get to a deeper level of friendship.

Topics vary as widely as you can imagine with this lively congregation. We've had a group based on Star Trek, and another based on sharing music tastes. We've had personal storytelling and end of life discussions. It is through these varied topics that the members can cultivate a connection with others in the group through active listening. No matter the topic, forming relationships is the benefit.

Some ideas for new groups might be:

- The challenges of being a grown up.
- Childhood memories.
- Journaling as a spiritual practice.
- Cooking together.
- Role models.
- The funniest/saddest/scariest/most rewarding time of my life.

We are always open to new ideas! The topics are only limited by our imaginations. Let us know what interests you and if you are interested in becoming a trained Facilitator. New groups coming soon.

Send your idea and inquiries to [covenantgroups@hvuuc.org](mailto:covenantgroups@hvuuc.org)

## Religious Education

It has been such a joy seeing all of you in church once again! And for our new families coming to church- It's been delightful getting to know you!

Religious Education held listening circles last month and got some wonderful feedback to guide us as we build our programming for fall. A unanimous call heard from families was that you all want OWL (Our Whole Lives)! The Religious Education Collaborative heard your cries and we are diligently working on planning for the full spectrum of OWL classes.

Building RE programming back up will require a number of volunteers from our congregation, and you will see and hear a push from us for volunteers these next couple of months.



In the meantime, please join Adult RE 1 as they are meeting 9:30-10:45 Sunday mornings on the first floor of the REZ. They have been having discussions around the Great Courses series!

Finally, I will be on vacation from May 19th-29th. I will be working remotely, so I will be available through e mail and phone. However, if you need to meet with me prior, please reach out at [DRE@hvuuc.org](mailto:DRE@hvuuc.org)

### \*\*\*NOW LOOKING FOR NEW MEMBERS\*\*\*

Join the Caring Team for the new fiscal year! We lend a helping hand to those in need.  
Email [CARINGTEAM@HVUUC.ORG](mailto:CARINGTEAM@HVUUC.ORG) or call the office and leave a message.  
REMEMBER: the HVUUC CARING TEAM cares about you!

## Social Justice Committee

### Documentary Screening

May 10, 2022, 6:00pm ET

#### The Revolution Generation

What impact are Millennials having on our world? More than we might realize! They're creators of social tech and native digital users, are anti-corporate crusaders, are more empathetic than any previous group ... and they now have to secure voting rights, equality, and the safety of the planet itself. Can they do it?

The local Sierra Club and HVUUC Social Justice Committee are hosting a screening of the new, award-winning documentary *The Revolution Generation* at the church on Tuesday, May 10, at 6:00pm, to celebrate what this generation of 80 million people - most diverse generation in America - is doing. The movie will be followed by an after-talk.

The filmmakers spotlight a generation that has been mischaracterized, mislabeled, and mistakenly mocked. Through interviews with authors/generational demographers, our history is viewed as a series of 80-year cycles - and within that, into four "seasons" that bring with them profound societal changes - the film shows the impact of the WWII Generation, Baby Boomers, and Gen X. But Millennials occupy a special spot, as every single one of them will be needed if the planet is to avoid climate catastrophe.

Our congregation and the supportive members of the public, especially Millennials are welcome.

Check the latest COVID Safety Protocols & Responsibilities. Current Low Risk for group gatherings includes mask wearing inside the building, and social distancing to be maintained by those not fully vaccinated. Food/beverage is allowed, masks can be removed only briefly while actively taking a bite/sip.

### Bus to DC! Help!



GET ON THE BUS! Rally to DC for the Poor People's Campaign.

We have 24 of 40 seats filled – we need to fill the remaining 16 seats or this is a no-go. [Click here for more details.](#) H-E-L-P!

This will be a tremendous experience for our youth who are ready to LEARN, GROW AND GO!

### White Supremacy

Undoing White Supremacy: Reconciliation Requires Truth.

Suggested movie/film: JUST MERCY by Bryan Stephenson, JD

Bryan's interview: <https://youtu.be/AaQ5ulZY3ec?t=11387>

Recommended: a recent film about mass incarceration entitled, TIME by Garrett Bradley available on Amazon Prime.

## Social Justice: Care of Creation

Care of Creation: HVUUC's own Olivia Chaffin, a long time environmental advocate, is an expert in researching and advocating for the discontinuation of the use of palm oil . Her piece reminds us of the importance of stopping unsustainable deforestation. Thank you, Olivia, for your compassionate work: Rainforests supply us with medicine and many other resources, and provide over 50% of the earth's species with homes and food. But rainforests are being destroyed by 200,000 acres every day, and an area the size of a football field is lost every minute, and palm oil is one of the largest contributors.

Palm oil is the oil from palm fruit, that grows on palm trees. Rainforests are destroyed to clear land to grow these palm trees, and child labor may be involved in harvesting the oil. Children have to drop out of school to help their families (who are payed very little for their work) and are not provided with protective equipment, despite the dangers of the work, and they may be abused or assaulted.

Palm oil is found in 50% of packaged products and also may be listed in ingredient lists as PKO/Palm Kernel Oil, Vitamin A Palmitate, Palmate, and Hydrated palm glycerides, among over 200 other names. Since it's nearly impossible to remember so many names, look for the word palm in ingredients, it's often palm oil. You can also look for a label that says sustainable, meaning the palm trees were grown without causing deforestation, but that does not necessarily mean that child labor was not involved.

Local communities and Indigenous People have protected rainforests for centuries, and the rapid deforestation steals their homes, hunting and ceremonial grounds, and food and water supply. One of the most essential and effective ways to stop deforestation is to defend Indigenous land rights, but unfortunately, governments and corporations (who won't recognize the peoples' rights) are doing just the opposite as they continue to exploit them as they destroy the forests for things like palm oil.

## More Happenings

### brUUnch bUUnch

**The brUUnch bUUnch is back!**

**When:**

Monday May 9, 10:00 AM

**Where:**

HVUUC Fellowship Hall

Our May host is Beth Calvert, please let her know what you are bringing.

To host the June date contact [womensgroup@hvuuc.org](mailto:womensgroup@hvuuc.org)

### First Friday

**When:**

May 6, 2022, 6:30 pm.

**Where:**

The home of Beth Calvert

All who identify as women are welcome!

Please bring the usual snack or drink to share. A folding chair will be helpful.

**Contact:**

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

## Membership

### Caring Team

Lynn S....May 1st-7th

Linda G....May 8th-June 4

Thank you to Dan Coughlin for his coverage in April.

Email [caring@hvuuc.org](mailto:caring@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.

### 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)

### 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 Livengood [president@hvuuc.org](mailto:president@hvuuc.org)

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

**Past President:** Dana York [pastpresident@hvuuc.org](mailto:pastpresident@hvuuc.org)

**Treasurer:** Deb Helmer [treasurer@hvuuc.org](mailto:treasurer@hvuuc.org)

**Stewardship Trustee:** Charlie Miller [stewardshiptrustee@hvuuc.org](mailto:stewardshiptrustee@hvuuc.org)

**Programs Trustee:** Bryan Kleske [programs@hvuuc.org](mailto:programs@hvuuc.org)

**Facilities Trustee:** Greg Kramer [facilities@hvuuc.org](mailto:facilities@hvuuc.org)

**Secretary/Historian:** Dottie Blades [boardsecretary@hvuuc.org](mailto:boardsecretary@hvuuc.org)

**Membership Trustee:** Michele Markstrom-Frisch [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

Charis Carter [musicdirector@hvuuc.org](mailto:musicdirector@hvuuc.org)

#### 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)