



# 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.*

October 2018

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

## Headlines ....

- Kitchen of Hope October 1
- Women's Group October 5 at 6:30PM
- O.W.L. Training Oct 12-14
- Casual Game Group Oct 13 6PM
- Potluck Lunch October 14
- Path to Membership Class Oct 14
- bUUK Club Oct 16 10AM
- Wednesday Night Supper Oct 24 6:30PM
- Complicated Game Group Oct 27 6PM
- Halloween Party Oct 27 6:30PM
- White Supremacy Teach In Oct 28

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

## Coffee Hour Needs You!

We still need someone to take responsibility for November! You would recruit your own volunteers and delegate as much as you prefer, depending on your availability. If you are new to this, training is enthusiastically provided! Snack foods are available in the kitchen, but if you want to provide something else, you can get reimbursed. This does not include Potluck Sunday, just November 4, 18, and 25. To sign up, email [coffeeshour@hvuuc.org](mailto:coffeeshour@hvuuc.org) or on the list by the kitchen windows.

## Memorial Reception Committee

The Memorial Reception Committee needs your help! We serve our church community in time of need with honor, respect and love. Preparing tables in fellowship hall with specialty cloths, serving dishes and decor as part of church Memorial Services when needed. Please consider offering your help for this most worthy cause. Contact Cynthia G. [fellowship@hvuuc.org](mailto:fellowship@hvuuc.org)

## Upcoming Sunday Worship Services

**Oct 7** *The Scripture that Preachers Avoid*, Rev. Briere  
Sometimes Jesus says the damndest things! Like the first 13 verses of Luke, chapter 16. That scripture is avoided by many preachers because it contains the world's most inscrutable parable. The judges are unanimous in their opinion: The parable of the shrewd manager is wretched.

**October 14** *Islam 101*, Rev. Jeff Briere  
What is Islam? How does it guide one's life? What is its relationship to us?

**October 21** *Theology without Headaches*, Rev. Briere  
Theology is not the province of old men in dusty libraries. It can be fun. It's more like a blind man in a dark room looking for a black cat that isn't there.

**October 28** *The Power of #metoo*, Tiffany Sapp  
Gather for time of community support and healing as we explore the difficulties surrounding sexual assault, sexual harassment and discrimination.



## Halloween Party

Saturday, October 27 6:30-8:30PM

Everyone is invited to a Family Halloween Party! There will be a Fortune Teller, Apple Bobbing, Cakewalk, Trick R Treat Circle, Ghostly Piñata Game, Hotdogs, Popcorn, Carmel Apples, Wormy Punch, Fire Pit with Marshmallow Roasting and an End of Evening Raffle. Join us for a night of fun!

If you'd like to help out contact Cynthia at [fellowship@hvuuc.org](mailto:fellowship@hvuuc.org)

# 2018 Service Auction Saturday, November 17th

## Save the date and start thinking about what you can offer in the auction!

Our Service Auction will begin at 5:30 with the Silent Auction, then Live Auction starting at 6:30PM.

If you are new to the Service Auction concept, you can learn more at [HVUUC Auction](#)

The basic idea: a big party Saturday night for everyone, at which we all have a grand time: noshing on finger foods, mingling, ogling donations, laughing, and enjoying the evening. Amidst this merriment, we hold a silent and live auction where we sell the services donated by our peers. The money raised benefits the church.



Not just a fundraiser, this is also great community-building experience that lasts the whole year! Fellowship on Saturday night, and then throughout the year there is continued fellowship and building of friendships via the hosting and attending of the auctioned services. In uncertain times, we need each other, and safe opportunities for meaningful connections.

Some services people have donated in the past that continue to be popular: Dinners! Game Nights! Lunch and brunch! Lake outings! Picnics! Tea Parties! Cooking Class! Handyman service! Garden help!... the ideas are endless. If money is tight, you can still participate in making 2018 history to help the church and make the event happen:

- Volunteer to help with one of the Saturday night tasks.
- Donate a simple service that costs you little to nothing: e.g. several hours of yard work, a game night with simple snacks, a soup and movie night... Consider combining forces and co-hosting an event. It doesn't have to be fancy or budget-busting, and you get the fun of the group event that was won at auction.
- We understand that times are crazy and budgets can be tight. An alternative way to pay: service time for the church, at \$20/ hour. You can buy any item up for bid using this method. It will be calculated as cash paid, and you can then fulfill your time throughout the 2019 year.

**There are some modern changes in the wind for this year involving online everything - submitting your donation online, browsing the online catalog, some items possibly up for bid a day early -online, an auction app for your phone! Stay tuned for more news on this exciting upgrade - news will be coming soon.**

### THANK YOU!

Rosemary K., 2018 Auction Coordinator [auktion@hvuuc.org](mailto:auktion@hvuuc.org)

## Stretching

The invitation to a spiritual life is an invitation to step outside of our comfort zones. One of my past mentors put it this way. We're like a rubber band. We start of kind of small. Then something comes along that stretches us a little. When the "stretching" event is over, we shrink back a little, but we're never as small as when we started. Yes, we have our limits. A rubber band can break. But in order to do what we're meant to do, we must allow ourselves to be stretched. We must allow our perspective to be expanded.

This isn't always easy. And it isn't always fun. Yet, part of what makes this place a church and not a social club is that we are called to go to the uncomfortable places. Where we will be challenged, and then grow.

Fortunately, this isn't a solitary endeavor, but something we support each other in. I know I've been challenged since I've come here. But it's the people who challenge me in a fond, supportive manner who make stretching beyond my comfort zone a blessing instead of a burden. That's something that we can all do for each other.

Tiffany Sapp, Intern Minister  
[intern@hvuuc.org](mailto:intern@hvuuc.org)



## WHOO Wants to Help in the Kitchen Oct 12-14?

Our church is hosting a two-level facilitator training session for Our Whole Lives (OWL) and will provide meeting space and food for the weekend. OWL is a sexual education program designed for specific age groups and has been highly regarded by participants and professionals.



Beth C. and Deb H. will organize the meals and buy the food, but we need help preparing the meals and cleaning up. The specific meal slots are listed below with approximate times. If you are willing to help for any of these, that would be great! Please respond to [deb@hvuuc.org](mailto:deb@hvuuc.org) if you want to join the fun!

- Fri. Oct. 12: Supper Prep ~ 4 pm to 6:30 pm  
Cleanup ~ 6 pm to 7:30 pm
- Sat. Oct. 13: Breakfast Prep ~ 7 am to 8:30 am  
Cleanup ~ 8 am to 9 am  
Lunch Prep ~ 11:30 am to 1:30 pm  
Cleanup ~ 12:30 pm to 2 pm  
Supper Prep ~ 5 pm to 6:30 pm  
Cleanup ~ 6 pm to 7:30 pm
- Sun. Oct. 14: Breakfast Prep ~ 7 am to 8:30 am  
Cleanup ~ 8 am to 9 am  
Lunch Prep ~ 11:00 am to 1:00 pm  
Cleanup ~ 12:30 pm to 2 pm

## New Covenant Group Begins October 7

**"PPP": Pheelings & Phun through Photography**  
We'll decide on a theme before each meeting. Examples: "My sacred place", "happiness", "it's complicated". Everyone will bring to the meeting an image they have captured that speaks to the theme and we'll share our reflections that arise from everyone's images. Don't worry - it's not an art contest. The covenant group emphasis on sharing our experiences is the important thing here.  
Location: Susan B. Anthony room, Religious Education building  
Date and Time: 1st and 3rd Thursdays, 7-9pm, beginning October 7  
Facilitator: Dave Calvert and Tom Burns  
[photographysgm@hvuuc.org](mailto:photographysgm@hvuuc.org)

## Children's Choir

We will be starting rehearsals for the Children's Choir on Sunday, November 4. After the children's story during the service, Kate Briere will take the children who want to sing up to the REZ. We are preparing some songs for the Festivals of Light which will be on Sunday, December 9. If your child would be available for that service, please encourage them to come and sing with us!

Our rehearsal schedule is as follows:  
Sundays Nov 4, 11, 18, and Dec 2. Those will all occur during the church service.  
Children will be required to come on Dec 9 at 9am for the "run-through" prior to the service.

Parent volunteers are needed to attend the rehearsals to help. Please contact Kate Briere to let her know what Sunday you would be able to help. [choir@hvuuc.org](mailto:choir@hvuuc.org)

## Path to Membership

The next Path to Membership class is scheduled after the service and Potluck luncheon on Sunday, October 14 from 12:30PM – 2:00PM. Only three seats are now available!

What is Path to Membership? Membership Growth Committee provides a class that helps prospective members learn more about our church and the opportunities for involvement. The class does not commit you to membership, but is a necessary precursor for joining our church. The class also lets you get to know a small group of people on a more personal level.

If interested, please sign up on the shelf in the Sanctuary or by email to [office@hvuuc.org](mailto:office@hvuuc.org). Indicate the ages of any children who will need childcare during this time, so we can arrange appropriately for sitters.

## White Supremacy Teach In

Last spring we learned to recognize the characteristics of white supremacy culture and how it affects the everyday rights and privileges of our fellow humans of color. This fall we will explore how we can deliberately reshape our actions and attitudes to help dismantle this rigged system.

October 28—We will wrap up our series and commit to action.

Time/Place: 12:45-2:30PM in the Sanctuary (Childcare available for children under 12)

## Fellowship Opportunities

### Women's Group Oct 5

All who identify as women are invited to join the Women's Group Friday, October 5 at 6:30PM at Beth C.'s home in Johnson City.

Per usual, please bring a drink or snack to share. The main purpose of this gathering is for community.

Questions? [womensgroup@hvuuc.org](mailto:womensgroup@hvuuc.org)

### Potluck Lunch Oct 14

Bring a dish to share and join us the second Sunday of every month after the service for a potluck lunch.

### Fiber Fellowship

Do you quilt? Embroider? Crochet? Knit? Felt? Whatever your passion we want to share it with you. Bring your tools and a project if you'd like or contribute your time to a service project at the gathering. Tea and snack around 10:30--see you there!

[fiberfun@hvuuc.org](mailto:fiberfun@hvuuc.org)

### Wednesday Night Supper

Join us at 6:30PM on October 24. The menu will be published a few days before the dinner. There is no agenda other than fellowship! Cost is \$5/adults, \$2.50/children. Please RSVP to [WNS@hvuuc.org](mailto:WNS@hvuuc.org) by Tuesday October 23 to ensure we have enough food for everyone.

### Youth Group

The HVUUC Youth Group welcomes all youth ages 12-graduating senior for world-class fun, service, and fellowship. We meet once a month August through April. Email [youthgroup@hvuuc.org](mailto:youthgroup@hvuuc.org) to get in touch!

### Buuk Club

New members are always welcome to join us in the REZ on the third Tuesday of the month from 10:00AM to noon. We meet in the Susan B. Anthony room  
[buukclub@hvuuc.org](mailto:buukclub@hvuuc.org)

### Families Group

This is a social group for parents, grandparents or guardians who attend or are friends of Holston Valley Unitarian Universalist Church and have children and grandchildren from birth through school age. The goal of our group is to create a supportive community for ourselves and our children and grandchildren within our faith community. For more information contact [families@hvuuc.org](mailto:families@hvuuc.org) or find us on Facebook under HVUUC Families Group.

### Casual Game Night

October 13 6:00-9:30PM

This is a game night for everybody (and the LAST ONE before our Summer break!). We play a range of modern board and card games, from simple to not-as-simple. It's all for fun, no experience required. All ages are welcome. We have a playroom and kid-friendly board games.

Bring yourself and optionally any cohorts, games, snacks, or drinks. Sharing is encouraged. Come whenever you want, leave whenever you want. If you arrive late you may have to hang out and observe while in-progress games wrap up.

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

### It's Complicated Game Night

October 27 6:00-9:30PM

An adults-only board game night at the church where the games don't HAVE to be complicated, but it's okay if they are. No experience required.

- Timing: starts at 6pm... bring food/snacks for yourself or to share
- Location: we'll be in the REZ
- Viability: need to have at least a few definite Yes responses on the Facebook group by the morning of the event or will cancel (no hard feelings)

No experience with complicated games is okay! They can seem overwhelming during rules explanations but they usually start to make sense after muddling through a few rounds.

Please make sure to arrive promptly so you can get to playing right away and not have to wait for a game to finish. These games often take over an hour to play.

Questions? Email [gamegroup@hvuuc.org](mailto:gamegroup@hvuuc.org)

# Life Span Religious Education

## What's Happening in the RE Zone?

Register Your Children for the New Religious Education Year! All registrations this year are via the form on our website, [Religious Education Form](#)

### Pre K - 1st Grade

Joseph Priestley Room - This class is located on the first floor of the Religious Education building.

#### **Learning and Fun through Stories**

The PreK-1st graders focus is on Stories that have passed through the generations from World Religions, other Cultures and Nature...all with lessons to learn.

We invite children 4 years old and fully potty trained, through 1st grade to join us in our Pre K -1st class.

### 2nd - 4th Grade

David Thoreau Room - This class is located on the first floor of the Religious Education building.

#### **Change and Transformations**

The 2nd-4th graders will be looking at Change and Transformations together this year. We will watch our own changes as we grow this year; those in a special tree and nature nearby and on earth; the big movements of our planet and galaxy, and changes that we can make as we work for social justice. Each lesson will be connected to one of our U.U. principles and it will include a story from children's literature, as well as activities and experiences. (We will be outdoors fairly frequently, so please be sure that your child has sturdy shoes, and winter warm clothing later this year.)

### 5th - 12th Grade

James Reeb Room - This class is located on the second floor of the Religious Education building.

#### **Building Bridges: A World Religious Program**

Building Bridges is a world religions program to deepen youth's understanding of the dynamic, fascinating, and varied world in which they live. It seeks to broaden their knowledge of humanity and embolden their spiritual search.

If you have any questions about the Religious Education program, contact our Director of Religious Education, Sarah White at [DRE@hvuuc.org](mailto:DRE@hvuuc.org)

## Adult Religious Education 1

Adult RE 1 meets on Sunday mornings at 9:30AM in the Meditation Hall of the Religious Education building. The class will be listening to lectures about Climate Change for the next few weeks.

The class has begun a series of lectures from the Great Courses on Energy.

Adult RE 1 usually meets even when other RE classes are cancelled. If in doubt please email Betty Berry for confirmation at [AdultRE1@hvuuc.org](mailto:AdultRE1@hvuuc.org)

## Adult Religious Education 2

Adult RE 2 meets in the Susan B. Anthony room in the RE Building at 9:30AM Sunday mornings.

*Faith Like a River*— This curriculum explores the dynamic course of Unitarian, Universalist, and Unitarian Universalist (UU) history—the people, ideas, and movements that have shaped our faith heritage. It invites participants to place themselves into our history and consider its legacies. What lessons do the stories of our history teach that can help us live more faithfully in the present? What lessons do they offer to be lived into the future?

Adult RE 2 is a fragrance-free class, please be respectful of those that are sensitive to fragrances.

[AdultRE2@hvuuc.org](mailto:AdultRE2@hvuuc.org)

## Did You Know?

Willem Arondeus was an openly gay Dutch artist, author and anti-Nazi fighter who bombed the Amsterdam public records office to hinder the identification of Jews by the Nazis. He was arrested within a week and later executed. His last words were, "Let it be known Homosexuals are not cowards".

## Social Justice

### Kingsport Kitchen of Hope 1st Monday of the Month

In the basement of the Full Gospel Mission on Sevier St in Kingsport, is a tiny kitchen staffed entirely by volunteers that feeds dinner 6 days a week to 100-130 people. Diners have ranged from infant to 88. For many of them, it's their only meal of the day. The church serves dinner at the Kitchen of Hope the first Monday of each month. How can you help? Glad you asked.

The menu changes monthly. Volunteers are needed to help cook, serve and clean up.

**Set up/cooking: 1:00-3:30**

**Servers: 3:00-5:00**

**Cleaners: 4:45-6:00**

***The kitchen is quite small, so if you want to help, please contact the coordinator so we don't end up with too many cooks in the kitchen!***

You can also help by donating food or money for food. Or if you'd like to bake cookies, cupcakes, or other desserts ahead of time (note: we cook for 150, so if it's too much, you could always split this with another baker)

Like to plan ahead? We do this the first Monday of every month, so pencil us in with a big red pen! Please contact Kim if you can help this month [kitchenofhope@hvuuc.org](mailto:kitchenofhope@hvuuc.org).

### Family Promise Network

One part of our church's Social Action is to participate with Family Promise Network, both in Johnson City (Hopwood UMC) and Kingsport (St. Luke UMC). The program's purpose is to help homeless families achieve and sustain independence. One night per quarter we provide a meal and overnight presence to the FPN guests of the host churches. Our meals are simple and overnight duty consists of sleeping in your private room and assisting with breakfast the next morning.

When the next request for volunteers goes out, please consider helping with this important and much appreciated part of our church's outreach.

[familypromiseKPT@hvuuc.org](mailto:familypromiseKPT@hvuuc.org)  
[familypromiseJC@hvuuc.org](mailto:familypromiseJC@hvuuc.org)

## October Food Donations

Bring your donations of **Powdered or Canned Milk or Pet Food** for this month's Hunger in Our Neighborhood collection. You can also now donate pet food. Donations will be shared between the Jonesborough Food Bank, Hunger First in Kingsport, and our own food pantry. Remember, the themes are for fun....not rules!

## Fiscal Flash

### How Our Church Runs, *the more you know...*

**The Stewardship Trustee** is responsible for managing and overseeing the financial well-being of our church. This responsibility comes with many duties. One of the duties is coordinating special fundraising projects among church committees, groups, individual members and friends. The Stewardship Trustee coordinates by making sure the fundraiser is within our mission, giving permission for the date/s of the fundraiser, and make certain that there are no other fundraisers happening at the same time.

What does this mean for committees, groups, and individuals? When planning for a fundraising activity, (whether it is an activity that should be on our church calendar or an individual sale of items, like candy or popcorn for a special cause), **the first person you should talk to is the Stewardship Trustee**. Once given permission, you should contact the Church Office Administrator about putting the activity on the church calendar. This ensures that there are no activities happening simultaneously, the fundraiser is within our church mission, and the fundraising activity will be more successful.

George Cross is our Stewardship Trustee and can be reached at [stewardship@hvuuc.org](mailto:stewardship@hvuuc.org)

### Amazon Smile

As part of their Amazon Smile program, Amazon will donate 0.5% of every purchase to HVUUC. Two simple steps: First add HVUUC as your preferred charity on your Amazon account (go to Amazon Smile and search Holston or just use this link <https://smile.amazon.com/ch/62-1076195> ). Second, whenever you make a purchase be sure to enter through the "[smile.amazon.com](https://smile.amazon.com)" address. It's free money and definitely worth a couple of clicks. Questions? [treasurer@hvuuc.org](mailto:treasurer@hvuuc.org)

## In Our Community

### Yoga

If you would like to try Yoga to help improve your core strength, balance, and ability to relax, please join a small group that meets in the Meditation Room in the RE building on Tuesday evenings from 5:15 to 6:30pm. Your first class is free of charge – I feel it's important that you get a chance to try it before you invest in a series of classes. The class is a mixture of breathing techniques and yoga poses that flow from one into another. You do not need to be trained in yoga or have attended the last session to attend this series of classes.

Go to [www.YogaWithTish](http://www.YogaWithTish) for more information.

### Fun Fitness @ HVUUC!

Do you know that there are Zumba classes offered right here at HVUUC?! Zumba is the perfect workout for anyone! It's fun, so you don't even feel like your working out! Jessie Hess, the instructor, shows how to modify if you need to. There is only one "rule" you need to know: Have fun!

I was so hesitant, shy and awkward when I took my first Zumba class (and second, and third, and fourth), but after realizing what a great time I had when I just let myself have fun AND losing weight I was hooked! It's so important to keep active, but most workouts are so intense and/or boring. Zumba @ HVUUC offers you the unique opportunity to get active and fit while having a fantastic time! There are 2 different formats offered: Zumba® & Zumba® Toning & Burst. For information on these classes, e-mail Jessie [jumbazumba@yahoo.com](mailto:jumbazumba@yahoo.com) and/or check out the Facebook group: Jumba Zumba.

### Appalachian Dharma and Meditation Center

**Holston Valley Sangha** (Wednesday morning session that used to meet at UU Church) will now be meeting at ADMC in Johnson City.

[www.dharma4et.org](http://www.dharma4et.org)

### Film Screening: *A Clean Energy Revolution*

On Wednesday October 3rd the ETSU Department of Sustainability and Citizens' Climate Lobby of Northeast Tennessee will host a screening of "Happening: A Clean Energy Revolution" in the Brown Hall Auditorium. There will be a meet and greet with light snacks at 5:30 PM before the movie with a moderated discussion panel immediately following.

Brown Hall is on the ETSU campus directly East of the Mini-dome. No permit is needed to park anywhere on campus after 4:00 PM and the new parking garage will also be open for parking.

"Filmmaker James Redford embarks on a colorful personal journey into the dawn of the clean energy era as it creates jobs, turns profits, and makes communities stronger and healthier across the US. Unlikely entrepreneurs in communities from Georgetown, TX to Buffalo, NY reveal pioneering clean energy solutions while James' discovery of how clean energy works, and what it means at a personal level, becomes the audiences' discovery too. Reaching well beyond a great story of technology and innovation, "Happening" explores issues of human resilience, social justice, embracing the future, and finding hope for our survival."

In order that we know what to expect in terms of the refreshments please RSVP with one of the options below:

Go to the [Facebook Event](#) and indicate "Will Attend" or register through [Eventbrite](#)



## Membership Corner

### Website Member Log In

There is some information on the website that you need to log in to see. Scroll to bottom of the home page and click on "Members Area". The password is the same one that you used on the old website. If you need that password, email [office@hvuuc.org](mailto:office@hvuuc.org).

Once you log in, you can see a recent member directory, get a reimbursement form, see our tax exempt certificate, the board policies and procedures, and board meeting minutes.

### Caring Team

The Caring Team coordinators for October can be reached at [caring@hvuuc.org](mailto:caring@hvuuc.org) or 423-477-7661 (Press 1).

**Thank You** to our September coordinators Alicia Culbertson and Lynn Scarborough.

**October Birthdays**

10/2 Sandra G., 10/7 Rebecca R., 10/19 Lily K., 10/21 David K., 10/23 Alexis H., 10/26 Brooklyn S., 10/26 Naomi N., 10/29 Jonas L., 10/29 Brad H.

If you would like your birthday included, send it to [office@hvuuc.org](mailto:office@hvuuc.org)

### 2018-2019 Board of Trustees

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#### **Minister**

Rev. Jeff Briere: 477-7661 (office) [minister@hvuuc.org](mailto:minister@hvuuc.org)

#### **Intern Minister**

Tiffany Sapp [intern@hvuuc.org](mailto:intern@hvuuc.org)

#### **Director of Religious Education**

Sarah White [DRE@hvuuc.org](mailto:DRE@hvuuc.org)

#### **Music Program Director**

Michael Luchtan [musicprogram@hvuuc.org](mailto:musicprogram@hvuuc.org)

#### **Choral Director**

Kate Briere [choir@hvuuc.org](mailto:choir@hvuuc.org)

#### **Church Secretary's Office Hours**

9:00am-3:00pm, Tuesday & Thursday [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)