



# 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 2022

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

## Headlines ....

- [Minister's Note](#)
- [Upcoming Events](#)
- [Social Justice](#)

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

## Save the Date

Oct 1—Church Work Day

Oct 2—Rev. Tiffany Installation

Oct 7—Women's Night

Oct 30—Trunk or Treat

## Trunk or Treat

Please plan to attend our Trunk or Treat immediately after the service on **October 30th!** Costumes for ALL AGES are encouraged on this day. Trunk voted "Most Favorite" by the kids will get a spooky prize from the RE Collaborative.

Please e mail Sarah at [DRE@hvuuc.com](mailto:DRE@hvuuc.com) if you'd like to sign your trunk up!

## Upcoming Church Services - 11:00AM Sun

**Oct 2, 2022, Rev. Sapp, *Blessing of the Animals***

Our Interconnectedness goes beyond human connections. Some of our most meaningful relationships are with our furry, feathered and scaly friends. The Blessing of the Animals is a service where we recognize the blessings that our animal friends give us, and then blessing them in return. Please do NOT bring your animals to this service, but bring a picture of them, or email one to Rev. Tiffany ahead of time. This is not just for pet owners either, as the wild animals we share this world with are a blessing as well!

**Oct 9, 2022, Meg and Todd Hoke, *Hard Times***

In this service, we will share songs of struggle and words of prophesy from Margaret Fuller, Stephen Foster, and Woody Guthrie. We will connect the strife of the past to the challenges we face today. Racism, sexism, disproportionate wealth, and ignorance of sexual and gender identity have caused incredible violence and suffering throughout the history of our country. And many fear the return of such times. So let's pause a for a moment and understand voices, emotion, and vision from our past in an effort to better face our present.

**Oct 16, 2022, Rev. Sapp, *Being Our Best***

"Be Our Best" is the acronym that Holston Valley UU has built their Covenant around. In the UU context a covenant is a collection of promises we make to each other as a community about how we are going to treat each other.

**Oct 23, 2022, Michael Woods, *Holy Disruptions, Holy Resilience: Trauma and Spiritual Care***

Utilizing our religious traditions and resources, how might we disrupt trauma-laden narratives in order to reorient persons toward holistic resilience?

**Oct 30, 2022, Rev. Sapp, *Halloween***

Come dressed in Halloween costumes for this multigenerational celebration of Imagination! Our imaginations can take us a lot of different directions, and so we get to choose what we are drawn to. Powerful and Heroic? Cute and Fanciful? Funny? Scary? So Creative it defies categorization? Come play with us this day before Halloween.

## Costumes and Candy and Community

The day before Halloween falls on a Sunday, and we are wanting to make it a real celebration for the whole family!

On Sunday 10/30, I would like to invite the young and the young-in-spirit to come in costume. Our theme for the service touches on how dressing up and taking on personas allows us to express parts of ourselves that we don't always get to express. Will you be Scary? Powerful & Heroic? Cute? Funny? or so Creative that you defy all categorization?

What will I be wearing? Well, I've been working on a costume that some of you might find Stranger, Things just work that way sometimes. ;)

In addition to coming dressed up and ready to play, we are looking for people to do a trunk or treat for our kids. After the service, instead of kids trick-or-treating at homes, they will go from car to car to solicit candy from our generous church members. You provide the candy, and if you want to decorate the trunk of your car, you might even get a prize! Please e mail Sarah at [DRE@hvuuc.com](mailto:DRE@hvuuc.com) if you'd like to sign your trunk up for the trunk for treat.

## Baby Blessings and Child Dedications

If you're a parent bringing a baby or child to our community, thank you! Your family gives us hope for the future, AND we get to enjoy our role in your family's life right now, which is such a blessing.

A Unitarian Universalist tradition that symbolizes our community's commitment to support you and your family is a child dedication. These are typically done when a child is born, adopted, changes their name, or when a family joins our community in membership.

But these do not need to be the only times that this recognition of our connectedness can happen. In the last few years, life has been a roller coaster, and maybe some of these chances to recognize and celebrate a child's connection in our community has been missed. But it's never too late to celebrate this interconnectivity.

If you're interested in having a child dedication during an upcoming service, contact Rev. Tiffany at [minister@hvuuc.org](mailto:minister@hvuuc.org)

# Upcoming News and Events at HVUUC

## Table Tennis Donation

Hello sports fans, anybody want to donate two table tennis paddles to the Church. If so, just leave them on the table located in the back porch area.

Thanks, Joseph Viola "The King of Ping"

## Auction Volunteers Needed

Our annual church auction needs to be organized, and we need a team to coordinate the festivities.

This year we are planning for an in-person component, so your energy to reboot the process will be critical.

Please contact [stewardship@hvuuc.org](mailto:stewardship@hvuuc.org) if you are interested in a rewarding service to the congregation.

## HVUUC First Friday Women's Group

**Oct. 7th, 6:00PM to 9:00PM**

At the home of Denee Mattioli

Please bring a favorite snack to share or beverage choice. A folding chair would be helpful. Join us in fellowship for fun and chatter to reacquaint with each other or make new friends. All who identify as women are welcome. For any further questions email [womensgroup@hvuuc.org](mailto:womensgroup@hvuuc.org)  
Hope to see you soon!

## InGathering Service for New Members

We will devote a segment of the service November 13 to the induction and welcoming of new members, a tradition we call Ingathering.

If you have taken the Path to Membership class (recently or in the past) and would like to sign the book, become a member, and participate in this ceremony, please contact [membership@hvuuc.org](mailto:membership@hvuuc.org) by or before October 30.

Additionally, please submit a short 50-word biography (also by Oct. 30) which someone will read aloud to introduce you to the congregation. For anyone who has taken the Path class and would like to join, but cannot or does not wish to participate in Ingathering, a private signing of the membership book can be arranged.

We are happy you have found this church and we welcome you to become a member of our congregation

## Childcare Volunteers Needed

HVUUC currently has two paid childcare workers for the nursery. We've also got a few people who have volunteered to serve as backup if one of the paid workers can't make it.

We need more backup volunteers. Hours will be 9:15 to 12:15 when there is RE. You may be called on very short notice. Please volunteer to take care of our future at HVUUC.

Contact Joshua Beckett at [childcare@hvuuc.org](mailto:childcare@hvuuc.org) if you can help out.

## Yoga for Compromised Bodies

Have you thought about trying yoga but are concerned because you can't balance on one foot or touch your toes? That's not a problem!

My classes are a mix of a restorative and slow flow yoga, much of which takes place on mats on the floor (I'll help you get up if you need it!). We stretch, do some core work, some chair yoga and some standing poses. The goal I have in mind when I teach yoga is to help our bodies age more comfortably. We are typically a small group that has fun while we breathe deeply and move slowly.

Wear some comfortable clothes and join us on Wednesday evenings from 5:15-6:30pm in the Meditation Room of the REZ beginning Wednesday October 12th. If you have any questions, please contact Tish Kashdan at [yoga@hvuuc.org](mailto:yoga@hvuuc.org).

### Treasury Report October 2022

As we end the first quarter of our 2022/2023 fiscal year, our income is currently \$7,575 ahead of our spending. Returning to in-person services has also provided an increase in the plate donations. The summary table of our finances for the first quarter is shown below.

Capital projects are continuing, including completion of the playground and handicapped parking spaces for the RES. Religious education is now in full swing and the classrooms have been restocked for the new year. We also raised \$500 from a fifth Sunday collection to support the Tri-Pride festival.

The full treasurer's financial spreadsheet is in the member's section of the church website. If you have any questions or need more information, please contact me at [treasurer@hvuuc.org](mailto:treasurer@hvuuc.org). - Deb Helmer.

### Treasurer Summary Report – First Quarter 2022 - 2023

	Totals through First quarter	Budgeted amount through third quarter	Totals through first quarter Actual minus Budgeted
Income	\$43,021	\$44,046	-\$1,025
Expenses	\$35,446	\$44,046	-\$8,600
Income minus Expenses	\$7,575	-	\$7,575

## Social Justice News and Initiatives


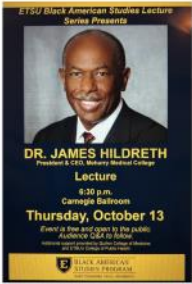
### United Religions Initiative's Annual Gratitude Dinner - November 12

The annual Gratitude Dinner hosted by the United Religions Initiative - Northeast Tennessee has been a significant community gathering of the Tri-Cities area to celebrate all that we have as blessings in our lives. ALL are welcome to join us Saturday, November 12 at 5:30pm at the Carver Recreational Center in Johnson City.

The program will include prayers, stories and ritual from representatives of many faith and belief traditions: Buddhist, Eastern Christian, Muslim, Pagan, Sikh, Western Christian and more. Turkey and vegetarian option entrees, rolls, drinks and cake will be provided. You are welcome to bring an appetizer, salad, side or dessert to share - particularly foods that represent your culture.

Contact/Questions email:  
[ne.tn.uri.leadershipcircle@gmail.com](mailto:ne.tn.uri.leadershipcircle@gmail.com)

National Coming Out Day  
October 11, 2022  
[www.hrc.org/resources/national-coming-out-day](http://www.hrc.org/resources/national-coming-out-day)

College of Public Health Leading Voices:  
2nd Health, Equity, and Inclusion Lecture  
Speaker: Dr. James E.K. Hildreth,  
President & CEO of Meharry Medical College  
October 13th, 2022 | 6:30 PM Presentation  
Location: Grand Soldiers Ballroom at the Carnegie Hot

## Social Justice News and Initiatives cont.

### Denuclearization

October 16th will mark 60 years since the start of the Cuban Missile Crisis. Right now is the closest the world has been to a nuclear war since then.

Very few members of the House and Senate have risen to the occasion by speaking out and working for measures to de-escalate tensions between nuclear powers. Nor have many of them devoted serious effort to reviving negotiations for nuclear-weapons treaties and disarmament measures.

That's why it's so important that people across the country use the upcoming anniversary to demand that their elected leaders take a stand and work to reduce the risk of nuclear war. [Take action with us this October!](#) Join one of the online or in-person events scheduled across the country.

[RSVP for a 90-minute livestream on Sunday](#), Oct. 2 at 11 AM (Pacific) / 2 PM (Eastern) featuring speakers on nuclear weapons issues including Daniel Ellsberg, Professor Vincent Intondi, Dr. Assal Raad, Alice Slater, Norman Solomon, David Swanson, Alyn Ware, Marcy Winograd, Hanieh Jodat, and Ryan Black, among others.

On Friday, Oct. 14, join an informational picket line at your House member's or a senator's local office [to demand that they truly make efforts](#) to significantly reduce the risk of nuclear war. [Find a picket line near you](#) or organize your own picket by [filling out this form](#). On Sunday, Oct. 16, [grab a banner and some signs](#), available for free, and make your demands seen and heard.

For questions or comments email [socialjustice@hvuuc.org](mailto:socialjustice@hvuuc.org).

### LGBTQ+

Do you believe every body is sacred? Are you interested in organizing on the side of love for LGBTQIA+, gender, and reproductive justice?

Join Side With Love for the official launch of our latest organizing campaign, UPLIFT Action! This virtual event will be held on Thursday, October 13th at 5pm PT / 6pm MT / 7pm CT / 8pm MT. Register at <https://bit.ly/UpliftActionLaunchParty>.

**Postcards to Voters are friendly, handwritten reminders from volunteers to targeted voters giving Democrats a winning edge in close, key races coast to coast.**

**The HVUUC Social Justice Committee is in the process of organizing a postcard writing event IN PERSON. If you would like to participate, EMAIL: [SocialJustice@HVUUC.org](mailto:SocialJustice@HVUUC.org) for Time and Date. ALL AGES WELCOME TO HELP SAVE DEMOCRACY!**

## Caring Team

Thank you Alicia C for Caring Team Assignment in September

October Coordinator is: Dan C.

Contact Hvuuc office at 423 477-7661

Or email [caring@hvuuc.org](mailto:caring@hvuuc.org)

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 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)

## 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!

## 2021-2022 Board of Trustees

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

**Vice President:** Dottie Blades [vp@hvuuc.org](mailto:vp@hvuuc.org)

**Past President:** David Kashdan [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:** Doug Chaffin [facilities@hvuuc.org](mailto:facilities@hvuuc.org)

**Secretary/Historian:** Michele Markstrom-Frisch [boardsecretary@hvuuc.org](mailto:boardsecretary@hvuuc.org)

**Membership Trustee:** Cynthia Goodman [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)