



# 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.*

September 2023

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

## Headlines ....

- [Minister's Note](#)
- [The Sierra Club](#)
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- [BUUK Club](#)
- [Social Justice](#)

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

## Save the Date

- Sept 6 & 20—Atheist Group  
Sept 10—Harm Reduction Education  
Sept 13 & 27—Let's Chat Group  
Sept 15—Game Group  
Sept 19—Sierra Club  
Sept 23—CUUPs Mabon Ritual  
Every Tues—Yoga with Tish

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

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

## Upcoming Church Services - 11:00AM Sun

**September 3, 2023, Linda Good**  
*Divine Things Happen*

Linda G. will talk about the circumstances around this topic coming forth - why she organized the Divine Feminine covenant Group, and the goddesses that will be studied and honored in that group.

**September 10, 2023, Rev. Tiffany Sapp**  
*Water Communion*

Our annual interactive and intergenerational service where we celebrate our interconnectivity. This year we will be especially focused on how we are connected to the bodies of water in East Tennessee. While we will appreciate water brought from any source, this year, local water would be especially appreciated!

**September 17, 2023, Rev. Tiffany Sapp**  
*Speaking Truth to Power*

The Second Sunday in our "Exploring our Sources" series, the second source of Unitarian Universalism is "Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love." Let's explore why prophetic is such a loaded and powerful word and what it means in the context of Unitarian Universalism's mission and message. Also on this Sunday we will recognize Rev. Jeff Briere as our Minister Emeritus.

**September 24, 2023, Noel Warner**  
*The Search for Inner Peace, The Matrix, and the Truman Show*

The International Day of Peace is September 21 but when is the International Day of Inner Peace? This talk will discuss the teachings of A Course in Miracles and how its message can bring one to inner peace and how to be in this world and not of this world. This is yet another path to "Know Thyself", thy true Self which is eternal love. Sometimes we need a little help to let our Divine Shine. Noel will share some ideas that work for her! All Welcome!

## Virtual Church on YouTube

All of our services are available on our YouTube channel. They are uploaded by the end of the day each Sunday.

Subscribe to our channel at:  
[youtube.com/c/HolstonValleyUnitarianUniversalistChurch/featured](https://youtube.com/c/HolstonValleyUnitarianUniversalistChurch/featured)

## The Ten Principles of Email Communication

This last month I was teaching a Communication Skills class for an organization outside of our church and I came up with these principles of email communication. It occurred to me that they might be useful for us here as well. Enjoy!

**1. Keep it Simple:** People don't read long emails unless they are highly invested. If people see large blocks of text they may just opt to not read your email at all. I feel like long emails are a relic from a time when written communications took days or weeks to deliver, but that's not the case anymore. People can send emails back and forth when they need more clarification. You don't have to load your emails with every single detail.

**2. Do not bury the lead:** What do you really want someone to take away from your email? Say that first. In the first sentence. And then say it again at the end. For example, if I'm wanting to recruit someone for a project I saw that upfront. "Can you help me with task xyz?" Then I will elaborate on what would be required. But I put the ask first, out of respect for my reader's time.

**3. Express Gratitude as often as possible:** There's always something to be grateful for, and positive energy makes the world go 'round. Keep it brief, but say "thank you" for something related to what you're communicating about.

**4. Separate out subjects into separate emails:** This is really just an elaboration of principle 1. But if you're asking a person (or worse, a group of people!) for several unrelated things, send them several emails with separate subject lines related to what you're looking for. Otherwise they may just register the first point and miss the others.

**5. Make a specific ask at the ending:** Assuming your email has a reason to be sent in the first place, you're probably asking for participation or information. End your email with a specific ask for what you want: "please reply by {date} so we can plan" or "please let me know if you can help with this event by {date}"

**6. Re-read your email with empathy before sending:** A little proofreading can go a long way, and can be especially effective if you put yourself in the shoes of those who you are emailing. Sometimes when you do this you can see something important that was missed.

**7. Discern when email is the wrong medium:** There are times, especially when things are conflicted, that an email will just not do. Sometimes people need to hear your tone of voice. Sometimes you need to read each others' body language. Sometimes it's tempting to send that email anyway because it gets the matter off your plate, but when a relationship needs to be centered, consider that email might not be the right way to communicate.

Likewise, important group decisions and controversial topics can turn into out of control email threads. This can be a source of tremendous stress, and can marginalize your team members that don't have the capacity or the time to continue to engage in this way. Have a meeting instead.

**8. Do not abuse the Reply All function:** We've all been on the receiving end of long threads of Reply All messages. Really consider if everyone needs to hear your opinion before you "Reply All"

**9. Do not leave people hanging:** Create reasonable expectations around when you will and will not be replying to emails. Set a goal for how often you will reply. And if you're going to be unavailable for a longer period of time, set up an Autoresponder message so that people know they aren't going to hear back from you for a while.

**10. Cultivate a reputation for being a respecter of people's time:** If you don't Spam people, don't copy them on unnecessary things, and follow the principles above, people are more likely to make time to read your emails.

Rev. Tiffany Sapp, minister@hvuuc.org

# Upcoming News and Events at HVUUC

## UU History and Path to Membership

Path to Membership will be facilitated in two parts held on successive Sundays in September.

The first class, Sunday, September 17, will be dedicated to understanding Unitarian Universalism and our Covenant. The second class, Sunday, September 24, 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](mailto: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, and whether you prefer emails or texts. If you require childcare, please provide the number of children and their ages.

We look forward to your participation!

## The Divine Feminine Covenant Group

A four-session Covenant Group focusing on the divine feminine will take place on Sunday afternoons from 12:30 – 2:30 upstairs in the REZ. Open to all who identify as women.

- 9/24
- 10/15
- 10/29
- 11/12

In these four sessions the group will explore a culturally diverse, feminine face of God and ask how we can live into Her and bring more of Her into the world. Four goddesses from matrilineal cultures in different geographic regions will be explored.

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

## BUUK Club

BUUK will begin its 2023-2024 monthly meetings on Sept 19 from 10:30 - noon on the deck at the church.

Our first discussion is Barbara Kingsolver's "Demon Copperhead". For a list of other titles and dates or more information, contact [buukclub@hvuuc.org](mailto:buukclub@hvuuc.org)

## Sierra Club

Program Meeting for the Holston Valley Regional Conservation Committee of the Sierra Club.

We meet in the Fellowship because we bring snacks and food to start off our meetings. Local community focused programs are presented and followed up with discussion.

<https://www.facebook.com/groups/206231095497181>

Meetings are every 3rd Tuesday.

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

## Mason Jar Luminaries Workshop

September 10th at 1:00PM.

CUUPS will provide all materials. Attendees may bring their own if they prefer. We will have some clip-art, oil based paint pens in silver, gold and black, and pre-spray painted jars for the event.

We will also be offering a small assortment of snacks and food for this event, please bring a snack to share.

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

Annual Service Auction

**SAVE  
THE  
DATE**

November 4th, 6:00PM



## Social Justice News and Initiatives

### Environmental Focus Group:

This month, members of HVUUC are helping to make our local waterways safer and more beautiful places for people enjoying the outdoors by signing up as a community to reduce the flow of plastic, foam, and other trash from the South Holston River into the TN River. Removing litter from waterways protects fish, birds, and other wildlife from dangers of entrapment or accidental consumption of garbage. Thousands of pounds of trash are available for collection on the banks of the South Holston and we have a date to fill some bags!

We are participating with the Keep TN River Beautiful organization to make a difference to the health of the river and to deepen our Water Communion observance. On the afternoon following Water Communion, we will gather at Washington County Park and be taken by their boats to areas of the river bank most in need of care. Equipment is provided. Wear clothes that can be grubby and sturdy, closed shoes. You might want a water bottle, hand gel in your pocket, or hat/sunscreen. It feels a lot like work but work is always lighter when you share it with friends and takes on greater meaning as we experience it as a part of our Water Communion connection.

**We are joining the effort on September 10, 2:00-5:30pm. See the Featured Events section of the HVUUC homepage for more information.**

You must register to attend the clean-up here: <https://www.keptnriverbeautiful.org/southholston> There are pictures of previous events here: <https://www.facebook.com/keptnriverbeautiful/> Contact for questions: [environment@hvuuc.org](mailto:environment@hvuuc.org) or <https://www.keptnriverbeautiful.org/contact>



### Peace Focus Group:

**September 3:** Peace Focus Group welcomes all interested in the topic of denuclearization. 5:00 social; 6:00 meeting. We will also celebrate APEC's Yogev Van Kundra who received the Gorbachev/Schultz international award for his youth leadership and activism in NE TN and SW VA. Congratulations!

**September 9th:** Join other peace walkers in the UMOJA (Unity) parade. We will paint up Noel and Bob's 1998 Subaru before the parade and show off the HVUUC flag where all are welcome!

## LGBTQIA+ Focus Group:

September 23: TriPride Volunteers needed: WE NEED VOLUNTEERS TO “PERSON” and prepare for our presence. EMAIL: [lgbtqia@hvuuc.org](mailto:lgbtqia@hvuuc.org) to step up and welcome others to our community!



## Advocating Democracy:

Our UU Principle state: "... the use of the democratic process within ... society at large." Over the last two weeks, the Tennessee State legislature has conducted themselves in a clearly NON-democratic fashion by establishing restrictive "rules" for the special session addressing gun violence in TN. For example, it limited speech to a narrow scope (thereby eliminating dialogue of the intended subject) and silenced duly-elected representatives of the citizens. Should individual congregates / citizens wish to share their feedback with their elected representatives, you can find their contact information here: <https://www.capitol.tn.gov/legislators/>

## Hunger and Homelessness Focus Group:

The Giving Tree is back for the holidays this year! We had such positive response regarding our tree last year that we will once again stock the tree with items for our less fortunate neighbors. The tree will be decorated around Thanksgiving with items such as hats, mittens, socks, scarves, hygiene items, etc. Please keep this major donation event in mind when shopping. If you know a business who might like to donate items or money to purchase items, please let us know via email to [Hunger@hvuuc.org](mailto:Hunger@hvuuc.org).

## Health Focus Group:

**September 10 at 6:00PM.** Dr. Vance Shaw, FASAM, will be speaking about the best methods of treatment for addiction. After he speaks, Sullivan County Anti-Drug Coalition will provide Narcan training to stop opioid overdose and distribute it.

Narcan/Naloxone is a nasal spray medication that rapidly reverses an opioid overdose. One use of this medication can save a life while you wait for first responders to assist. The Sullivan County Anti-Drug Coalition will provide training on this life saving medication and distribute it to anyone who receives the training to keep at home. Email [health@hvuuc.org](mailto:health@hvuuc.org) with any questions.

## Caring Team

Caring Team September coordinator is Joy Boyd and Chelsey Collea

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).

Up to date information can always be found at [www.hvuuc.org](http://www.hvuuc.org)