



NUUSLETTER

The Newsletter of Holston Valley Unitarian Universalist Church
always available online at www.hvuuc.org

The mission of Holston Valley Unitarian Universalist Church is to promote spiritual growth, religious freedom, and ethical action.

January 2020

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

Headlines

- Hike to Chimney Top January 1
- Women's Group Friday, January 3
- UU History Small Group Ministry begins Sunday, January 5
- Kitchen of Hope Monday, Jan 6
- Casual Game Night January 11
- Potluck Lunch January 12
- Board of Trustees Meeting Jan 15
- Trauma Informed Care Training Saturday, January 18
- Wednesday Night Supper Jan 22
- Candle Dipping January 25
- Complicated Game Night Jan 25

Up to date church info is always available at www.hvuuc.org

UU History Small Group Ministry

Beginning January 5 and facilitated by Bryan Kleske and George Cross we will meet to watch and discuss a "Long Strange Trip". This is a six-part video series detailing the history of Unitarian and Universalist thought from the beginning of the Christian era to what we know today as Unitarian Universalism. Each film is approximately one hour, leaving an additional hour for check in and discussion.

The group will start on January 5 at 12:30PM in the REZ and meet every other Sunday for 6 weeks.

Sign up at uuhistory@hvuuc.org

Upcoming Sunday Worship Services

January 5 *Let It Go & Bring It On*, Rev. Briere
A service devoted to ridding ourselves of unwanted things and to developing things we need to improve in the new year.

January 12 *Loose-Leaf Bible*, Rev. Briere
If the Bible were a loose-leaf publication, what would you take out? What would you add?

January 19 *Finding Balance*, Rev. Briere & Greg Kramer
A service about personal safety and security at the church, featuring a presentation from the safety team.

January 26 Social Justice Sunday

Seeking Image Tech Helpers

The religious services committee is looking for a handful of people who would be interested in occasionally acting in the helpful role of 'Image Tech'. The task is not really technical: it requires a) that one press the button to move slides forward during the service and b) reviewing the script and slides ahead of time. The slideshow and script-with-cues are provided for you.

If you would like to be involved in a quiet and needed way, please email rkleske@hvuuc.org.

Proposed Safety Policy

The Safety Team has completed a 2 year process of making recommendations for improvements around the church. That list of recommendations has been read by the Board of Trustees. Now the list must be vetted by the congregation and all comments and concerns about the policies will be read by the Board. Changes to the policies may be made by the Board after these comments have been considered and made official HVUUC policy. [Read Proposed Safety Policy here.](#)

Email comments to boardsecretary@hvuuc.org by January 12 to be considered at the next Board meeting January 15.

Winter Weather Information

If the weather is inclement and you are wondering if church will be closed, the quickest way to find out is to go to the church website. It will be posted at the top of the home page.

Fellowship Opportunities

Women's Group January

The Women's Group this month will meet at 7PM at the home of Rosemary K, near downtown Johnson City.

We will feature the dreaded or anticipated Wacky White Elephant game. We do NOT want you to purchase anything for this game, please. We know that most people receive a gift or two that is lovely but just not their style or needed. Or have some item they just don't need that can be pressed into the game play. We ask that the item be clean and in good order. It can be food, spirits, crafted, gag, anything, but please no junk/broken/partially used items. An item SOMEONE might enjoy. Wrap it or creatively bag it, and bring it without your name on it. We draw names randomly through the night to determine order of play. Rules of play will be taught at the start. After the game is over: you can trade all you want. You can give to a shelter. You **cannot** sneakily shove the item under the hosts' couch!

Rosemary's address can be found in the church directory. See the [Members Area](#) of our website or contact womensgroup@hvuuc.org.

Potluck Lunch January

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

BuuK Club buukclub@hvuuc.org

New members are always welcome to join us! Our regular meeting is on the 3rd Tuesday of the month from 10AM-12PM September - May in the Religious Education building.

January 21, 2020 Unaccustomed Earth, Jumpha Lahiri, fiction - facilitator Joanne M.

February 18, 2020 Educated: A Memoir, Tara Westover, non fiction facilitator Sue Shuler

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. 1st and 3rd Fridays from 9AM-noon. Tea and snack around 10:30AM fiberfun@hvuuc.org

Yuuth Group

The Yuuth Group welcomes all youth ages 12-graduating senior for world-class fun, service, and fellowship. We meet once a month August through April.

Jan 19-20 MLK lock-in

Feb 16 5-8PM

March 15 5-8PM

April 19 (off-site) 5-8PM family potluck picnic

Email youthgroup@hvuuc.org to get in touch!

Wednesday Night Supper

Join us Wednesday, January 22nd at 6:30PM for our monthly WNS. The menu will be posted a few days before the dinner. Please RSVP to wns@hvuuc.org by Monday, January 20.

Casual Game Night

6pm – 10pm second Saturdays in Jan, Feb, Mar, Apr, May, Sep, Nov (not Jun, Jul, Aug, Dec) Jonesborough & Tri-Cities

Join us for our second Saturday "casual" game night! We play a selection of modern board (and card) games. No prior experience necessary. This game night is held at a participant's home, usually in Jonesborough. Game-players of all ages are welcome to attend. Email gamegroup@hvuuc.org to find out more.

Complicated Game Night

6pm – 10pm fourth Saturdays in Jan, Feb, Mar, Apr, May, Sep, Nov (not Jun, Jul, Aug, Dec) RE Building at church.

Join us for our fourth Saturday "complicated" game night! We play a selection of modern board (and card) games. No prior experience necessary, just a willingness to play potentially long and complicated games. Bring your own games, snacks, and drinks if you like. Email gamegroup@hvuuc.org to find out more.

Life Span Religious Education

Youth Religious Education

Please register your children and youth at:
[Religious education registration form](#)

Our classes are held from 9:30-10:45AM and will be PreK-2nd grade; 3rd-5th grade; and Jr/Sr Youth. All children must be potty trained to participate in Religious Education. We do have child-care available in our nursery for those not quite old enough for R.E.

Director of Religious Education, Sarah White can be reached at 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.

We are currently watching and discussing the lectures, "*Native Americans of South America*". This ties in with our study of early Native Americans of North America.

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

Adult Religious Education 2 *The Good Place*

Please consider joining us in Adult RE 2 for our new curriculum! We will be watching an episode of *The Good Place* and following with discussion regarding morality and ethics.

Adult RE 2 is a fragrance-free class, please be respectful of those that are sensitive to fragrances. AdultRE2@hvuuc.org

HVUUC CUUPS

CUUPS Covenant of Unitarian Universalist Pagans is back in action! We would like to welcome every member and guest of the church to join us on the third Sunday of each month for our meetings. You do not have to be pagan to join us, feel free to come if you are curious and would like to learn more about Paganism in all its various forms. cuups@hvuuc.org

Candle Dipping with CUUPS

Saturday, January 25, 2020 from 11 AM until 6 PM in the Kitchen and Fellowship Hall areas.

This much loved event returns! We will have a potluck lunch (do not bring anything that has to be heated on or in the stove, they will both be occupied with the candle dipping activity), games or just hanging out with like minded folks. Plan to hang around for clean-up. We could not do this without all of your help. Everyone is invited and Children are welcome but must be supervised at all times. Remember please we are playing with HOT WAX.

Small Group Ministry

A Little Bit of Everything Small Group Ministry

This Small Group has no theme, instead we will talk about a variety of topics. The first six sessions we will discuss; Let's start with getting to know each other and talk about how we spent lazy summer evenings, now or in the past. What are you curious about? How do you handle your leisure time? Can your gathering of friends be spiritual? How do you see the world, is it frightening, or do you see endless chances for new experiences?

To sign up talk to Greg K., use the signup sheet posted in the Fellowship Hall or email EverythingSGM@hvuuc.org.

After Life Inquiry Small Group Ministry

A large majority of people believe some aspect or essence of us continues after our body dies. Researchers have generated strong evidence supporting the reality of life after death, but this is not well known. In this group facilitated by Dr. Scott Quimby we will explore this evidence from after-death contacts, reincarnation, near-death experiences, and other sources.

This 8 session group will meet every other Sunday beginning November 10 and concluding February 16 from 8:30 am to 10:30 am in the REZ building.

Contact Scott at afterlifegroup@hvuuc.org if interested in joining the group. A sign-up sheet is also available in the Fellowship Hall.

8-week Our Whole Lives (OWL) for K – 2nd

Beginning February 2, 2020, Holston Valley Unitarian Universalist Church will offer an 8-week Our Whole Lives (OWL) program during the regular religious education class time (Sundays 9:30-10:45am) for children in Kindergarten through 2nd grade. The secular OWL sexuality education curriculum has been reported by NPR as the best curriculum of its kind. Registration is required for participation. You can register your child/ren at <https://www.brownpapertickets.com/event/4432039>.

OWL at our church is self-funded, that is, it is not included in the annual Religious Education budget. This has allowed us to expand the OWL offerings from 7-9 grade OWL to OWL for all ages. We have calculated the true cost (including training, facilitator time, curricula, and materials and supplies) of the K-2 OWL experience and developed a system called "Tiered Pricing," explained at the end of this note. All OWL facilitators go through intensive training for each level they teach and must be certified by their trainers. We are lucky to have Shannon Beckett, Cindi Huss, Ann Livengood, Will Powell, Sarah Sanders, and Sarah White as facilitators for this program.

Classes will be held on:

- Jan. 18 9:30am-12pm (mandatory orientation—at least 1 guardian required AND children)
- Feb. 2 (guardians AND children)
- Feb. 9 (children only)
- Feb. 16 (children only)
- Feb. 23 (children only)
- Mar. 1 (children only)
- Mar. 8 (children only)
- Mar. 15 (children only)
- Apr. 5 (guardians AND children)

The OWL program nurtures and supports the three Rs of early childhood sexuality education—Respect, Relationships, and Responsibility—by helping children increase self-respect and respect for others, build relationships with members of all genders and with many kinds of families, and understand their responsibilities regarding their own health and that of others.

It helps children:

- Strengthen and support their sense of self and self-esteem.
- Recognize and appreciate their bodies as good and beautiful, private and their own.
- Gain understanding and accurate, age-appropriate information about human bodies and reproduction.
- Develop more effective communication skills.
- Learn to make decisions that respect themselves and others and that anticipate possible consequences.
- Learn about healthy habits and what to do when they don't feel safe or respected.

OWL engages families in open communication about life questions and reinforces guardians' role as their children's most important sexuality educators.

Our Whole Lives uses approaches that work. The curriculum is based on the Guidelines for Comprehensive Sexuality Education produced by the National Guidelines Task Force, a group of leading health, education, and sexuality professionals assembled by the Sexuality Information and Education Council of the U.S. (SIECUS). Although developed by two religious organizations, Our Whole Lives is a secular program that contains no religious references or doctrine.

Tiered pricing: Choose your fee

Tier 1 (\$35) is a heavily subsidized rate which does not actually cover the true cost of Our Whole Lives. However, we want as many individuals as possible to attend, so we work to provide a subsidy through volunteer time and donors who believe OWL is important. Pay Tier 1 if this is appropriate for your family.

Tier 2 (\$55) is a partially subsidized rate. It offsets more of the true cost but not the full cost of OWL. Pay this if it is appropriate for your family.

Tier 3 (\$90) covers the true cost of this OWL program. Pay this if it is appropriate for your family.

Finally, for anyone who is unable to pay any registration fee, choose the **free option** during registration.

If you would like to pay it forward for others, you can also make a donation to RISE: Healthy for Life at <https://risehfl.org/donate>.

We are thrilled that our church can offer this to our young people. We urge you to register your child (ren) and plan to attend the orientation session. Please contact Cindi Huss at info@riseHFL.org

Social Justice

Kingsport Kitchen of Hope January 6

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 R. if you can help this month 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

familypromiseJC@hvuuc.org

January Food Donations

Bring donations of **Potatoes (canned or whole), Potato Flakes, Potato Soup** 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

Fiscal Flash

Get Your Grocery Store Shopping Cards!

The church sells prepaid shopping cards, in various denominations, in the Fellowship Hall after the service.

When you buy a card for \$100 from Food City or Ingles, this buys you \$100 worth of goods at that store, and the church makes 7%, which last year was about \$6000.

Register your Kroger customer card online, having our church as benefactor and we make about 5% every time you shop.

Just think of the results; if you just started to buy cards and you bought \$100 today, and then bought this amount every week for a year you would provide \$336 each year for the budget. We can all make a big difference if we unite behind this small effort!

Make Sure Your Kroger 5% Goes to the Church

People who shop at Kroger's need to register to have 5% of what they spend go to the church. This needs to be completed online. Our organization number is 83282.

In Our Community

Appalachian Dharma and Meditation Center

Holston Valley Sangha (Wednesday morning session that was meeting at UU Church) will now be meeting at ADMC in Johnson City. www.dharma4et.org

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 for more information.

Membership Corner

Website Member Log In

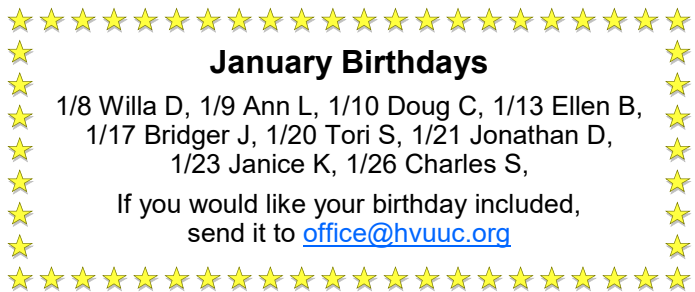
There is information on the website that you need to log in to see. Scroll to bottom of the home page and click on “Members Area”. The password is the same one that you used on the old website. If you need the password, email office@hvuuc.org.

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 can be reached at caring@hvuuc.org or 423-477-7661 (Press 1).

Thank You to our December coordinators Alicia Culbertson and Freda Love.



January Birthdays

 1/8 Willa D, 1/9 Ann L, 1/10 Doug C, 1/13 Ellen B,

 1/17 Bridger J, 1/20 Tori S, 1/21 Jonathan D,

 1/23 Janice K, 1/26 Charles S,

 If you would like your birthday included,

 send it to office@hvuuc.org

2019-2020 Board of Trustees

- President:** Larry Livengood president@hvuuc.org
- Vice President:** Dana York vp@hvuuc.org
- Past President:** Spencer Conco pastpresident@hvuuc.org
- Treasurer:** Brad Helmer treasurer@hvuuc.org
- Stewardship Trustee:** Will Powell stewardshiptrustee@hvuuc.org
- Programs Trustee:** Wendy Hearl programs@hvuuc.org
- Facilities Trustee:** Bryan Kleske facilities@hvuuc.org
- Secretary/Historian:** William Kauffman boardsecretary@hvuuc.org
- Membership Trustee:** Tish Kashdan membership@hvuuc.org

Minister

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

Director of Religious Education

Sarah White DRE@hvuuc.org

Choral Director

Kate Briere choir@hvuuc.org

Church Secretary’s Office Hours

9:00am-3:00pm, Tuesday & Thursday office@hvuuc.org

Submissions for each month’s newsletter are due by the last day of month to newsletter@hvuuc.org.
 Up to date information can always be found at www.hvuuc.org

Holston Valley Unitarian Universalist Church Calendar

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 9:30 am - 10:45 am Adult RE 1 (R6) 10:30 am - 1 pm Pancakes and Jam!	30	31	January 1 New Year's Day 10 am - 3 pm Hike to Chimney Top	2	3 6:30 pm - 9 pm Women's Group	4
5 8:30 am - 10:45 am After Life Group (B1) 9:30 am - 10:45 am Children's R.E. 9:30 am - 10:45 am Adult RE 1 (R6) 9:30 am - 10:45 am Adult RE 2 (R2) 11 am - 12 pm Worship Service 12 pm - 1 pm Fellowship Hour 12:30 pm - 1:30 pm Social Justice Meeting, (MR) 12:30 pm - 2:30 pm UU History SGM (B1)	6 12 pm - 5 pm Kitchen of Hope	7 5:15 pm - 6:15 pm Yoga with Tish (R6) 7 pm - 9 pm A Little Bit of Everything, Small Group Ministry	8 7 pm - 9 pm BSC (R4)	9	10 6 pm - 8 pm Girl Scouts (All REZ) 6 pm - 9 pm Auction Event (S, K, F1, F2)	11 6 pm - 9:30 pm Casual Game Night
12 9:30 am - 10:45 am Children's R.E. 9:30 am - 10:45 am Adult RE 1 (R6) 9:30 am - 10:45 am Adult RE 2 (R2) 11 am - 12 pm Worship Service 12 pm Potluck Lunch	13	14 5:15 pm - 6:15 pm Yoga with Tish (R6)	15 7 pm - 9 pm Board of Trustees Meeting, (R4)	16	17	18 9 am - 5 pm Trauma-informed Care Facilitator Training (S, K, F1, F2)
19 8:30 am - 10:45 am After Life Group (B1) 9:30 am - 10:45 am Children's R.E. 9:30 am - 10:45 am Adult RE 1 (R6) 9:30 am - 10:45 am Adult RE 2 (R2) 11 am - 12 pm Worship Service 12 pm - 1 pm Fellowship Hour 12 pm - 2 pm CUUPS meeting (B1) 12:30 pm - 2:30 pm UU History SGM (R2)	20 Martin Luther King Jr. Day	21 5:15 pm - 6:15 pm Yoga with Tish (R6)	22 6:30 pm - 7:30 pm Wednesday Night Supper	23	24 6 pm - 12 am Girl Scouts (All REZ) 6:30 pm - 9:30 pm Auction Event (S)	25 12 am - 12 pm Girl Scouts (All REZ) 12 am - 12 pm Girl Scouts (All REZ) 10 am - 6 pm Candle Dipping (K, F1, F2) 6 pm - 10 pm Complicated Game Night (R1, R2, R3, R4)
26 9:30 am - 10:45 am Children's R.E. 9:30 am - 10:45 am Adult RE 1 (R6) 9:30 am - 10:45 am Adult RE 2 (R2) 11 am - 12 pm Worship Service 12 pm - 1 pm Fellowship Hour 12:15 pm - 2 pm Music Committee Meeting, (MR)	27	28 5:15 pm - 6:15 pm Yoga with Tish (R6) 7 pm - 9 pm Covenant Group Facilitators (R2)	29	30	31 6 pm - 8 pm Girl Scouts (All REZ)	1

MEETING ROOMS: (S) Sanctuary, (CD) Covered Deck, (MR) Music Room, (MO) Minister's Office, (F1) Fellowship Hall-near kitchen, (F2) Fellowship Hall-near patio, (K) Kitchen, (R1) REZ Susan B. Anthony room, (R2) REZ Ralph Waldo Emerson room, (R3) REZ Joseph Priestley room, (R4) REZ Henry David Thoreau room, (R5) REZ James Reeb room, (R6) REZ Meditation Hall (B) Basement
 PROJECTOR: (P) Projector Reserved
 Holston Valley Unitarian Universalist Church