

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.

July 2018

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

Headlines

- Kitchen of Hope July 2
- Women's Group July 6 at 6:30PM
- Potluck Lunch July 8
- Hogwarts School of Magic and Fun July 9-13

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

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Church Picnic August 4

Bays Mountain Recreational Center Saturday, August 4th 4PM - 10PM

Join your church friends in fellowship for our annual family fun day. We are once again within covered shelters right by the children's playground. Enjoy Lawn Bowling, Corn Toss, Kick Ball, Croquet and more games on the lawn.

RE registration table will be there for the kids and there will be face painting.

We will have a potluck dinner so bring along your favorite picnic dish to share. Hot dogs, chips, and bottled water will be provided.

Join in for a fun day of recreation!

Sign up sheets for volunteers to help out will be on the side counter in the sanctuary and help is always appreciated.

Contact Cynthia G. Fellowship@hvuuc.org



Upcoming Sunday Worship Services

July 1 What the Gospels Meant, Rev. Briere It is impossible to know with certainty who wrote the four canonical gospels. But if we read between the lines and consider the gospels that were cut from the Bible, we can pretty well understand what they intended to convey about Jesus.

July 8 Soapbox Sunday, Various Speakers In opening the floor to speakers, the congregation is celebrating an American tradition - freedom of speech - and putting into practice two principles set forth by the Unitarian Universalist Association: We are seekers of truth and wisdom. We believe in the inherent worth of all people and we honor each person and their right to speak.

We're an evolving religion and always on a search for our own truths.

July 15 Love the Hell Out of This World, Matt Myer Matt Meyer is an artist of percussion, knowledgeable and experienced in a variety of styles, including latin-jazz, Brazilian, folk, funk, Hiphop and pop. He is a graduate of Berklee College of Music and has studied in Cuba, Ghana, and Central America. A love of music and a deep respect for its ability to stir and transform audiences is at the heart of Matt's continuing devotion to understand more of the world's cultures through the vocabulary of rhythm.

July 22 Playing With Light and Shadow, Ted Jones A ground-breaking fusion of memoir, music and inspiration featuring story-telling and songs based on classical, jazz, and blues, styles...all played on an electric blue harp!

Dr. Ted Jones, PhD, is an emeritus professor of communications at Austin Peay State University. He completed a bachelor's degree in music education and studied acting at the American Academy of Dramatic Arts in New York City.

July 29 Expressions of Christianity in Africa with Particular Attention to Indigenous Voices - Dr. Samuel Elolia is professor of Christian Doctrine and World Christianity at the Emmanuel Christian Seminary at Milligan College. He is also associated with the Kao L'Amani College in his native Kenya and has traveled there every year for the past 10 years with fellow faculty to offer classes.

Fellowship Opportunities

Women's Group July 6

All who identify as women are invited to join the Women's Group Friday, July 6 at 6:30PM. Per usual, please bring a drink or snack to share. The main purpose of this gathering is for community.

This month we will be meeting at the church and helping Sarah as she sets up for Hogwarts School of Magic and Fun Summer Camp which is beginning the following week.

Questions? womensgroup@hvuuc.org

Potluck Lunch July 8

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

Wednesday Night Supper

WNS is cancelled in July due to the vacation plans of your cooks!

Yuuth Group

The HVUUC Yuuth Gruup 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 to get in touch!

Flowers on the Altar

Flowers or plants on the altar are welcomed to commemorate, celebrate, and decorate our Sunday space. The sign-up calendar is on the shelf at the side counter in the sanctuary. They will be mentioned in the announcements at the end of the service unless you prefer not. Vases are available in the kitchen.

Life Span Religious Education

What's Happening in the RE Zone?

Summer Camp

I cannot thank this wonderful congregation enough for the enormous support of our Hogwarts summer camp! You all donated over \$400 in funds and boxes full of supplies! Your donations covered scholarships for several children who wouldn't have been able to attend otherwise.

We have reached our goal 50 children and youth registered for camp! I'd call this a wonderful success! Speaking of Lisa Hill, she and I are participating in Soapbox Sunday, so make sure you say Hello to her. Some of you may know her from when she was a member of the Meadowview congregation. I will be forever in her debt for coming up from Florida and mentoring me in our first camp endeavor. I would be lost without her!

The New Religious Education Year

Soon after Camp wraps up, our focus will turn to staffing our Religious Education classes for the new church year. We will be starting the new year of R.E. in August. We like to have 6-8 teachers per class. This way you teach in teams of two and only need to be in the classroom 1-2 times a month. This prevents burn out and allows you to attend Adult R.E. and nourish your own faith development. Please contact me to be put on a class roster! DRE@hvuuc.org

Summer Religious Education @ 9:30AM

Thank you to everyone who has volunteered in Summer R.E! Our children and youth are always excited to see what is on the schedule through the summer. Its such a fun time of year! I am thrilled that Matt Meyers is facilitating R.E on July 15th. For those of you who don't know Matt, he is from Boston and is an incredibly talented musician. Matt led worship and music at the LREDA conference last November and led music at the most recent GA. We are so fortunate he will be coming to our very own church this month!

We have a few more spots that need helpers, and Matt's week is one of them! E-mail me DRE@hvuuc.org if you can sign up for any of the remaining weeks:

July 8 - *Harry Potter Preview* Sarah W, Cindi H, Sarah S, Lisa H

July 15 - *Special Musical RE* Matt Meyers, Laura H! **Need one helper!**

July 22 - Talk With Your Hands, Listen With Your Eyes Joseph V. Sue C and Laura H

July 29 - Astronomy Mike F, Michelle F, Charles M Need one more tech savvy helper!

August 5 - *Microscopic Explorations* with Dave C, Beth C, Laura A, Bryan K

August 12 - Pollinators Sue C Need two helpers!

Life Span R.E., cont.

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

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.

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

Holston Valley Sangha

Holston Valley Sangha meets on Wednesday mornings from 9:30-11AM in the mediation hall, upstairs in the RE Building. After a half-hour silent meditation we will listen to and discuss *Coming Closer to Ourselves: Making Everything the Path of Awakening* by Pema Chödrön. www.dharma4et.org

Social Justice

July Food Donations

Bring your donations of **Greens and Veggies** (hopefully from your garden!) 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!

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! Volunteer at KOH@hvuuc.org

Please contact Kim 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.

IHNKingsport@hvuuc.org IHNJC@hvuuc.org

Fiscal Flash

Money for You! Money for the Church!

By planning a Legacy Gift through the UU Wake Now Our Vision Collaborative Campaign, you will not only receive annuity checks four times a year, but a portion of your legacy gift may be given to various UU entities, including HVUUC. Please click here, and call Laura Randall, Legacy Campaign Director at (617) 948-6511 or email her at Irandall@uua.org.

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.

Free Money from 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" address. It's free money and definitely worth a couple of

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 for more information.

Membership Corner

Caring Team

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The Caring Team coordinators for July are Cynthia Goodman and Louise Serviente. They can be reached at caring@hvuuc.org or 423-477-7661 (Press 1).

Thank You to our June coordinators Deanna Richardson and Alicia Culbertson.

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.

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.

July Birthdays

7/3 Ali D., 7/4 John F., 7/5 Wendy H., 7/6 Jo Anne M., 7/10 Gable N., 7/16 Karyn C., 7/17 Sharon F., 7/17 Audrey C., 7/18 Sue S.

If you would like your birthday included, send it to office@hvuuc.org

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 and/or check out the Facebook group: Jumba Zumba.

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Minister

Rev. Jeff Briere: 477-7661 (office) minister@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											
July 2018											
Sun	Mon	Tue	Wed	Thu	Fri	Sat					
July 1	2	3	4 Independence Day	5	6	7					
9:30 am - 10:45 am Children's R.E.	12 pm - 5 pm Kitchen of Hope		9:30 am - 11 am Sangha Meditation (R6)	7 pm - 9 pm Tri-Cities Metaphysical Group (F1)	Camp Preparation F1,	ons (All REZ, S, K, F2)					
9:30 am - 10:45 am Adult RE 2 (R2)			7 pm - 8 pm Zumba (F1, F2, K)		6:30 pm - 9 pm Women's Group						
9:30 am - 10:45 am Adult RE 1 (R6)											
11 am - 12 pm Worship Service											
12 pm - 1 pm Fellowship Hour											
8	9	10	11	12	13	14					
9:30 am - 10:45 am Children's R.E.	Can Harry Potter Summer Camp (All REZ, S, K, F1, F2) Breakdo REZ, S, K										
9:30 am - 10:45 am Adult RE 2 (R2)			9:30 am - 11 am Sangha Meditation (R6)	7 pm - 9 pm Tri-Cities Metaphysical Group (F1)							
am			Sangha	Tri-Cities Metaphysical							
am Adult RE 2 (R2) 9:30 am - 10:45 am			Sangha Meditation (R6) 6:30 pm - 7:30 pm Zumba (F1, F2,	Tri-Cities Metaphysical							
am Adult RE 2 (R2) 9:30 am - 10:45 am Adult RE 1 (R6) 11 am - 12 pm Worship			Sangha Meditation (R6) 6:30 pm - 7:30 pm Zumba (F1, F2, K) 7 pm - 9 pm	Tri-Cities Metaphysical							
am Adult RE 2 (R2) 9:30 am - 10:45 am Adult RE 1 (R6) 11 am - 12 pm Worship Service 12 pm	16	17	Sangha Meditation (R6) 6:30 pm - 7:30 pm Zumba (F1, F2, K) 7 pm - 9 pm	Tri-Cities Metaphysical Group (F1)	20	21					
am Adult RE 2 (R2) 9:30 am - 10:45 am Adult RE 1 (R6) 11 am - 12 pm Worship Service 12 pm Potluck Lunch	16	17	Sangha Meditation (R6) 6:30 pm - 7:30 pm Zumba (F1, F2, K) 7 pm - 9 pm RSC (R4)	Tri-Cities Metaphysical Group (F1)	20	21					

3/2018 <a th="" <=""><th>href="http://www.hvuu</th><th>c.org" rel="nofollow"></th><th>Holston Valley Unitaria</th><th>an Universalist Church</th><th>Calendar</th> (hoste	href="http://www.hvuu	c.org" rel="nofollow">	Holston Valley Unitaria	an Universalist Church	Calendar	d by localendar.com)
am Adult RE 2 (R2)			Board of Trustees Meeting (R4)			
9:30 am - 10:45 am			7 pm - 8 pm Zumba (F1, F2,			
Adult RE 1 (R6) 11 am - 12 pm Worship Service			K)			
12 pm - 1 pm Fellowship Hour						
22 Parents' Day	23	24	25	26	27	28
9:30 am - 10:45 am Children's R.E.		7 pm - 9 pm Covenant Group Facilitators (R2)	9:30 am - 11 am Sangha Meditation (R6)	7 pm - 9 pm Tri-Cities Metaphysical Group (F1)		
9:30 am - 10:45 am Adult RE 2 (R2)						
9:30 am - 10:45 am Adult RE 1 (R6)						
11 am - 12 pm Worship Service						
12 pm - 1 pm Fellowship Hour						
29	30	31	August 1	2	3	4
9:30 am - 10:45 am Children's R.E.			9:30 am - 11 am Sangha Meditation (R6)	7 pm - 9 pm Tri-Cities Metaphysical Group (F1)	9 am - 12 pm Fiber Fellowship (F1, F2)	4 pm - 10 pm Church Picnic
9:30 am - 10:45 am Adult RE 2 (R2)			7 pm - 8 pm Zumba (F1, F2, K)		6:30 pm - 9 pm Women's Group	
9:30 am - 10:45 am Adult RE 1 (R6)						
11 am - 12 pm Worship Service						
12 pm - 1 pm Fellowship Hour						

MEETING ROOMS: (S) Sanctuary, (MR) Music Room, (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