



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.

June 2019

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

Headlines

- Women's Group cancelled for June
- Kitchen of Hope Monday, June 3
- Potluck Lunch June 9
- MACHO group get together Friday, June 16
- Wednesday Night Supper June 26
- Hogwarts Camp Fundraising Luncheon Sunday, June 30

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

Hogwarts School of Magic and Fun July 15-19th!

We had such a magical week together last year and we hope to see many returning witches and wizards. We have so many magical moments planned! You can sign up at: <https://hvuuc.org/2019-hogwarts-school-of-magic-fun/>



Hogwarts Camp Fundraising Lunch

June 30th following the service Hogwarts camp will be serving lunch! Join us to get a taste of the magic and support our staff and students this summer as they learn about the magic within themselves and their community. Cost is \$5/adult, \$2.50/children.

Upcoming Sunday Worship Services

June 3 *Music in Our Hearts: Merry and Mindful*,
We begin the summer with a special service put on by the Music Committee. Instead of giving a sermon, we aim to show how music can influence us in so many different ways. It can reflect our sorrow or joy, it can inspire us to rally together, or help us show our love and mend our wounds. Please join us for a very uplifting service.

June 9 *Observations from a Man on the Spiritual Trail*, Charlie Mattioli

This is about a crisis of faith we have in our own questions, reflections, and voices. It is about our unwillingness to reconsider ancient small-scale answers to large-scale mysteries; our reluctance to discover the sacred for ourselves. The new window of science is there to look through. For the believer, it is the challenge of deciding what to continue to hold onto and what to let go. For the doubter, it is the challenge of going beyond what doesn't believe to beliefs one can hold fast and live by.

June 16 *What's the Use of Religion?*, Tiffany Sapp
Atheists and skeptics have been exploring the ways that religion can actually be useful. What are they saying and what does it mean for our community?

June 23 *Our Whole Lives: Lifespan Sexuality Education*

Learn about O.W.L., a program that provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity, sexual orientation, sexual health, and cultural influences on sexuality.

June 30 *Brains and Boxes*, Tiffany Sapp
A look at neurodiversity, and why it makes our communities richer.

Breathing with Change

Because of time constraints, I could not give my full sermon on May 19th, where I was talking about Change, and specifically, how the changes of ending my internship made me contemplate the practices I engage in as I'm facing change. Here's what I cut out of my sermon in the moment:



So today, with a lot of changes looming on the horizon, I've had to revisit the practices that help me navigate the anxiety and grief that sometimes comes with change. I'm going to share them with you, in hopes that maybe you hear something that you can add to your "coping with change toolbox."

The first thing that I do is try to keep anchored in the Present Moment. A lot of the anxiety around change is about an unknown future. Things that may or may not be. Things that we don't know about. It's ok to say "I don't know about the future, but I know that this, right here, right now, is good." And it is good, so very good. Fear of the future or grief for the past can rob us of the gifts of the Present. So as much as I can, I want to stay Present.

But how? Well, for me, breathing helps. Breathing is something we are doing, in the Present, all the time. Being intentional about our breathing, bringing our attention back to our breathing in and breathing out, anchors me in the Present and calms the systems of my body.

This is something that Buddhists have known for a long time. And doctors are starting to figure it out too. Dr. Herbert Benson director of the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital has researched how deep breathing and other mindfulness exercises such as mantras, visualizations, yoga and tai chi can help reduce stress responses. In one of his studies, a quarter of the participants were actually able to get off of one of their blood pressure medications by engaging in these practices.

When I take deep, generous breaths, the physical symptoms of worry will fade, and I will gradually feel better. When I feel tension gathering in my body, I will exhale, letting it all go. And then I will see the beauty of the present moment clearly again.

From this calming, present place, I can do one more thing with change. I can use the power of my intention. Octavia Butler's heroine in the Parable of the Sower handles the most dire situations by deciding that rather than being the victim of circumstances, she would use the power of her intention and her action to "Shape Change" as she calls it. When we're in the present moment, we will see those things that we can actually do to make the most of our changing circumstances, and our intention can carry us forward. We can become an agent of change.

My intention for myself in my transition is that I use the next year to continue to refine my caring skills, and to offer compassion to every person that I meet. What transitions are you encountering this year? And what intention will you put into these changes? How will you claim your power?

We may be wired to be uncomfortable with change, but it is how we become. It is how the Velveteen Rabbit becomes real. It is how puppies turn into dogs. It is how churches grow. It is how ministers become ministers. We can get caught up in what we're losing, grief is real and we're allowed to cry over it.

But the loss is only one side of the coin. There are opportunities exercise the power of our intentions to shape our future. And we can appreciate this present moment together.

Tiffany Sapp

Fellowship

Women's Group June 7 Cancelled

The Women's Group typically meets the first Friday of each month. There was no volunteer to host this month so we'll skip the June meeting. Join us in July!

For questions contact Mary W. at womensgroup@hvuuc.org

Potluck Lunch June 9

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

BuuK Club

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 at church.

September 17, 2019 Unsheltered, Barbara Kingsolver, fiction - facilitator Phyllis Holmes

October 15, 2019 Becoming, Michelle Obama, non fiction - facilitator Denee Mattioli

November 19, 2019 Where the Crawdad Sings, Delia Owens, fiction - facilitator Ellen Barker

The Boys in the Boat, Daniel James Brown, non fiction December 17, 2019 facilitator Nan Sexton

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

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

A Gentleman in Moscow, Amor Towles fiction March 17, 2020 facilitator Judy Hardin

Grain By Grain, Bob Quinn and Liz Carlisle non fiction April 21, 2020 Facilitator Franklin Montenegro

Arrowsmith, Sinclair Lewis, classic May 19, 2020 facilitator Peggy Perez

MACHO Get Together

All are invited to George Cross's house on Friday, June 14 evening from 6:30PM to 10PM.

The MACHO Group (Men Achieving Community Helping Others) is meeting for dinner, discussion and yard games. It's been awhile since we've met and it's time to build new energy for fellowship and volunteer opportunities. For men newer to the church, this is an informal group and meeting and a good opportunity to get to know each other better.

Hamburgers and hot dogs provided, bring a side item and drink.

George lives in Johnson City. Check your directory for address or email macho@hvuuc.org

Wednesday Night Supper

Join us at 6:30PM on June 26. 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

Annual Church Picnic August 10th at 4PM

Put the date on your calendar and come join the fun! We're having it again at the Eastman Recreation Area at Bays Mountain; shelters 21, 22 and 30. Games, face painting, large playground, music, hotdogs. Bring your favorite potluck dish to share.

To help Cynthia with the picnic, email her at fellowship@hvuuc.org

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

Youth Group

The 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 to get in touch!

Life Span Religious Education

Summer Religious Education

From June 2 through August 11 our regular RE Teachers get a break and all the classes come together for Summer RE. This is a favorite time of year for both our children and youth, as well as adults. It's a great tradition that allows our members and friends to share a talent or passion with the children in our church. Some reoccurring favorites are; Dutch Oven Cooking, Microscopy, Science Experiments, Yoga, and Learning about Pollinators.

Adult Religious Education 1

Adult RE 1 meets on Sunday mornings at 9:30AM in the Meditation Hall of the Religious Education building.

The current series is "*Ancient Civilizations of North America*". The series has 24 lectures and begins with ancient migrations in to North America and moves on to explore the astounding accomplishments of the ancient North Americans before the arrival of Europeans.

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

Adult RE 2 is watching and discussing a TED talk each week.

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

Summer Camp Volunteers Needed

We need adult volunteers for our upcoming summer camp! There are short-term and week-long positions needed for July 15-19. These positions include, but are not limited to, Head of House, floaters, kitchen aids, parking attendants, and shopkeepers in Diagon Alley. We will also need help July 13-14 for set up and July 20 for clean up. All of these are needed to make this a magical and immersive week, and we rely on YOU and YOUR support!! If you'd like to sponsor a child, write a check with Summer Camp in the memo and put it in the offering plate. Contact summercamp@hvuuc.org if you're interested or if you have other questions.

Camp Donations Needed

Hogwarts Camp staff would love donations to create the imaginative atmosphere for the immersive experience! They are looking for strands of lights, Halloween decorations, fabric, felt, glass jars, pipe cleaners, costumes, or anything else that would create the magic of Hogwarts. Please leave in the labeled box by the library in the sanctuary. Thank you!

Social Justice

June Food Donations

Bring donations of *Fruits and Juices* 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!

Social Justice

Kingsport Kitchen of Hope June 3

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.

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

Fiscal Flash

Endowment Fund

Several years ago the church established an Endowment Fund which has grown to a sufficiently large size that it is able to make funds available for the annual operating budget. As the fund continues to grow through gifts in memory or in honor of members and friends, through provisions in your will, or simply because you choose to give to the fund, that contribution to the operating fund should become more and more significant as time passes. Please consider making a donation to the long-term health of the church by contributing to the Endowment Fund.

The following contributions have been made in the past six months.

In memory of Sam and Michael Jones

Lynn and Paulette Byrd

In memory of Cherie Monson

Kris Monson

Frank Shuler

In memory of Virgil Stephens

Xiaoping Stroming

Seniors Golf League

William Dickason

Frank Shuler

Michael Serviente

Jerrie Mabry

James and Jo Anne Medlin

In memory of Carol Hillman Tucker

Don Tucker and Charlene Galarneau

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 clicks.

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.

2019-2020 Board of Trustees

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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

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>26</p> <p><u>9:30 am - 10:45 am</u> Adult RE 1 (R6).</p> <p><u>9:30 am - 10:30 am</u> No RE due to Memorial Day holiday</p> <p><u>11 am - 12 pm</u> Worship Service</p> <p><u>12 pm - 1 pm</u> Fellowship Hour</p> <p><u>12 pm - 1 pm</u> Service Rehearsal (S).</p> <p><u>12:15 pm - 2 pm</u> Music Committee Meeting (MR).</p>	<p>27</p> <p style="color: red;">Memorial Day</p>	<p>28</p> <p><u>5:15 pm - 6:15 pm</u> Yoga with Tish (R6).</p> <p><u>7 pm - 9 pm</u> Covenant Group Facilitators (R2).</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>June 1</p>
<p>2</p> <p><u>9:30 am - 10:45 am</u> Adult RE 1 (R6).</p> <p><u>9:30 am - 10:45 am</u> Children's R.E. Canceled Today.</p> <p><u>10 am - 11 am</u> Service Rehearsal (S).</p> <p><u>11 am - 12 pm</u> Worship Service</p> <p><u>12 pm - 1 pm</u> Fellowship Hour</p> <p><u>12:30 pm - 1:30 pm</u> Social Justice Meeting (MR).</p> <p><u>1:30 pm - 3:30 pm</u> Summer Camp Prefects Meeting (R1).</p>	<p>3</p> <p><u>12 pm - 5 pm</u> Kitchen of Hope</p>	<p>4</p> <p><u>5:15 pm - 6:15 pm</u> Yoga with Tish (R6).</p>	<p>5</p>	<p>6</p>	<p>7</p> <p><u>9 am - 12 pm</u> Fiber Fellowship (F1, F2).</p>	<p>8</p>
<p>9</p> <p><u>9:30 am - 10:45 am</u> Children's R.E.</p> <p><u>9:30 am - 10:45 am</u> Adult RE 1 (R6).</p> <p><u>9:30 am - 10:45 am</u> Adult RE 2 (R2).</p> <p><u>11 am - 12 pm</u> Worship Service</p>	<p>10</p>	<p>11</p>	<p>12</p> <p><u>7 pm - 9 pm</u> RSC (R4).</p>	<p>13</p>	<p>14</p> <p style="color: red;">Flag Day</p>	<p>15</p>

