



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 2017

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

Headlines

- Women's Group June 2 6:30PM
- Potluck Lunch June 11
- No children's Religious Education classes on Father's Day June 18
- Wednesday Night Supper June 28

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

8th Annual Soapbox Sunday July 2nd

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.

For the service on July 2nd: you're invited to spend four minutes max expounding on a matter of heartfelt importance to you (no personal attacks or political endorsements). Come ready to share what's on your mind and heart, but please email soapboxsunday@hvuuc.org by **June 26th** if you'd like to participate. There are a limited number of slots available in the service so the sooner you give notice of your desire to speak, the better.

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Upcoming Sunday Worship Services

June 4 *Where There is Love, There is Hope*, Meira Yasin
Ms. Yasin is a professor of Nursing at ETSU. She will be speaking about her recent medical mission to Greece to help Syrian refugees.

June 11 *Hope in a Time of Change and High Anxiety*, Charlie Mattioli

An uncommon sense look at change and the challenges of our times. How we might use the past to make the present more intelligible and tolerable and tie our personal spiritual moorings to the great universal human story.

June 18 *12 Things You Probably Did Not Learn In School*, Rev. Jeff Briere

A service about the values and aims of education, based on the book by John Taylor Gatto, *Weapons of Mass Instruction*.

June 25 *Speak Her Name*, Patricia Robertson
In a culture where gender is polarized and that which is perceived as female is valued less than that which is perceived as male, the focus of this presentation will be on honoring that which has been defined as "female". We will honor the characteristics of nurturing, empathy, patience, vulnerability - characteristics that have falsely be named 'feminine' when in reality that are beautifully human. There will be discussion about the danger of gender polarizing and the price we pay when we resist gender fluidity.

Religious Services Summer Schedule

It's summertime again and we give Jeff a break from pulpit duty for most of June and July. We've lined up old favorites, new friends, and unique programs to pull you away from your summer adventures. Don't miss out on these thought-provoking services; July 9, Dave Kashdan, July 16 Erin Swenson, July 23 Rev. Briere *Everyone is In! No One is Out!*, July 30 Music Service. If you wish to communicate with the Religious Services Committee about Sunday services, please send a note to Religiousservices@hvuuc.com.

Please be Mindful on Social Media

It has come to my attention that a discussion among church members on Facebook became uncomfortable for some of the participants. One participant asked me to intervene.

Some folks are aggrieved because they hear comments from church members that they perceive as denigrating their ancestry, or denigrating their culture altogether.

As you may well understand, this dismays them, as they have no other ancestry nor culture but their own. And to have one's culture and ancestors denigrated is quite hurtful. Especially when it comes from fellow church members.

I urge you to take care in online discussions. Unless correspondents are alert and aware, online discussions can suffer from two problems:

1. Comments are read as words only. No body language is seen that supplements interpretation. No tone is heard that fine-tunes the message. A statement is made and there are no follow-ups; no Q & A. Thus, cues to the real message behind the words are lost.
2. Given the separation between online correspondents, rhetoric tends to rise to the absolute. I mean the "This-is-the-way-it-is-and-there-ain't-no-other-way." type of statement. This happens because (1), people want to make their point, and they can easily do it online, and (2), they don't see their correspondents. It's easy to believe that you are spouting off in your own little world. Thus, anyone can easily go over-the-top in their comments.

In your discussions with church members, I encourage you to assume the best intentions on the part of your correspondents, and I urge you to comment on sensitive topics with delicacy.

As for Facebook, be careful. Avoid punching the emoticon buttons as a way to respond quickly. Wait a few (Maybe 24!) hours before responding to emotionally-charged discussions.

Rev. Briere



Soapbox Sunday, continued.

To guide you in the writing and speaking process, these suggestions:

- Tell a story. Be specific. Use events from your real life when possible. Consider moments when your point of view was formed, tested, or changed.
- Be brief. The time limit should help you focus.
- Identify your main point. If you can't do that in a sentence or two -- well really, you should be able to.
- Be positive. Say what you believe, not what you don't believe.
- Be personal. Make your essay at least partially about you; speak in the first person. Try reading your essay aloud to yourself several times, and each time edit it and simplify it until you find the words, tone, and story that truly echo your main belief or point and the way you normally speak. Then read it to somebody else for their feedback, too.

The July 2nd Sunday service also will include the usual lighting of the congregation's chalice, singing, reflective meditation, announcements and greetings.

Soapboxsunday@hvuuc.org

July Coffee Hour Volunteer Needed

We still need someone to take responsibility for coffee hour set-up and clean-up for the month of JULY. (This would NOT include potluck Sunday.)

You would recruit your own volunteers and delegate as much as you prefer. There are plenty of worker bees out there who are willing to help, but may have a fear of long-term commitment. Those people can contact me too and I'll compile a list for the leaders.

Training is enthusiastically provided. Snack foods are available in the kitchen, but if you want to provide something else, you can get reimbursed.

Thanks in advance! Christine Barger fellowship@hvuuc.org

Fellowship Opportunities

Women's Group

Women's Night is Friday, June 2nd at Cynthia Goodman's house in Jonesborough. All who identify as women are welcome. As usual, please bring a snack and/or beverage to share. Cynthia's address is in your directory. If you need a directory, please respond to womensgroup@hvuuc.org

Wednesday Night Supper June 28

Join us at 6:30PM on the 4th Wednesday of most months for Wednesday Night Supper! The dinner is cooked by church members and there is no agenda besides an opportunity to get to know one another better. The menu will be advertised about a week before the dinner. Cost is \$5/adults, \$2.50/children. Please RSVP to WNS@hvuuc.org to ensure we have enough food for everyone.

Quilt Group

The quilt group meets twice a month. Check the church calendar for dates. If you plan to come please bring an iron, a rotary cutting mat, rulers, and cutter, and/or a sewing machine and thread (don't forget your power cord and foot pedal). This is a fellowship opportunity, not an obligation. If you can come and would like to come, please join us--no experience necessary. If you can't come or really don't want to come, don't worry--no guilt necessary. <http://www.localendar.com/public/hvuuchurch>

Church Picnic August 5th

The Annual Church Picnic is **August 5, 2017 from 4 - 10 PM**. It will be at the Bays Mountain Recreation Area, 404 Bays Mountain Park Road in Kingsport. The picnic sites are 28, 31, 32. **Put it on your calendar!** Our Fellowship Coordinator, Cynthia Goodman is planning it. She may ask a few people for their help, so be generous with your time! Also, Sarah White, our Director of Religious Education, will be registering our children for Religious Education for the upcoming year at the picnic. *There will be more info to come!*

Life Span Religious Education

Summer is in full swing here in East Tennessee! Sunday, June 4th is our first session of Summer RE. I hope your children can join us in the REZ at 9:30 as we get the pleasure of an Astronomy presentation from Mike Frisch!

Please keep an eye on our Facebook page and weekly announcements regarding Summer RE as locations may change to accommodate the activities.

I want to thank everyone who has signed up to lead or help during Summer RE! There are a few more spots to fill, so please take a look at your calendars and see where you can pitch in:

June 4- Astronomy with Mike Frisch
June 11 - Dutch Oven Cooking with Don Shockley
June 18- No RE Fathers Day
June 25- Self Defense with Lauren Noce
July 2- Arts and Crafts with Lauren Noce (WE NEED ONE MORE HELPER!)
July 9- Story Telling and Songwriting with Guerry McConnell (WE NEED TWO HELPERS!)
July 16- WE NEED A LEADER AND TWO HELPERS
July 23- Fun in the Garden with Sue Cadwallader (WE NEED ONE HELPER)
July 30- Making Sushi with Tish Kashdan
August 6- The Gray Volunteer Fire Dept is coming!

Please email DRE@hvuuc.org to help out where needed.

Adult Religious Education 1

Adult RE 1 meets in the Meditation Hall in the RE Building at 9:30AM Sunday mornings. Their new study course is "Understanding Cultural and Human Geography". The course is about us, the humans of the planet Earth. In its introduction we are reminded that no one is an island. The communities where you live, the food you eat, and the people you know are all part of a global chain of connections. We are urged to consider the importance of this today that we might understand this chain of connections in order to tackle some of the biggest questions about human life on earth. We had our introductory lecture on the November 20th and will continue the 24 lecture course over the next few months. Come join us for this interesting series of lectures and the discussions that follow. Adult RE #1 usually meets even when other RE classes are cancelled. If in doubt please email Betty Berry for confirmation AdultRE1@hvuuc.org.

Adult Religious Education 2

Adult RE 2 meets in the Susan B. Anthony room in the RE Building at 9:30AM Sunday mornings. Based on the assumption that everyone is their own theologian, this classic Unitarian Universalist adult education program invites participants to develop their personal credos: the fundamental religious beliefs, values and convictions that inform and direct the living of their lives. Gilbert poses five developmental tasks in which participants come to terms with human nature, ultimate reality, history, ethics, and religious meaning. Begins with an introduction to our seven UU Principles.

Adult RE 2 is a fragrance-free class, please be respectful of those that are sensitive to fra-

Holston Valley Sangha

Holston Valley Sangha meets at HUUUC on Wednesday mornings from 9:30-11am. 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. "In challenging times, why do so many of us turn to Pema Chödrön for guidance? Many say that it's her honest and caring way of communicating the core teachings of Buddhism - not just conceptually, but from her heart to ours. In these inspiring sessions, she teaches us how to give that compassion to the person we neglect most often - ourselves." www.dharma4et.org

Social Justice

June Food Donations

Bring your 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!



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. HUUUC is now serving 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 Ray 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.

Occasionally our Fifth Sunday offering will go to support this program, the money usually shared equally with each location.

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

Make Sure Your Kroger 5% Goes to HVUUC

People who shop at Kroger's will have to renew their wish to have 5% they spend go to the church. Our organization number to do this is 83282 to be completed online.

Free Money from Amazon Smile

We have a new and very simple way to raise money for the church. 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 rather than the normal "amazon.com". It's free money and definitely worth a couple of clicks. Questions? treasurer@hvuuc.org

In Our Community

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 at jumba-zumba@yahoo.com and/or check out the Facebook group: Jumba Zumba.



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 of the REZ on Tuesday and Thursday 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.

Green Interfaith Network

Environmental and Nature films will be shown on the 4th Sunday of each month starting at 2 PM at St. John's Episcopal Church, 500 North Roan Street in Johnson City. A moderated discussion may follow the showing of the movie.

June 25: *The Geologic Wonders of the Great Smoky Mountains* takes the viewer on a journey of the formation of the southeastern Appalachians from the viewpoint of a geologist.

Membership Corner

Website Member Log In

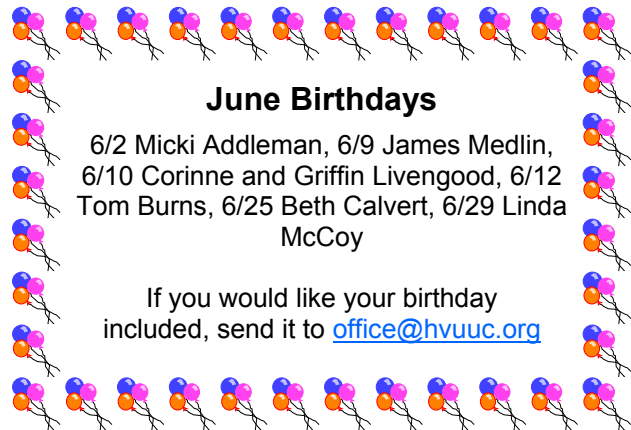
There is some information on the website that you need to log in to see. Scroll to bottom of the home page and click on "Members Area". The password is the same one that you used on the old website. If you need that password, email office@hvuuc.org.

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.

Caring Team

The Caring Team coordinators for June are Joy Boyd and Cynthia Goodman. They can be reached at caring@hvuuc.org or 423-477-7661 (Press 3).

Thank You to our May coordinators Neva Kauffman and Louise Serviente.



2017-2018 Board of Trustees

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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.

HVUUC On-Line News Group: Our yahoo news group is an online service that provides our congregation the quickest method of communicating news, announcements, and schedule changes. To join, or update to a new e-mail address, send an e-mail to hvuuc-news-subscribe@yahoogroups.com indicating your full name, address and phone number where you can be reached. If you don't have e-mail, please call the church at 423-477-7661 to receive the newsletter by US mail.

To post a church related message send an e-mail to: hvuuc-news@yahoogroups.com

To unsubscribe: send an e-mail message to hvuuc-newssubscribe@yahoogroups.com

Look for other UUA news and other UU Church newsletters at the UUA Website: www.uua.org

Holston Valley Unitarian Universalist Church Calendar

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 9:30 am - 10:45 am Children's R.E. 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 7 pm - 9 pm Dream Covenant Group (R1)	29 Memorial Day	30 5:15 pm - 6:30 pm Yoga (R6)	31 9:30 am - 11 am Sangha Meditation (R6) 6 pm - 7 pm Zumba (F1, F2, K)	June 1 7 pm - 9 pm Tri-Cities Metaphysical Group (F1)	2 9 am - 12 pm Quilt group (F1, F2) 6 pm - 8 pm Girl Scouts (F1, F2) 6:30 pm - 9 pm Women's Group	3
4 9:30 am - 10:45 am Children's R.E. 9:30 am - 10:45 am Adult RE 2 (R2) 9:30 am - 10:45 am Adult RE 1 (R6)	5	6	7 9:30 am - 11 am Sangha Meditation (R6)	8	9	10

11 am - 12 pm Worship Service						
11	12	13	14 Flag Day	15	16	17
9:30 am - 10:45 am Children's R.E.	7 pm - 9 pm Free Range Small Group Ministry (R2)		9:30 am - 11 am Sangha Meditation (R6)		9 am - 12 pm Quilt group (F1, F2)	
9:30 am - 10:45 am Adult RE 2 (R2)			6 pm - 7 pm Zumba (F1, F2, K)		6 pm - 8 pm Girl Scouts (F1, F2)	
9:30 am - 10:45 am Adult RE 1 (R6)			7 pm - 9 pm RSC (R4)			
11 am - 12 pm Worship Service						
12 pm Potluck Lunch						
18 Father's Day	19	20	21	22	23	24
9:30 am - 10:45 am Children's R.E.			9:30 am - 11 am Sangha Meditation (R6)			
9:30 am - 10:45 am Adult RE 2 (R2)			6 pm - 7 pm Zumba (F1, F2, K)			
9:30 am - 10:45 am Adult RE 1 (R6)			7 pm - 9 pm Board of Trustees Meeting (R4)			
11 am - 12 pm						

Worship Service 12:30 pm - 2 pm RE Collaborative (R4) 1 pm - 3 pm CUUPS Monthly Meeting (S, FI, F2, K)						
25	26	27	28	29	30	July 1
9:30 am - 10:45 am Children's R.E.	7 pm - 9 pm Free Range Small Group Ministry (R2)		9:30 am - 11 am Sangha Meditation (R6)		6 pm - 8 pm Girl Scouts (FI, F2)	
9:30 am - 10:45 am Adult RE 2 (R2)			6:30 pm - 7:30 pm Wednesday Night Supper			
9:30 am - 10:45 am Adult RE 1 (R6)						
11 am - 12 pm Worship Service						

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