

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.

May 2017

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

Headlines

- Women's Group May 5 6:30PM
- Teacher Appreciation Dinner May 12
- Game Night May 13 5:30PM-9:30PM
- No children's Religious Education classes on Mother's Day May 14
- Potluck Lunch May14
- Path to Membership class May 21
- Wednesday Night Supper May 24th
- Summer Religious Education begins June 4

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

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Path to Membership Class

The next Path to Membership class is on Sunday, May 21st from 12:30-2PM. Path to Membership is a class for anyone who is interested in learning more about our church and what is involved in Membership. There is no pressure to become a member, but this class is required if you'd like to sign our membership book. There are still a few spots open in the next class (max of 10). If the class fills up you can sign up on the same sheet for the August class. Please indicate if you need childcare. The sign-up sheet is on the shelf in the side of the sanctuary or email office@hvuuc.org

A Thank You from Sarah White

I want to thank our Congregation for their support of my professional development. On May 2, 2017 I was formally accepted into the UUA Religious Education Credentialing Program. I am thrilled to have such a wonderful opportunity for growth and development!

Sarah White, Director of Religious Education

Upcoming Sunday Worship Services

May 7 *Life in Foster Care*, Sandy Phillips Children who are in foster care lead a life that is completely different from what they knew before foster care. Understanding their conflicting feelings is a challenge.

May 14 A Reason to Party, Rev. Jeff Briere The pre-Christian origins of some aspects of our culture are clear. But their meaning may be lost to us. Nonetheless, they give us a reason to party. Also, a recognition of Mother's Day.

May 21 Three Questions about Religion, Rev. Briere What Is the Meaning of "Sacred"? How and Why Did Three Monotheistic Religions Arise in the Same Inhospitable Area? Why Do People Need Religion? This sermon was won by Neal Sanders at the Fall Service Auction.

May 28 *Memorial Day*, Rev. Jeff Briere A remembrance of those who died in the previous 364 days; the people who somehow made this world a better place.

If you wish to communicate with the Religious Services Committee about Sunday services, please send a note to Religiousservices@hvuuc.com.

Annual Congregational Meeting Review

Thank you to all members who attended the Annual Congregational meeting on April 23rd. We voted on a balanced budget for the 2017-2018 year and approved new board of trustees and nominating committee members. Welcome to Tom Burns (secretary), Spencer Conco (vp), George Cross (stewardship), and Amy Kinley (programs) who will be joining the board. The Nominating Committee members will be Alicia Culbertson (chair), Betty Berry, Deanna Richardson, Don Shockley and Richard Boyd. Thanks to all!

What's Happening in the Religious Education Zone?

Don't you just love May in East Tennessee? Sunshine, warm weather, the summer laid out before you...It's my favorite time of year. May also signals the end of our Religious Education year here at our church. The past year of R.E. has been an amazing experience for me. When I accepted the position of Director of Religious Education in August, I was so scared, but you all have astounded me with your kindness, generosity, hand holding, and guidance. I am excited to learn and develop professional leadership skills in 2017-2018 and use those to expand our program here in our church.

As many of you are aware, our Summer R.E. program is multi-age, informal and FUN! Summer R.E. is a time for our regular R.E. teachers to take time off and relax, and for everyone else to show off their hobbies and talents! We need a leader and two helpers for each Sunday in the summer. Don't be shy, put your name down on the Sign Up sheet in the sanctuary and wow us with your talents! Our community never fails to impress me, and I can't wait to see what's in store for our children and youth during our Summer R.E.

If you have any questions about anything, please email DRE@hvuuc.org!

In fellowship, Sarah White

Change in Child Care Policy During the Worship Service

Our child care program is facing some severe challenges. The Board members whose areas include programs and personnel regret that they have been unable to cover child care with the appropriate number of adults. This is a good problem to have; yet it is still a problem.

Inasmuch as the security of our children is of paramount importance, we must further restrict the ages of the children accepted for child care during worship services. Therefore, as of the service of April 2, the ages of children accepted for child care is infant (6 months) through kindergarten (rising 1st graders).

Everyone involved in this understands that this decision will inconvenience some families and congregants. Nonetheless, we cannot imagine any other solution. If you want more information or wish to make a comment, please see Jeff Briere minister@hvuuc.org), Cindi Huss (vp@hvuuc.org) or Jim Scanlan (programs@hvuuc.org).



UUA GENERAL ASSEMBLY

Delegates Needed!

The board is looking for three delegates to represent our church at this year's General Assembly (GA). GA will be held in New Orleans June 21-25. We will pay delegate registration fees, but delegates will be responsible for travel, room, and board. For more information, including on how to get the most economical deals on housing, visit <u>uua.org/ga</u>. If you are interested in serving as a delegate, please contact Charlie Stewart (pres), David Kashdan (v.p.), or Cindi Huss (past pres.) or email board@hvuuc.org.

Low-cost Transportation to New Orleans

UUCA (Asheville) has contracted for a touring bus from Young Transportation. We are loading it up with a multigenerational group, including 12 teenagers who are now completing their Coming of Age program. We are leaving on Tuesday morning before GA and stopping for the night in Montgomery, AL. Our own Rev. Mark Ward is preparing to be a tour guide for some Civil Rights sites in Montgomery that afternoon.

Everyone will arrive in New Orleans in time for the Wednesday afternoon orientations. The bus will leave NOLA after the Sunday service, being back in Asheville by midnight. The cost for a seat on the bus is only \$200 round trip. Our kids are sleeping at the church in Montgomery, and we'll make arrangements for adult motel rooms (to be paid for by the travelers). Everyone is responsible for their own registration and hotel rooms in New Orleans. Anyone who wants more information contact Mary Alm, fargogal@bellsouth.net

Fellowship Opportunities

Women's Group

Women's Night is Friday, May 5th at Christine Barger's house in Kingsport. All who identify as women are welcome. As usual, please bring a snack and/or beverage to share. For contact information, please respond to womens-group@hvuuc.org

Wednesday Night Supper May 24

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 quilt necessary.

http://www.localendar.com/public/hvuuchurch

Game Night

Join us on the second Saturday from 5:30-9:30PM to play board games (not the boring ones). All are welcome: the event is very family friendly (no age minimum), and we're there to have fun and maybe be a little competitive. Location information and updates are posted to a "secret" Facebook group. Email gamegroup@hvuuc.org to get in the group or find out more. There is also a Yahoo group! hvuuc-game-group-subscribe@yahoogroups.com

Buuk Club

There is a book discussion group held at church the third Tuesday of the month from 10AM-noon. We meet in the Susan B. Anthony room of the REZ. New people are always welcome. For more information you may contact Betty Kramer buuk-club@hvuuc.org.

Life Span Religious Education

Youth Religious Education

Religious Education classes are from 9:30AM-10:45AM Sunday mornings. Childcare is available during RE for children age birth thru 4. Children must be registered to attend RE. Your child's teacher will have a form for you to fill out. If you have any questions, contact our Director of Religious Education Sarah White at DRE@hvuuc.org

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 HVUUC 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

May Food Donations

Bring your donations of **Your Favorite Food** 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. HVUUC 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

Endowment Fund

HVUUC has received the following donations to the Endowment Fund in April.

In memory of Bob Barker: Nancy Shackelford Martha Rubenstein Jodie Cocke

In <u>memory</u> of Dick Goodman: Martha Rubenstein

In <u>honor</u> of Sue Smith: Wanda Earp

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

United Religions Initiative

The next Pathway to Peace through Storytelling will be on May 25, at the Martha Culp Center, Third Floor, Room 311, from 5:00 - 8:30 pm.

This is the third event in a series of people of different religious and cultural backgrounds using storytelling and fellowship to bridge differences an bring understanding, respect and love to one another.

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.

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 jumbazumba@yahoo.com and/or check out the Facebook group: Jumba Zumba.

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.

May 28: <u>Thomas Berry: The Great Story</u> documents a pioneer in the field of spirituality and ecology, Thomas Berry created a quiet revolution. He was a monk, a cultural historian, an author, a teacher, and a mystic. At the heart of the film is Berry's experience of the universe as a cosmic liturgy. He reminds us that "we are not a collection of objects but a communion of subjects." His values were rooted in this sacred cosmology which includes the entire natural world. The mountains, rivers, birds, fish, all living organisms are not there for our use but for a union which is needed for us to become who we are. As Berry said, "I am not myself without everything else."

Membership Corner

Website Member Log In

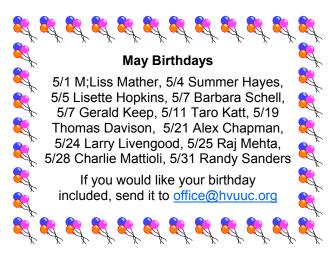
There is some information on the website that you need to log in to see. Scroll to bottom of the home page and click on "Members Area". The password is the same one that you used on the old website. If you need that password, email office@hvuuc.org.

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 May are Neva Kauffman and Louise Serviente. They can be reached at caring@hvuuc.org or 423-477-7661 (Press 3).

Thank You to our April coordinators Phyllis Holmes and Michael L Jones.



2016-2017 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.

The HVUUC web site can be found at: www.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
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Look for other UUA news and other UU Church newsletters at the UUA Website: www.uua.org

Holston Valley Unitarian Universalist Church Calendar

May 2017

	IVIAY ZOTI					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Men's Retreat 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 12 pm -1 pm Fundraising Luncheon for the New Community Project 7 pm - 9 pm Dream Covenant Group (R1)	May 1	2 5:15 pm - 6:30 pm Yoga (R6)	9:30 am - 11 am Sangha Meditation (R6) 6 pm - 7 pm Zumba (F1, F2, K)	7 pm - 9 pm Tri-Cities Metaphysical Group (FI)	9 am - 12 pm Quilt group (F1, F2) 6 pm - 8 pm Girl Scouts (F1, F2) 6:30 pm - 9 pm Women's Group	6
7	8	9	10	11	12	13
9:30 am - 10:45 am Children's R.E.	7 pm - 9 pm Free Range Small	5:15 pm - 6:30 pm Yoga (R6)	9:30 am - 11 am Sangha Meditation	7 pm - 9 pm Tri-Cities Metaphysical Group (FI)	6 pm - 8 pm Teacher Appreciation Dinner	6:30 pm - 9:30 pm UU Game Group

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 1 pm - 3 pm Grief support group (R2)	Group Ministry (R2)		(R6) 6 pm - 7 pm Zumba (F1, F2, K) 7 pm - 9 pm RSC (R4)			
14 Mother's Day 9:30 am - 10:45 am Adult RE 2 (R2) 9:30 am - 10:45 am Adult RE 1 (R6) 9:30 am - 10:45 am No Children's R.E. Today 11 am - 12 pm Worship Service 12 pm Potluck Lunch 7 pm - 9 pm Dream Covenant	15	16 10 am - 12 pm bUUk club (R1) 5:15 pm - 6:30 pm Yoga (R6)	9:30 am - 11 am Sangha Meditation (R6) 6 pm - 7 pm Zumba (FI, F2. K) 7 pm - 9 pm Board of Trustees Meeting (R4)	7 pm - 9 pm Tri-Cities Metaphysical Group (FI)	9 am - 12 pm Quilt group (F1, F2) 6 pm - 8 pm Girl Scouts (F1, F2)	20 Armed Forces Day

21	22	23	24	25	26	27
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 12:30 pm - 2 pm RE Collaborative (R4) 12:30 pm - 2 pm Path to Membership Class (R6) 1 pm - 3 pm CUUPS Monthly Meeting (S,	7 pm - 9 pm Free Range Small Group Ministry (R2)	5:15 pm - 6:30 pm Yoga (R6)	9:30 am - 11 am Sangha Meditation (R6) 6:30 pm - 7:30 pm Wednesday Night Supper	7 pm - 9 pm Tri-Cities Metaphysical Group (FI)		
<u>F1, F2, K)</u>	29	30	31	1	2	3
9:30 am - 10:45 am Children's R.E.	Memorial Day	5:15 pm - 6:30 pm Yoga (R6)	9:30 am - 11 am Sangha Meditation (R6)	7 pm - 9 pm Tri-Cities Metaphysical Group (F1)	9 am - 12 pm Quilt group (F1, F2) 6 pm - 8 pm Girl Scouts	

10:45 am Adult RE 2 (R2) 9:30 am - 10:45 am Adult RE 1 (R6) 11 am - 12 pm Worship	6 pm - 7 pm Zumba (F1, F2, K)	(F1, F2) 6:30 pm - 9 pm Women's Group
<u>Service</u>		
7 pm - 9 pm <u>Dream</u>		
Covenant Group (R1)		

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

Holston Valley Unitarian Universalist Church