



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.

October 2023

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

Headlines

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

Save the Date

Oct4 & 18—Atheist Group

Oct 11 & 25—Let's Chat Group

Oct17—Sierra Club

Oct 20—Game Group

Oct 21—Herb Bundle Workshop

Oct 28—Pumpkin Carving

Oct 29—Trunk or Treat

NO yoga with Tish Oct 10 and 17

Find these events and more on our church calendar at the link below.

<https://localendar.com/public/hvuuchurch>

Upcoming Church Services - 11:00AM Sun

Oct 8, 2023 , Rev. Jeff Briere
Guess Who?

Our Minister Emeritis Jeff Briere retired two years ago. What's he been up to? As the has-been minister, does he have anything worthwhile to share with us? Attend this service or watch on YouTube and find out.

Oct 15, 2023, Rev. Sapp
History and Posterity

Life keeps moving in an endless flow, and as it does, the torch of humanity is passed from one Generation to another. Churches are one of the few Intergenerational places left in American society. Here at Holston Valley UU, four generations work side by side: Baby Boomers, Generation X, Millennials, and Generation Z. What does each generation have to offer our community, and what can we learn from each other?

Oct 22, 2023, Rev. Sapp
The Six Thinking Hats

All of us have certain habits of thinking when it comes to problem-solving, brainstorming and discussions. But we don't all think the same way, and that's a good thing. The Six Thinking Hats, a tool developed by psychologist and philosopher Edward de Bono, invites us to consider the what we bring to the table, and the perspectives that can benefit group work.

Oct 29, 2023, Rev. Sapp
Halloween

When you knock on the door to trick-or-treat, you never know who is going to answer the door. Who will answer? And what will they teach us? Dressing up in costume for this service is encouraged, and be prepared for a trunk or treat to follow.

Virtual Church on YouTube

All of our services are available on our YouTube channel. They are uploaded by the end of the day each Sunday.

Subscribe to our channel at:
youtube.com/c/HolstonValleyUnitarianUniversalistChurch/featured

Opportunities for Connection Aboard

With all the talk we've been hearing about our Service Auction, I've been thinking a lot about all of the amazing opportunities for connection that we have here at Holston Valley Unitarian Universalist Church. Sunday Services are nice, and they create a shared sense of values and inspiration among us, but it's hard to find your people when that's the only way you're involved here. Thankfully, there are so many other ways to connect.

ONLINE

-The HVUUC Families Facebook Group is pretty active. People share events and things they find inspiring or helpful for parenting. The group is even used to set up meetups for age-specific groups of kids and parents. Just search for "HVUUC Families Group" on Facebook.

-Our local Pagan Community also has an excellent Facebook presence, where they share pictures, information about upcoming events, and the occasional thought-provoking article. You can find them by searching "CUUPS of HVUUC"

FELLOWSHIP

-The Women's Group is a longtime running group where anyone who identifies as a Woman can get together at a member's house to socialize. They meet the first Friday of the month and you can email womensgroup@hvuuc.org to get more information

-The Men's Group is called MACHO (Men Achieving Community Helping Others). They work together on projects around the church and in the community. You can reach them at macho@hvuuc.org

-The Game Group occasionally meets to play games in the evening, usually about once a month. Keep an eye of the church calendar and the Events section of the web page to see when they're meeting

-The Atheist Group meets the first and third Wednesdays in the evening at an offsite location. A great chance to fellowship with some very interesting people. You can email atheists@hvuuc.org to find out where they're meeting up next.

LEARNING

-There are two Adult Religions Education classes on Sundays from 9:30 to 10:45. You can learn with others and get into some really interesting discussions.

-Covenant Groups are always popping up here and there, and are an excellent way to practice listening to each other around topics of interest. Some are ongoing and accept members rotating in, some are for a limited number of sessions on a specific topic. Watch the News section to see what's popping up!

-BUUK Club is a monthly book discussion group that is held at the church from 10AM until Noon on the third Tuesday of the month. You can email buukclub@hvuuc.org to find out what they're reading next!

VOLUNTEER

"Working Together" is part of our Vision here, and it's a great way to get to know the people in your community. There's a Volunteer Table in the sanctuary by the library that has folders of job descriptions that might give you an idea of how you want to help out.

AUCTION

Both attending the auction itself, and participating in the social events you can purchase from the auction, are incredible ways to make new friends. I've attended several dinners myself throughout the years and I'm always delighted to see who I get to hang out with for an evening. Make sure to join us for the auction on November 4th to see what opportunities await you!

Upcoming News and Events at Hvuuc

Covid Risk Assessment Team (RAT)

We're all getting the hang of living with COVID—as well as influenza, RSV, and the myriad other viruses lurking out there hoping to get past our defenses.

We've made Hvuuc as safe a place as we can, and given folks options to address their personal needs:

- Hand sanitizer in several locations
- Masks available in the foyer
- Increased spacing between chairs
- Wrist bands to indicate contact preferences
- YouTube posting of services
- Doors open and deck available for Coffee Hour
- When someone tests positive, close contacts are notified so they can be aware

We're going to keep these safety measures in place.

Folks are encouraged to:

- Wash/sanitize their hands often
- Respect other's need for distance
- Get vaccines when available
- Stay home if you feel ill—and join us on YouTube instead
- Make decisions about attendance based on your individual/family needs

We'll not be making general announcements when someone tests positive—but we'll continue notifying close contacts.

We are, of course, UU's—if the situation changes, we'll adapt and learn from it. Thanks for helping us keep our congregation safe and healthy.

Sincerely,
The RAT

First Friday Women's Group—Oct 6 at 6:00PM

All who identify as women are always welcome! This month we are graciously hosted by Cyndi H. of Kingsport.

Please bring your favorite beverage or snack to share. Join in for fun, relaxation and making memories together!

Email womensgroup@hvuuc.org for more information and directions.

New Member Ceremony Sunday, November 12

We will devote a segment of the service on November 12 to the induction and welcoming of new members.

Have you have taken the Path to Membership classes and would like to sign the book, become a member, and participate in this ceremony?

Please email membership@hvuuc.org by or before Sunday, October 22.

Include a three or four sentence (50 word) introduction of yourself, written in third person, to be read to the congregation.

For anyone who has taken the Path classes and would like to join, but cannot or does not wish to participate in the New Member Ceremony, a private signing of the membership book can be arranged.

We are so pleased you have found this church.

We welcome you to become a member of our congregation!

BUUK CLUB

third tuesday of every month

10:00 AM at Hvuuc
email buukclub@hvuuc.org

Dried Herb Bundle Workshop

CUUPS will host a Dried herb Bundle craft workshop. Setup will begin at 4pm and workshop shall begin at 4:30 pm

CUUPS will provide all materials. Attendees may bring their own if they prefer.

A donations basket will be set up to receive funds or nonperishable food items. Funds go to assist in providing for future events. Donated food items will be given to the church to add to their food drive.

Email cuups@hvuuc.org with any questions.

Welcoming Congregation Film Screening:
Intersexion

On October 22nd the Religious Education Collaborative in partnership with RISE: Healthy for Life will be screening a documentary film entitled "Intersexion," in partial fulfillment of the Welcoming Congregation requirements for Hvuuc.

The film is about the lives of intersex persons and carries a PG-13 rating. There is also a "trigger" warning for topics around sexual abuse and suicide.

A light meal will precede the screening of the film which will begin at 1:00 pm. There will be a brief discussion following the film. Childcare will be provided. For more information please contact our DRE, Justin Ridley, at dre@hvuuc.org

Time to Donate to the Service Auction!

You can now add Donations to the auction catalog!

We would encourage you to donate items that can be redeemed during the next year. All donations will be collected using the Auctria website. This is the same website we have used for donations the past few years.

As items are donated, they will appear in the catalog on the Auctria website. You can review the catalog to consider what you would like to target the evening of the auction.

Visit auctria.events/2023hvuucauction

Pumpkin Carving and Movie Night

Saturday Oct 28 at 6:00PM

Join us to carve pumpkins and watch family friendly Halloween movies.

A limited number of pumpkins and tools will be provided. We recommend bringing your own materials to be sure you have the opportunity to carve.

Feel free to bring a snack to share, as well!

Email cuups@hvuuc.org with any questions.

Winterfylleth / Samhain

Join us October 29 from 2:00pm-7:00pm to celebrate these two traditions.

WinterFylleth- Old English for Winter Full Moon. This was the Anglo-Saxon Pagan Celebration that marked the end of the harvest and the beginning of Winter. This falls on October 28th, 2023.

Samhain- A Celtic Pagan Celebration Marking the end of Summer and the beginning of Winter in Gaelic Ireland. This falls on the evening of October 31st into November 1st, 2023.

Both traditions regard this time of the year as a time when the veil to the other world was thinnest. Divination and asking for guidance from ancestors were common practices during feasts and festivals.

In this ritual, we aim to honor our ancestors who have passed on, as well as the spirits of this land. Please Bring a framed picture of a loved one who has passed on, human or animal.

A potluck feast will be part of this ritual, please bring a food item to share.

Feel free to bring any divination tools (I.E. Tarot cards, Runestones, pendulums etc.) to use with friends during the feast. There will be a small fire-pit outside during the feast as well.

Email cuups@hvuuc.org with any questions.



The Giving Tree is Back!

Join The Social Justice Committee will once again decorate and supply gifts for "The Giving Tree" this upcoming holiday season in downtown Johnson City.

Last year was our first Giving Tree and it was enthusiastically supported both by HVUUC and others in our community. Our larger community heard about it on the news and in the newspaper. They came bearing gifts and put them on the tree. Also area businesses helped out as well.

The presents are bagged in clear plastic and hung on the tree for those in need to take. We will have the donation box in place in the Fred Ball Room starting October 1.

Items needed:

Caps, gloves, scarves, underwear, socks, (all sizes), men and women's hygiene products of all kinds.

Please leave items unwrapped. You may put items in clear ziplock type bags (this helps) or leave them in the box unpackaged.

It appears we may have enough balls for the tree, but we are in need of garland. As time gets closer, we will be looking for volunteers to decorate and resupply our tree.

If you know of a business that may wish to donate gifts for their holiday giving project, please let us know.

Also, monetary donations are also accepted from anyone. One of our elves will happily do the shopping for you.

Please contact us at givingtree@hvuuc.org for monetary donations, suggestions, etc. Thanks for all your support!

Trunk or Treating!

The Religious Education Collaborative is hosting a Trunk or Treat immediately following the service in the parking lot on Sunday, October 29, from 12:00 - 1:00 pm.

All kids and youth are welcome to dress up and participate. If you would like to provide a trunk please contact our DRE, Justin Ridley, at dre@hvuuc.org to enter. We will have a prize for the best trunk as voted on by our kids.



Generational Strengths Workshop

On October 15th at 12:30pm, bring your own lunch or something to share and explore with your community how our generational diversity is one of our greatest strengths.

This one hour workshop invites us to cross generational lines and learn from each other's perspectives first hand. This workshop will tie directly into the Sunday Service and will be a great chance for our newcomers and our more long-term members a chance to get to know each other. Childcare provided.

Email minister@hvuuc.org to help us get an idea of how many to plan for.

Fragrance Free Zone

Did you know that we have people in our community who have fragrance sensitivities that make it very difficult for them to be in spaces where there are perfumes and other scents?

For that reason we have designated the side of the sanctuary closest to the Fred Ball Room as a "Scent-Free Zone".

If you wear perfumes or scented lotions please sit on the other side of the sanctuary. There are signs marking the "Scent-Free Zone."

Caring Team

Caring Team October coordinator is Dan Coughlin & Vonda Little

Contact caring@hvuuc.org to communicate any needs in our congregation.

THE CARING TEAM CARES ABOUT YOU



Kitchen of Hope

If you would like to help, please consider donating either money or food items that can go in a lunch bag. We serve twice a month, but the Kitchen of Hope serves 6 nights a week.

To donate money:

Mail a check to - HVUUC PO Box 8383, Gray, TN 37615 memo: Kitchen of Hope

Via Paypal - <https://hvuuc.org/donate> (please indicate it is for Kitchen of Hope)

To donate food: Contact Kim at KOH@hvuuc.org

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". If you need the password, email office@hvuuc.org.

Once you log in, you can get a recent member directory, read the board policies and procedures and board meeting minutes, and get a reimbursement form or our tax exempt certificate.

Grocery Cards Available for Purchase

Food City and Ingles grocery cards are available and can be mailed or delivered to you!

Cards can be delivered to mailboxes in the Johnson City or Kingsport area, and possibly to others areas. Of course, the cards could also be mailed.

We will happily accommodate your needs so that we can continue to generate a wee bit of income for the church.

If you are interested, please contact Dottie and Richard at grocerycards@hvuuc.org.

Thank you for continuing to participate!

2023-2024 Board of Trustees

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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