



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.

November 2017

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

Headlines

- Women's Group November 3 at 6:30PM
- Fall Back Time Change November 5
- Service Auction November 11 at 5:30PM
- Potluck Lunch November 12
- UU Game Night November 18 6-9:30PM
- Ingathering for New Members November 19 at 11:00AM
- Transgender Day of Remembrance November 19, 3:30PM
- Thanksgiving Potluck November 23, 2PM

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

Service Auction Nov 11 The Fun Begins at 5:30PM!

The evening begins with heavy hors d'oeuvres and perusing the silent auction items. The live auction will begin about 6:30PM. Childcare is available all evening.

Not just a fundraiser, this is also a great community-building experience that lasts the whole year! Throughout the year there is continued fellowship and building of friendships via the hosting and attending of the auctioned services.

You still have time to get in your last minute donation! Deadline for donations is November 1st! To offer a donation use the new online form on the [Auction Website](http://www.hvuuc.org) page.

Volunteers are still needed; a few more bid runners (good penmanship is a must), another greeter/intake person, food setup and cleanup.

Contact Rosemary, 2017 Auction Coordinator auction@hvuuc.org

Upcoming Sunday Worship Services

Nov 5 Fellowship & Community: What Good is the Auction Anyway?, Rosemary Kleske

A look into what a Service Auction accomplishes beyond just fundraising for everyone in the church community, as well as, a personal perspective on this community as chosen family.

Nov 12 Coyote & Stuff, Rev. Jeff Briere

A conversation with Coyote the Trickster about the stuff in our lives, and how it can pervert our motives during the holiday season.

Nov 19 Gotta Serve Somebody, Rev. Jeff Briere

Service to humanity is absolutely critical to an enjoyable life.

Nov 26 A Dark in the Lightness, Rev. Jeff Briere

In preparation for the darkest time of the year and the Festivals of Light that celebrate the return of the sun, we'll look at the benefit of darkness, physically and spiritually.

Thanksgiving Potluck

There will be a community potluck Thanksgiving dinner at church on Thanksgiving Day. The meal will begin at approximately 2:00PM and we'll have some leisure activities between the meal and dessert. Please bring a dish to share and whatever you'd like to drink. You can sign up on the sheet in the back of the sanctuary or by email to lnge@hvuuc.org. If you have questions, or would like to help with organizing, please contact Inge or John.

Green Arts Festival

Would you like to sell items at this years Green Arts Festival? It will be held on Sunday, December 3rd after the Festivals of Light service. All sorts of handmade arts, crafts, and baked goods are typically offered. If you know you'd like to participate, send an email to Kara at greenartsfestival@hvuuc.org. 10% of the proceeds from the items sold go to enhancing our "green" efforts here at church.

Yahoo Groups Mailing List to be Disabled November 13

We are making a change to our news gathering and email delivery systems and need your help (and patience).

What

- The Yahoo Group will be permanently disabled on November 13th. We're dropping Yahoo Groups in favor of putting all of our communications on the website and social media channels, with an email digest replacing Yahoo.
- To get your information to the new email digest you will need to go through [the News and Events forms on the website](#).
- Please start using [the forms](#) right away!

Why

- People without a yahoo email currently can't get our emails.
- The new forms will make it easier for people to share complete information about news and events to all our various communications outlets AND make life easier for Karyn, the office administrator, by ensuring she doesn't have to chase missing information. We want everything to be online for ease of access and to promote the church.
- Maybe most importantly, the visibility of your news or event is going to be MUCH higher.

Challenges

- Items will need to be posted several days in advance, no more last minute sending.
- Deliverability: in testing we've seen emails go to the Promotions tab in Gmail. It's also possible emails may initially go to your junk/spam folder.
- It's a change from the status quo. That can be hard for everyone, but we think it will be worth it!

The address to which you are subscribed to the Yahoo Group will automatically be added to the new email digest.

Please email questions to office@hvuuc.org

Did You Know?

In the past fiscal year (June 2016 – May 2017) our church had 244 visitors, an average of 20 per month. Some were evacuees fleeing from Hurricane Irma, some were enquiring minds wanting to know what was behind that big sign and some were our neighbors just down the road.

Twass the Night Before Christmas...

Do you have a special story about the holidays you'd like to share? Or an unusual tradition that would be fun to describe? The Religious Services Committee would like to get volunteers for a special evening service on Christmas Eve. The stories need to be less than 5 minutes long and written out in advance.

Please contact Deb H. if you're interested at RSCchair@hvuuc.org

Seniors: One of the Many Blessings of Our Community

When I think of the term "senior", what comes to mind are Religious Education for children, Caring Team, Fellowship, Religious Services Committee, volunteering in our church community and the larger Tri-Cities area. Seniors play a crucial role in holding all of these together. It is hard to identify the age of someone who is included in this demographic. Somewhere between the age of 60 and beyond is what I am considering. The Holston Valley Unitarian Universalist Church's membership is about 50% seniors. It is a blessing to have them! It is not hard to see why some of them are so active in our church. Strong family relationships, financially stable, educated, and health care benefits are good reasons that our seniors can be productive.

However, not everyone is so fortunate to have these advantages. Some seniors are in failing health, their families are not near, or they have no relatives. They may have healthcare, but it is hard to get healthcare when you cannot or should not drive. Communication may be hard too. I know of people who have smart phones provided by well-meaning families, but they do not know how to use them, or to use the device to its full advantage. Last, but not least, everyone needs companionship, even seniors.

What am I asking of our church community? Look around; greet each senior. See what their needs are and do what you can to help. For example, a class can be organized for seniors (and others) about smart phones and internet capable tablets. Most importantly, provide companionship. Have a cup of coffee or tea with them, either at church or stop by their home if asked. Our sages are interesting and independent people. You might gain something!

Fellowship Opportunities

Women's Group Nov 3

Women's Night is Friday, November 3rd at 6:30PM. Denée M. is hosting in Elizabethton. If weather and the forest service allow, we'll have a fire (camp chairs are welcome). As usual, bring a snack to share but if after a busy day at work you just don't have time to put something together, come anyway. There will be enough and our purpose is fun and fellowship. Everyone who identifies as a woman is invited.

Contact womensgroup@hvuuc.org

Casual Game Night November 18 6:30-9:30PM

All ages are welcome! We have a playroom, a trampoline outside in a fenced yard, and kid-friendly board games. Bring yourself and optionally any cohorts, games, snacks, or drinks. Sharing is encouraged. Come whenever you want, leave whenever you want. If you arrive late you may have to hang out and observe while in-progress games wrap up. As usual, on the second Saturday. Mark your calendar for months and months to come! For location email gamegroup@hvuuc.org

Buuk Club November 21

New members are always welcome to join us in the REZ on the third Tuesday September through May from 10:00AM to noon. We meet in the Susan B. Anthony room except for special meetings in December and May where we meet at a member's home. buukclub@hvuuc.org

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. [church calendar](#)

Wednesday Night Supper Cancelled for November

Due to the Thanksgiving holiday, we will not have a WNS in November.

Life Span Religious Education

Youth Religious Education

Youth Religious Education classes are from 9:30 to 10:45AM on Sunday morning. Nursery care is available during Youth RE classes for children birth-age 3 (or not potty trained).

[Youth Religious Education](#) Find out which class your child is in this year and be sure they are registered! If you haven't registered your child yet, please click here [RE Registration](#)

At 11:00AM children can head to the sanctuary for the sermon. The younger children (kindergarten and younger) can either go straight to childcare after RE or they can attend the service until the Story, after which the children go as a group to childcare.

Adult Religious Education 2

Adult RE 2 meets in the Susan B. Anthony room in the RE Building at 9:30AM Sunday mornings.

Building the World We Dream About is a Unitarian Universalist program that seeks to interrupt the workings of racism and transform how people from different racial/ethnic groups understand and relate to one another. It consists of 24 two-hour workshops, with Taking It Home activities, reflections, and readings to be done between workshops. The program creates opportunities for participants to practice dreaming our world otherwise, and then commit to new, intentional ways of being.

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 began a new series on Sunday, September 10th *Why Evil Exists* – 36 lectures from The Great Courses, Professor Charles Mathewes, Ph.D., University of Virginia

The "problem of evil" is one of the oldest and most fundamental concerns of human existence. Since ancient times, questions surrounding evil have preoccupied every major religion, as well as many of history's greatest secular thinkers, from early philosophers to contemporary social theorists.

Whether we view it in theological, philosophical, or psychological terms, evil remains both a deeply intriguing question and a crucially relevant global issue. From organized terrorism to genocidal conflicts, from environmental destruction to the ongoing nuclear threat, human actions that most of us would consider evil play a central role in the dialogue between nations and peoples, affecting not only our well-being, but the very survival of our civilizations. No single aspect of human life is more relevant to the question of our social evolution—to the goal of a healthier, more humane world. 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. "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

November Food Donations

Bring your donations of **Flour, Sugar, and Baking Items** 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 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 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 jumbazumba@yahoo.com and/or check out the Facebook group: Jumba Zumba.

Harp Concert November 11

You are invited to a Harp Concert Saturday November 11 from 2-3PM at the Kingsport Renaissance Theater 1200 E. Center Street.

The concert will be a variety of selections performed by StringArt lever harp ensemble and pedal harp ensemble. There will also be three solo performances including the premiere of "The Ballade of Dryope", composer Evelyn Pursley-Kopitzke. There is a suggested donation of \$5. The funds are being raised to support Harp Performance, Harp Student Scholarships, and Harp Therapy for our region and is sponsored by Harp-strings-Studio.com.

Come out and enjoy a special presentation with the finale by the combined harp ensembles.

Songfest 2017

Sunday, November 12 from 3-5PM

Gregory Center at Milligan College

An Appalachian Music Experience

Plan to join Family Promise for a great afternoon of music! Come out to see:

Carson Peters & Iron Mountain

Ed Snodderly and Friends

ETSU Old Time Pride Band

Free to the Public Donations are welcomed

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.

I Am in this contemplative documentary, filmmaker Tom Shadyac conducts in-depth interviews with prominent philosophers and spiritual leaders -- including Archbishop Desmond Tutu -- about what ails the world and how to improve it.

Membership Corner

Caring Team

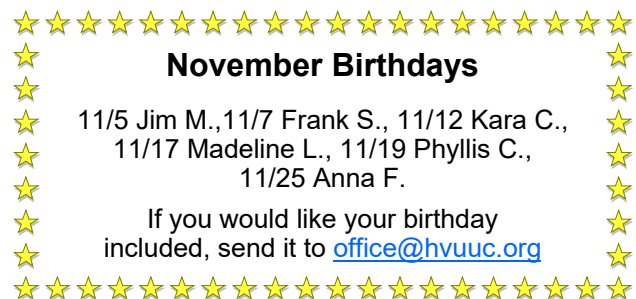
The Caring Team coordinators for November are Cynthia Goodman and Joseph Viola. They can be reached at caring@hvuuc.org or 423-477-7661 (Press 3).

Thank You to our October coordinators Louise Serviente 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.



2017-2018 Board of Trustees

President: David Kashdan president@hvuuc.org

Vice President: Spencer Conco vp@hvuuc.org

Past President: Charlie Stuart pastpresident@hvuuc.org

Treasurer: Brad Helmer treasurer@hvuuc.org

Stewardship Trustee: George Cross stewardshiptrustee@hvuuc.org

Programs Trustee: Amy Kinley programs@hvuuc.org

Facilities Trustee: Greg Kramer 349-6125 facilities@hvuuc.org

Secretary/Historian: Tom Burns boardsecretary@hvuuc.org

Membership Trustee: Peggy Perez membership@hvuuc.org

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

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

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 8:50 am - 9:30 am Jr. Choir Rehearsal (R2) 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 Fellowship Hour 12:30 pm - 1:30 pm OWL Parent Meeting (R5) 12:30 pm - 2 pm Adult Choir Rehearsal (R2)	30 5:30 pm - 7:30 pm Wholehearted Covenant Group (R5) 7 pm - 9 pm Sports Covenant Group (R1)	31 Halloween	November 1 9:30 am - 11 am Sangha Meditation (R6) 6 pm - 7 pm Zumba (F1, F2, K)	2 6:30 pm - 8:30 pm Mythology Covenant Group (R5) 7 pm - 9 pm Tri-Cities Metaphysical Group (F1) 7 pm - 9 pm Independent Study Group (R1)	3 9 am - 12 pm Quilt group (F1, F2) 6:30 pm - 9 pm Women's Group	4
5 Daylight Saving (End) 8:50 am - 9:30 am Jr. Choir Rehearsal (R2) 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	6 12 pm - 5 pm Kitchen of Hope 5:30 pm - 7:30 pm Wholehearted Covenant Group (R5)	7 7 pm - 9 pm Exploring the Coddess Covenant Group (R1) 7 pm - 9 pm Photography Covenant Group (R1)	8 9:30 am - 11 am Sangha Meditation (R6) 6 pm - 7 pm Zumba (F1, F2, K) 7 pm - 9 pm RSC (R4)	9 7 pm - 9 pm Tri-Cities Metaphysical Group (F1)	10 6 pm - 8 pm Girl Scouts (REZ)	11 Veteran's Day 5 pm - 10 pm Service Auction (S, F1, F2)

Fellowship Hour 12:30 pm - 2 pm Adult Choir Rehearsal (R2)						
12 8:50 am - 9:30 am Jr. Choir Rehearsal (R2) 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 Potluck Lunch 12:30 pm - 2 pm RE Collaborative (R4) 12:30 pm - 2 pm Adult Choir Rehearsal (R2) 6 pm - 8 pm Music Covenant Group (R5)	13 5:30 pm - 7:30 pm Wholehearted Covenant Group (R5) 7 pm - 9 pm Free Range Covenant Group (R2) 7 pm - 9 pm Sports Covenant Group (R1)	14	15 9:30 am - 11 am Sangha Meditation (R6) 6 pm - 7 pm Zumba (F1, F2, K) 7 pm - 9 pm Board of Trustees Meeting (R4)	16 6:30 pm - 8 pm Eckankar (R2) 7 pm - 9 pm Tri-Cities Metaphysical Group (F1) 7 pm - 9 pm Independent Study Group (R1)	17 9 am - 12 pm Quilt group (F1, F2)	18 6:30 pm - 9:30 pm UU Game Group
19 8:50 am - 9:30 am Jr. Choir Rehearsal (R2) 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 11 am - 12 pm New Member	20	21 10 am - 12 pm bUUk Group (R1) 7 pm - 9 pm Photography Covenant Group (R1)	22 9:30 am - 11 am Sangha Meditation (R6)	23 Thanksgiving 7 pm - 9 pm Tri-Cities Metaphysical Group (F1)	24	25

Ingathering 12 pm - 1 pm Fellowship Hour 12:30 pm - 2 pm Adult Choir Rehearsal (R2) 1 pm - 3 pm CUUPS Monthly Meeting (F1, F2, K) 3:30 pm - 9:30 pm Transgender Day of Remembrance (K, S, F1, F2)						
26	27	28	29	30	December 1	2
8:50 am - 9:30 am Jr. Choir Rehearsal (R2) 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 12:30 pm - 2 pm Adult Choir Rehearsal (R2) 6 pm - 8 pm Music Covenant Group (R5)	7 pm - 9 pm Free Range Covenant Group (R2) 7 pm - 9 pm Sports Covenant Group (R1)	7 pm - 9 pm Covenant Group Facilitators (R2)	9:30 am - 11 am Sangha Meditation (R6) 6 pm - 7 pm Zumba (F1, F2, K)	7 pm - 9 pm Tri-Cities Metaphysical Group (F1)	9 am - 12 pm Quilt group (F1, F2) 6 pm - 8 pm Girl Scouts (F1, F2, K) 6:30 pm - 9 pm Women's Group	9 am - 12 pm Decorating for Festivals of Light (S)

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