



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.*

July 2017

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

Headlines

- Women's Group July 7 6:30PM
- Potluck Lunch July 9
- Wednesday Night Supper July 26 6:30PM

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

Upcoming Sunday Worship Services

July 2 **Soapbox Sunday**, Various Speakers

We are continuing what has turned into an annual event! It commemorates the 4th of July and offers the opportunity for speakers to sound off on nearly any issue. Speakers are limited to 4 minutes but can speak on (almost!) any topic. Come celebrate our freedom of speech!

July 9 **Old Friends**, David Kashdan

David Kashdan will discuss his long relationship with Holston Valley UU Church, and what it means to him.

July 16 **Erin Swenson**

The Reverend Erin K. Swenson, Th.M., Ph.D., was ordained as Eric Karl Swenson in 1973 by the Presbytery of Atlanta, which was then a part of the southern Presbyterian Church in the U.S. Twenty-three years later, after completing a gender transition from male to female, that ordination was sustained by the Presbytery of Greater Atlanta, PCUSA, making Erin the first known mainstream minister to transition from male to female while remaining in ordained office.

Erin continues to practice active ministry as a psychotherapist/marriage and family therapist at her office at StudioPlex in Atlanta's Old Fourth Ward, and speaks on topics related to gender and religion across the country and the U.K.

She enjoys warm supportive relationships with her ex-spouse and their two grown daughters (one of which is a member of HVUUC!), as well the rest of her family, in the wake of her 1995/96 gender transition.

July 23 **Everyone Is In! No one Is Out!**, Rev. Briere

A service about inclusivity with clips from the movie *Chocolat*.

July 30 This service will highlight the diverse talents of our awesome Music Committee. They will be coming together in various combinations to play some of their

2017 HVUUC ANNUAL PICNIC

Bays Mtn Recreation Area
Saturday, August 5th
Fellowship, RE registration,
Games, Music, Potluck and
Fun for All Ages
SEE YOU THERE!

Sermon Follow Up

On June 4th, local nurse Meira Yasin returned to HVUUC to share with us her experience traveling to Greece to help with medical care at a Syrian Refugee camp. She made her observations personal and relatable, and many were touched. For those asking how they can help her efforts and the good work done by many others, she suggests a direct donation to a reputable organization, such as: <https://www.launchgood.com/GMM>

The Unitarian Universalist Association Board of Directors will meet in northeast Tennessee in January, 2018. Four events are beginning to take shape around this event.



On January 19, an event at the Highlander Center in New Market TN. (about 74 miles from the church) This event is envisioned to have some programming, perhaps a bit of the history of the Highlander Center and a chance to meet the new co-directors of the center. The Highlander Research and Education Center, is a social justice leadership training school and cultural center founded in 1932. Highlander provides training and education for movement leaders throughout the South, Appalachia, and the world. During the 1950s, it played a critical role in the American Civil Rights Movement. It trained civil rights leader Rosa Parks, the Student Nonviolent Coordinating Committee, Septima Clark, Anne Braden, Martin Luther King, Jr., James Bevel, Hollis Watkins, Bernard Lafayette, Ralph Abernathy and John Lewis.

On January 20, in the afternoon, at the Highlander Center, a chance to meet the UUA Board and engage them in a deeper conversation about the association than would be possible at a cocktail party. What does your congregation want from the Board? How can they further your goals? A way to connect with the Board.

Also on January 20, in the evening, probably at the Tennessee Valley UU church in Knoxville (95 miles from the church), a social event, a lighter conversation, some food and fun (music?) with the Board.

On January 21, a large public worship service featuring the ministers and congregants from Nashville, Knoxville, Oak Ridge, Marysville, Farragut, Gray and Asheville NC. The location for this event has not been chosen, but people are focusing on an auditorium at Pellissippi State (west of Knoxville, 109 miles from the church).

The planning for this weekend has been divided between three teams, one for each day. The teams need people versed in event planning, communication, congregational leadership, marketing, graphic design, music, social justice advocacy, any skill that might be useful in planning such an event.

If you would like to be part of the planning team for this event, please contact Rev. Jeff Briere before the

Follow up on May 7th Talk: The Foster Care Experience

There are about 800 kids in foster care in NE Tennessee region, and half of those due to effects of the opioid drug epidemic sweeping the country. The effects on families is profound.

On May 7th, local lawyer Sandy P. came to speak about the experiences kids have in foster care. Sandy is a family practice lawyer and sees kids enter foster care and the trauma and difficulty they face with the sudden changes. Her talk was from the heart and from a deep place of compassion. Those in attendance learned about what so many kids go through with foster care: the process, the uncertainty.

Sandy ended her talk with answers to our question "How can we help?" Of course, there's always a need for good foster homes. But that is a tremendous sacrifice that most people cannot do, so there's smaller things, too, that are meaningful:

- If you can fund a child's wish for something they would like to have that they can't have simply because they are in foster care, there is an organization called One Simple Wish. <https://www.onesimplewish.org/>
- You can tutor or mentor through Big Brothers or Big Sisters or other similar programs. <http://www.tennesseebig.org/>
- You can host a fundraiser for school supplies for local foster care programs. Watch in late July or August, as one member of the church, Mark R., usually hosts a drive for needed school supplies.
- Munsey Church in Johnson City hosts a backpack program in which they put together backpacks for local kids being moved into foster care: the packs contain p.j.s, a stuffed toy, coloring supplies, and toiletries. Our church and Sandy colluded together to help the Munsey backpack program as a way to help kids in or local area.
- And similar to what Munsey does with the back packs, there is a national organization called My Stuff Bags that you could contribute to. <http://www.mystuffbags.org/>

Fellowship Opportunities

Women's Group

Women's Night is Friday, July 7th at Deb Helmer's house in Kingsport. All who identify as women are welcome. Please bring a snack and/or beverage to share, a folding chair and a bathing suit if you'd like to swim. Deb's address is in your directory. If you need a directory, please respond to womensgroup@hvuuc.org

Wednesday Night Supper July 26

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>

Game Night

Game Night will be on hiatus for the summer. Join us when we start back up again on September 9th. 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

Life Span Religious Education

Youth Summer R. E.

Summer, Summer, Summertime!
Our Summer RE Sessions have been wildly fun for our children and youth! A big THANK YOU to everyone who has volunteered. We only need one more helper for our July 9th session. If we do not get a helper immediately, we will not be able to have this session. Please contact me if you can be a helper for this session!

I am thrilled that we will once again have a PreK-1st grade class for this upcoming RE year! We will be needing teachers to help accommodate the extra class. Please consider volunteering in our classrooms with our incredible and bright children.

Make sure to mark your calendars and plan to attend our Annual Church Picnic on August 5th. I will be there with our RE Collaborative ready to register our children and youth for our 2017-2018 RE year.

Adult Religious Education 1

Adult RE 1 is taking a break for the summer and we'll begin meeting again in August.

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 fragrances.
AdultRE2@hvuuc.org

CUUPS

There will NOT be CUUPS (Covenant of UU Pagans Meeting) on July 16, 2017.

CUUPS will hold their Annual Planning Meeting Sunday August 20, 2017 at 12:30PM in the Fred Ball Room @ HVUUC. Please come with ideas for events you would like to facilitate or participate in during the upcoming year. Everyone is invited to attend and participate. We will help clean the kitchen after Coffee Hour and have a Potluck Luncheon while we plan our upcoming year of Activities. Please bring a Potluck item to share and join us.

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

July Food Donations

Bring your donations of **Greens and Veggies** 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

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.

A Walk Through a Mountain

Walk through the tunnel at Natural Tunnel State Park on (Sat.) July 15 on train day. The NTSP tunnel will be closed to rail traffic from 10am til 3pm to allow for a 900 ft. tunnel walk. Join Michael L. Jones at HVUUC at 8:30am to carpool to the park. Bring picnic needs , flashlights, etc. for a geological walk through the mountain, a picnic, and a fossil hunt (Ordovician, Lenoir Formation ~470Ma, marine brachiopods, etc.) with MLJ. Contact MLJ at mikeljones@hotmail.com , or [251 769 2459](tel:2517692459).

New Music Directory Looking for Housing

Our new music director is moving to the area this summer and is looking for affordable housing. If you know of a dog friendly apartment or room in a house with shared kitchen, etc. around \$400/

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.

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.

July 23: *Kilowatt Ours* is a timely, solutions-oriented look at one of America's most pressing environmental challenges: energy. Filmmaker Jeff Barrie offers hope as he turns the camera on himself and asks, "How can I make a difference?" In his journey Barrie explores the source of our electricity and the problems caused by energy production including mountain top removal, childhood asthma and global warming.

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 July are Wanda Earp and Lynn Scarborough. They can be reached at caring@hvuuc.org or 423-477-7661 (Press 3).

Thank You to our June coordinators Joy Boyd and Cynthia Goodman.

July Birthdays

7/3 Ali Desjardins, 7/4 John Franjione, 7/5 Wendy Hearl, 7/6 Jo Anne Medlin, 7/10 Gable Napora, 7/17 Sharon Foster, 7/17 Audrey Chaffin, 7/18 Sue Shuler, 7/30 Charles Landry, 7/30 Kim Chaffin

If you would like your birthday included, send it to office@hvuuc.org

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.

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

July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 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	26 7 pm - 9 pm Free Range Small Group Ministry (R2)	27	28 6:30 pm - 7:30 pm Wednesday Night Supper	29	30 6 pm - 8 pm Girl Scouts (F1, F2)	July 1
2 9:30 am - 10:45 am Children's R.E. 9:30 am - 10:45 am Adult RE 2 (R2) 11 am - 12 pm Worship Service	3	4 Independence Day	5 9:30 am - 11 am Sangha Meditation (R6) 6 pm - 7 pm Zumba (F1, F2, K)	6	7 9 am - 12 pm Quilt group (F1, F2) 6:30 pm - 9 pm Women's Group	8

12 pm - 1 pm Fellowship Hour						
9	10	11	12	13	14	15
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)			
9:30 am - 10:45 am Adult RE 2 (R2)			6 pm - 7 pm Zumba (F1, F2, K)			
11 am - 12 pm Worship Service			7 pm - 9 pm RSC (R4)			
12 pm Potluck Lunch						
16	17	18	19	20	21	22
9:30 am - 10:45 am Children's R.E.			9:30 am - 11 am Sangha Meditation (R6)	6:30 pm - 8 pm Eckankar (R2)	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)			
11 am - 12 pm Worship Service			7 pm - 9 pm Board of Trustees Meeting (R4)			
12 pm - 1 pm Fellowship Hour						
12:30 pm - 2 pm RE						

Collaborative (R4)						
23 Parents' Day 9:30 am - 10:45 am Children's R.E. 9:30 am - 10:45 am Adult RE 2 (R2) 11 am - 12 pm Worship Service 12 pm - 1 pm Fellowship Hour	24 7 pm - 9 pm Free Range Small Group Ministry (R2)	25	26 9:30 am - 11 am Sangha Meditation (R6) 6:30 pm - 7:30 pm Wednesday Night Supper	27	28	29
30 9:30 am - 10:45 am Children's R.E. 9:30 am - 10:45 am Adult RE 2 (R2) 11 am - 12 pm Worship Service 12 pm - 1 pm Fellowship Hour	31	August 1	2 9:30 am - 11 am Sangha Meditation (R6) 6 pm - 7 pm Zumba (F1, F2, K)	3	4 6:30 pm - 9 pm Women's Group	5 Church Picnic

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