



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.

February 2019

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

Headlines

- Women's Group Friday February 1
- Kitchen of Hope Monday, February 4
- Casual Game Group Feb 9 at 6PM
- Potluck Lunch February 10
- Stewardship Kickoff February 17
- bUUK Club February 19 at 10AM
- Complicated Game Night February 23
- Wednesday Night Supper Feb 27

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

Stewardship Kickoff Square Dance with Live Bluegrass Band Sunday, February 17

Sunday, February 17th will be the big day for the pledge drive kickoff! We will have a short presentation on the budget and pledge process directly after the service followed by a luncheon of soup beans and cornbread, a live bluegrass band and a square dance caller! This will be fun for all ages. Please put this on your calendar and plan to attend. Questions contact George Cross stewardship@hvuuc.org



Upcoming Sunday Worship Services

February 3 *Blossoms and Blessings*, Rev. Briere
The language we use in church changes with what we believe. It's important to understand why we use the language we do.

February 10 *Love, In Enduring Connections*, Rev. Briere
Why do we connect? Why is living alone, or as a hermit, not the norm? Why do we come together? What brings us together?

February 17 *Endings*, Rev. Briere
Everything comes to an end. Nothing lasts forever. How we handle our endings goes a long way to living well in what comes next.

February 24 *How to Have a Good Argument*, Tiffany Sapp
Have conversations about the important things in life become so difficult that we are tempted to avoid them? How can we have a better argument?

Social Justice Committee February Project

Our project for February is to help middle school students from economically disadvantaged families. This idea was sparked from discussions between teachers in our congregation. They have found that there are middle school students who do not have some of the basic necessities needed to help navigate their way through puberty and adolescence. We are asking the congregation to bring the following items to church during the month of February for both boys and girls: shampoo, conditioner, body wash, deodorant, tooth brushes, toothpaste, combs, hair brushes, and socks. There will be a collection bin in the sanctuary foyer. Thanks for the generous spirit you always have!

Belief-O-Matic

Just for fun, go check out the “Belief-O-Matic,” an online quiz that will tell you what religion you are based on 20 questions. Years ago, I took this quiz and found out that I was 99% Reform Jewish, 98% Neo-Pagan, and 97% Unitarian Universalist. Today, I retook it and I’m 100% Unitarian Universalist, 98% Liberal Quaker, and not even close to anything else.

It’s a fun game, though I don’t need it to tell me that this is my spiritual home. The text itself fascinates me. It asks both esoteric questions about the nature of the sacred, and investigates your stance on a few hot-button social issues. The best part though, is the scale at the bottom of each question that asks you “How important is this to you?”

Truly, I believe that how we reply to this part of the text reveals the most about us as Unitarian Universalists. I have ideas about God and the afterlife. But those aren’t the ideas that are that important to me.

How we treat the Poor and the Other in our midst is of more importance to me. And our Principles echo that. They’re not a creed full of beliefs. They’re a covenant that can provide a foundation for building an ethical life on. And they’re grounded in the needs of this world.

This month, as you encounter questions big and small, go a little deeper and ask yourself, “how important is this to me?”

Tiffany Sapp, Intern Minister
intern@hvuuc.org



Courageous Love Award

Last Sunday, January 27, 2019, was the annual Social Justice Sunday at our church. Every year we present an award to someone who has exemplified courageous love in our community.

This year we were honored to present this award to our very own KIM RAY. Over the years, Kim has served as a Girl Scout leader and a nurse at Girl Scout camp, participated in the Women's March in Washington, D.C., helped with Tools For Schools, and stayed with terminally ill patients so caregivers could have a break. This list could go on and on.

Kim's most recent social justice work involves organizing volunteers for Kitchen of Hope where they prepare and serve up to 150 people who are either homeless or impoverished. Along with an award, we presented Kim with a gift made by our own talented, Linore Huss.

We are so thankful to have Kim continue doing courageous work in our community!

Hogwarts School of Magic and Fun Is Returning July 15-19th!

We had such a magical week together this past July, and we hope to see many returning witches and wizards. We have so many magical moments planned!

You can sign up at:

<https://hvuuc.org/2019-hogwarts-school-of-magic-fun/>



Spring Covenant Groups

Covenant groups are a great way to get to know people on a deeper level than is possible during coffee hour. For more info, visit <https://hvuuc.org/covenant-groups-faq/>. Here are the upcoming groups.

Free Range Small Group

This small group has been designed for people who have never participated in a small group here at HVUUC. What does Free Range mean? It means I have no theme that is consistent between sessions. Curiosity, Shame, Joy, Fear and Fun will be some of the themes we will discuss and share our stories. Small Groups are not Adult Religious Education classes, this is a discussion group where your story matters and your point of view matters. This is also a great way to meet other congregants on a more personal basis.

Location: Ralph Waldo Emerson Room, Religious Education building

Date and Time: Second and fourth Wednesdays from 7-9pm, beginning January 23 through May 22

Facilitator: Greg Kramer freerangecg@hvuuc.org

The Spectra of Sex and Gender

At the moment we are born (or even before), on the basis of a single criterion, each of us is labeled either male or female. This label has tremendous repercussions for the rest of our lives—how we are treated, how we are supposed to dress and behave, what we're interested in, and whom we're expected to love. In this group we will pull back the curtain and explore the reality of gender and sexuality, dazzling variations that go beyond the rigid labels we've been stuck with.

Location: Ralph Waldo Emerson Room, Religious Education building

Date and Time: First and third Tuesdays from 7-9pm, beginning February 5 through April 16

Facilitators: Wendy Hearl and Tish Kashdan spectracg@hvuuc.org

“PPP” Pheelings and Phun through Photography

We'll decide on a theme before each meeting. Examples: “My sacred place”, “happiness”, “its complicated”. Everyone will bring to the meeting a digital image they have captured that speaks to the theme and we'll share our reflections that arise from everyone's images. Don't worry – its not an art contest. The covenant group emphasis on sharing our experiences is the important thing here.

Location: Waldo Emerson Room, Religious Education building

Date and Time: First and third Thursdays from 7-9pm, beginning February 7

Facilitators: Dave Calvert and Tom Burns photographycg@hvuuc.org

Path to Membership Class March 10

The next Path to Membership class is scheduled after the service and Potluck luncheon on Sunday, March 10 from 12.30PM – 2:00PM.

What is Path to Membership? Membership Growth Committee provides a class that helps prospective members learn more about our church and the opportunities for involvement.

The class does not commit you to membership, but is a necessary precursor for joining our church. The class also lets you get to know a small group of people on a more personal level.

If interested, please sign up on the shelf in the Sanctuary or by email to office@hvuuc.org. Indicate the ages of any children who will need childcare during this time, so we can arrange appropriately for sitters.

Fellowship Opportunities

Women's Group Feb 1

All who identify as women are invited to join the Women's Group Friday, February 1 at 6:30PM at Rosemary's home in Johnson City.

Please bring any clean unwanted clothing if you'd like to participate in a clothing swap.

As usual, please bring a drink or snack to share. The main purpose of this gathering is for community.

Rosemary's address is in your directory, Questions? womensgroup@hvuuc.org

Potluck Lunch Feb 10

Bring a dish to share and join us the second Sunday of every month after the service for a potluck lunch.

Fiber Fellowship

Do you quilt? Embroider? Crochet? Knit? Felt? Whatever your passion we want to share it with you. Bring your tools and a project if you'd like or contribute your time to a service project at the gathering. 1st and 3rd Fridays from 9AM-noon. Tea and snack around 10:30--see you there!
fiberfun@hvuuc.org

Wednesday Night Supper February 27

Join us at 6:30PM on February 27. The menu will be published a few days before the dinner. There is no agenda other than fellowship! Cost is \$5/adults, \$2.50/children. Please RSVP to WNS@hvuuc.org by Tuesday February 26 to ensure we have enough food for everyone.

Buuk Club

New members are always welcome to join us! We meet the 3rd Tuesday of the month from 10AM-12PM in the Religious Education building at church. Email for details buukclub@hvuuc.org

Families Group

This is a social group for parents, grandparents or guardians who attend or are friends of Holston Valley Unitarian Universalist Church and have children and grandchildren from birth through school age. The goal of our group is to create a supportive community for ourselves and our children and grandchildren within our faith community. For more information contact families@hvuuc.org or find us on Facebook under HVUUC Families Group.

Youth Group

The HVUUC Youth Group welcomes all youth ages 12 -graduating senior for world-class fun, service, and fellowship. We meet once a month August through April. Email youthgroup@hvuuc.org to get in touch!

Casual Game Night

2nd Saturdays from 6:00-9:30PM

Last regularly-scheduled game night of 2018! This is a game night for everybody. We play a range of modern board and card games, from simple to not-as-simple. It's all for fun, no experience required. All ages are welcome. We have a playroom 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. Email gamegroup@hvuuc.org with questions.

It's Complicated Game Night

4th Saturdays from 6:00-9:30PM

An adults-only board game night at the church where the games don't HAVE to be complicated, but it's okay if they are. No experience required.

- Timing: starts at 6pm... bring food/snacks for yourself or to share
- Location: we'll be in the REZ
- Viability: need to have at least a few definite Yes responses on the Facebook group by the morning of the event or will cancel (no hard feelings)

No experience with complicated games is okay! They can seem overwhelming during rules explanations but they usually start to make sense after muddling through a few rounds.

Please make sure to arrive promptly so you can get to playing right away and not have to wait for a game to finish. These games often take over an hour to play.

Questions? Email gamegroup@hvuuc.org

Life Span Religious Education

What's Happening in the RE Zone?

All children need to be registered for Religious Education. Registrations this year are via the form on our website [Religious Education Form](#)

Pre K - 1st Grade

Joseph Priestley Room - This class is located on the first floor of the Religious Education building.

Learning and Fun through Stories

The PreK-1st graders focus is on Stories that have passed through the generations from World Religions, other Cultures and Nature...all with lessons to learn.

We invite children 4 years old and fully potty trained, through 1st grade to join us in our Pre K - 1st class.

2nd - 4th Grade

David Thoreau Room - This class is located on the first floor of the Religious Education building.

Change and Transformations

The 2nd—4th graders will be looking at Change and Transformations together this year. We will watch our own changes as we grow this year; those in a special tree and nature nearby and on earth; the big movements of our planet and galaxy, and changes that we can make as we work for social justice. Each lesson will be connected to one of our U.U. principles and it will include a story from children's literature, as well as activities and experiences. (We will be outdoors fairly frequently, so please be sure that your child has sturdy shoes, and winter warm clothing later this year.)

5th - 12th Grade

This class will be on hiatus until the middle of April when the OWL class is over. If you have a child who comes to the Junior/Senior Youth class, they are encouraged to participate in O.W.L if age-appropriate. If they are not within the age limits they can assist in one of the other R.E. classes. This would be a wonderful opportunity to be a role model for the younger children in our congregation!

If you have any questions about the Religious Education program, contact Sarah White at DRE@hvuuc.org

O.W.L classes will impact Religious Education in the following ways:

Pre K-1st grade class will not be impacted.

2nd-4th grade class will be held as normal, minus the children participating in O.W.L.

Junior/Senior Youth class WILL NOT BE HELD!

If you have a child who comes to the Junior/Senior Youth class they are encouraged to participate in O.W.L if age-appropriate. If they are not within the age limits they can assist in one of the other R.E. classes. This would be a wonderful opportunity to be a role model for the younger children in our congregation!

Adult R.E. 2 will be transformed into the guardian parallel class. For the first time, guardians who have children in the O.W.L class have the opportunity to participate in the same curriculum. Our hope is that this will foster open and trusting communication at home!

To learn more about O.W.L, or to register for classes, please follow this link:

<https://hvuuc.org/our-whole-lives-owl-4th-6th-grade/>

Contact Sarah White with any questions dre@hvuuc.org

Adult Religious Education 1

Adult RE 1 meets on Sunday mornings at 9:30AM in the Meditation Hall of the Religious Education building and are currently listening to a series of lectures from the Great Courses on Energy.

Adult RE 1 usually meets even when other RE classes are cancelled. If in doubt please email Betty B. at AdultRE1@hvuuc.org

Adult Religious Education 2

From January 27 until April 7 Adult R.E. 2 will be transformed into the guardian parallel class for OWL. For the first time, guardians who have children in the O.W.L class have the opportunity to participate in the same curriculum. Our hope is that this will foster open and trusting communication at home!

Adult RE 2 is a fragrance-free class, please be respectful of those that are sensitive to fragrances. AdultRE2@hvuuc.org

Social Justice

Kingsport Kitchen of Hope February 4

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! Please contact Kim 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.

When the next request for volunteers goes out, please consider helping with this important and much appreciated part of our church's outreach.

familypromiseKPT@hvuuc.org

familypromiseJC@hvuuc.org

February Food Donations

Bring your donations of **canned meat or fish** 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!

In Our Community

Appalachian Dharma and Meditation Center

Holston Valley Sangha (Wednesday morning session that used to meet at UU Church) will now be meeting at ADMC in Johnson City.

www.dharma4et.org

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 in the RE building on Tuesday 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.

Did You Know?

You can volunteer to sing, dance, play an instrument or assist in a religious education class at church. Do you like cooking, cleaning, gardening, helping at a food pantry? If you have a special talent that you'd like to share or just want to be a helping hand, contact: volunteer@hvuuc.org

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Rev. Jeff Briere: 477-7661 (office) minister@hvuuc.org

Intern Minister

Tiffany Sapp intern@hvuuc.org

Director of Religious Education

Sarah White DRE@hvuuc.org

Music Program Director

Michael Luchtan musicprogram@hvuuc.org

Choral Director

Kate Briere choir@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.
Up to date information can always be found at www.hvuuc.org

Holston Valley Unitarian Universalist Church Calendar

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>27</p> <p><u>9:30 am - 10:45 am</u> Children's R.E.</p> <p><u>9:30 am - 10:45 am</u> Adult RE1 (R6)</p> <p><u>9:30 am - 10:40 am</u> OWL 4-6 Grade (R2, R3, R4, R5).</p> <p><u>9:30 am - 10:45 am</u> OWL Parent Class (R2).</p> <p><u>11 am - 12 pm</u> Worship Service</p> <p><u>12 pm - 1 pm</u> Fellowship Hour</p> <p><u>12:15 pm - 2 pm</u> Music Committee Meeting (MR).</p>	<p>28</p> <p><u>12 pm - 5 pm</u> Kitchen of Hope</p>	<p>29</p> <p><u>5:15 pm - 6:15 pm</u> Yoga with Tish (R6).</p>	<p>30</p> <p><u>6:30 pm - 7:30 pm</u> Wednesday Night Supper</p>	<p>31</p> <p><u>7 pm - 9 pm</u> Tri-Cities Metaphysical Group (F1).</p>	<p>February 1</p> <p><u>9 am - 12 pm</u> Fiber Fellowship (F1, F2).</p> <p><u>6:30 pm - 9 pm</u> Women's Group</p>	<p>2</p> <p>Groundhog Day</p>
<p>3</p> <p><u>9:30 am - 10:45 am</u> Children's R.E.</p> <p><u>9:30 am - 10:45 am</u> Adult RE1 (R6)</p> <p><u>9:30 am - 10:40 am</u> OWL 4-6 Grade (R2, R3, R4, R5).</p> <p><u>9:30 am - 10:45 am</u> OWL Parent Class (R2).</p> <p><u>11 am - 12 pm</u> Worship Service</p> <p><u>12 pm - 1 pm</u></p>	<p>4</p> <p><u>12 pm - 5 pm</u> Kitchen of Hope</p>	<p>5</p> <p><u>5:15 pm - 6:15 pm</u> Yoga with Tish (R6).</p> <p><u>7 pm - 9 pm</u> The Spectra of Sex and Gender Covenant Group (R2).</p>	<p>6</p>	<p>7</p> <p><u>7 pm - 9 pm</u> Tri-Cities Metaphysical Group (F1).</p> <p><u>7 pm - 9 pm</u> Photography Covenant Group (R2).</p>	<p>8</p> <p><u>6 pm - 8 pm</u> Girl Scouts (REZ).</p> <p><u>7 pm - 9 pm</u> Auction Event (S, K, F1, F2).</p>	<p>9</p> <p><u>6 pm - 9:30 pm</u> Casual Game Night</p>

Fellowship
Hour

12:30 pm - 1:30
pm
Social Justice
Meeting.(MR)

12:30 pm - 1:30
pm
Stewardship
Committee
(R2).

10

9:30 am - 10:45
am
Children's R.E.

9:30 am - 10:45
am
Adult RE1 (R6)

9:30 am - 10:45
am
Families
Roundtable
Group.(R2).

9:30 am - 10:40
am
OWL 4-6
Grade (R2, R3,
R4, R5).

9:30 am - 10:45
am
OWL Parent
Class.(R2).

11 am - 12 pm
Worship
Service

12 pm
Potluck Lunch

11

12

**Lincoln's
Birthday**

5:15 pm - 6:15
pm
Yoga with Tish
(R6).

13

7 pm - 9 pm
RSC (R4).

7 pm - 9 pm
Free Range
Covenant
Group (R2).

14

Valentine's Day

7 pm - 9 pm
Tri-Cities
Metaphysical
Group.(F1).

15

9 am - 12 pm
Fiber
Fellowship (F1,
F2).

16

2:30 pm - 4
pm
Auction Event
(R6).

17

9:30 am - 10:45
am
Children's R.E.

9:30 am - 10:45
am
Adult RE1 (R6)

9:30 am - 10:40
am
OWL 4-6
Grade (R2, R3,
R4, R5).

9:30 am - 10:45
am
OWL Parent
Class.(R2).

18

President's Day

19

10 am - 12 pm
bUUK Club (R1).

5:15 pm - 6:15
pm
Yoga with Tish
(R6).

7 pm - 9 pm
The Spectra of
Sex and
Gender
Covenant
Group.(R2).

20

7 pm - 9 pm
Board of
Trustees
Meeting.(R4).

21

7 pm - 9 pm
Tri-Cities
Metaphysical
Group.(F1).

7 pm - 9 pm
Photography
Covenant
Group.(R2).

22

6 pm - 8 pm
Girl Scouts (F1,
F2, K).

23

6 pm - 10 pm
Complicated
Game Night
(R1, R2, R3, R4).

<p><u>11 am - 12 pm</u> <u>Worship</u> <u>Service</u></p>						
<p><u>12 pm - 1 pm</u> <u>Fellowship</u> <u>Hour</u></p>						
<p><u>12 pm - 2 pm</u> <u>Stewardship</u> <u>campaign</u> <u>kickoff</u></p>						
24	25	26	27	28	1	2
<p><u>9:30 am - 10:45</u> <u>am</u> <u>Children's R.E.</u></p>		<p><u>5:15 pm - 6:15</u> <u>pm</u> <u>Yoga with Tish</u> <u>(R6).</u></p>	<p><u>6:30 pm - 7:30</u> <u>pm</u> <u>Wednesday</u> <u>Night Supper</u></p>	<p><u>7 pm - 9 pm</u> <u>Tri-Cities</u> <u>Metaphysical</u> <u>Group (F1).</u></p>	<p><u>9 am - 12 pm</u> <u>Fiber</u> <u>Fellowship (F1,</u> <u>F2).</u></p>	
<p><u>9:30 am - 10:45</u> <u>am</u> <u>Adult RE 1 (R6).</u></p>		<p><u>7 pm - 9 pm</u> <u>Covenant</u> <u>Group</u> <u>Facilitators</u> <u>(R2).</u></p>	<p><u>7 pm - 9 pm</u> <u>Free Range</u> <u>Covenant</u> <u>Group (R2).</u></p>		<p><u>6:30 pm - 9 pm</u> <u>Women's</u> <u>Group</u></p>	
<p><u>9:30 am - 10:40</u> <u>am</u> <u>OWL 4-6</u> <u>Grade (R2, R3,</u> <u>R4, R5).</u></p>						
<p><u>9:30 am - 10:45</u> <u>am</u> <u>OWL Parent</u> <u>Class (R2).</u></p>						
<p><u>11 am - 12 pm</u> <u>Worship</u> <u>Service</u></p>						
<p><u>12 pm - 1 pm</u> <u>Fellowship</u> <u>Hour</u></p>						
<p><u>12:15 pm - 2</u> <u>pm</u> <u>Music</u> <u>Committee</u> <u>Meeting (MR).</u></p>						

MEETING ROOMS: (S) Sanctuary, (MR) Music Room, (MO) Minister's Office, (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