

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.

August 2019

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

Headlines

- RE Teacher Training August 3 10AM
- Kitchen of Hope Monday, August 5
- Church Picnic Saturday, August 10
- Potluck Lunch August 11
- Church Safety Presentation Aug 11
- Women's Group Friday, August 16
- MACHO Group Pool Party Friday, August 23 6:30PM
- Wednesday Night Supper August 28

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

Annual Church Picnic Aug 10 @ 4PM



Path to Membership Class Sunday, September 8 12:30-2:30

What is Path to Membership? It's 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 email office@hvuuc.org.

Upcoming Sunday Worship Services

August 4 Searching I: The Process, Rev. Briere Beginning this fall, the church enters a two-year process to select and settle a new minister. Attend this service and the next two to learn all about the process.

August 11 Searching II: The Committee, Rev. Briere A continuation of last week's service.

August 18 Searching III: Settlement, Rev. Briere The last of three services about the search process.

August 25 Us vs. Them, Roddy Biggs What good does it do "Us" to cast judgment on others, to point fingers, and to make claims to be better than someone else or another? What do we even gain out of doing so? Do we even gain anything at all? Why is it that we feel the need even to do it in the first place? Can't we all get along? Join us in beloved community as we work to understand "Us" Vs "Them" mentality and the toxic culture it creates.

Roddy Biggs is an East Tennessee native, and a member of both Tennessee Valley UU, in Knoxville TN. and at First UUChurch of Nashville where he is worship associate, a lay leader and co-chair for the Social Justice Committee. He is a student at Middle Tennessee State University working on a bachelor degree before heading off to Seminary to pursue UU ministry. As part of his studying and pre-seminary work, they are working on and giving sermons through various church's pulpit supply programs and are grateful for the opportunities to do so. Roddy is a very social justice driven person, and its shown by their work with groups like the Human Rights Campaign, GLSEN, and many more.

Ministerial Search Committee

The Board of Trustees is beginning the 2 year process of calling a new minister. A Search Committee is needed to do this work. Each church member will be contacted this summer for Search Committee member recommendations. The person that sent you the email will follow up with a phone call shortly after to discuss the names with which you have chosen. Be on the lookout, and thank you!



TriPride Parade and Festival

The 2019 TriPride Parade and Festival will be held in downtown Kingsport on September 7. This will be the first city-wide public Pride Parade in Kingsport!

The parade starts at 11AM and will go down E. Main to Clay St. The festival will show-case vendor booths, music stages and games between Clinchfield St and W Market St. Please come out and support our LGBTQ community and show your support for Pride.

Our Social Justice Committee will again have a booth. If you wish to volunteer to answer questions, tell festival goers about our church or just be a smiling face OR bake cupcakes to give out, email

socialjustice@hvuuc.org. https://www.tripridetn.org/

Did You Know?

In 2014, Unitarian Universalists became one of the first religious groups to commit our financial investments to environmental justice. We have called on our denomination, our congregations, and our individual members to engage with how investments can be socially responsible. www.uua.org/finance/investment/sri

Social Justice Committee is seeking a coordinator for the 2019 TriPride Parade

To gear up for this year's TriPride Parade on September 7, 2019 in Kingsport, our Social Justice Committee is seeking a parade coordinator.

You need not be completely familiar with Kingsport, but it wouldn't hurt. If a few folks want to form a team, that's fine too.

The committee would love someone with lots of spirit, good leadership skills and an ability to rally the participants. Additionally, the coordinator will need to send parade information to participants and the church office including updates, rules and a meetup location. Anything more than that is welcome, but not required. (Deadline to register for the parade is August 31).

For more info or to volunteer for this opportunity, email socialjustice@hvuuc.org
https://www.tripridetn.org/be-in-the-parade/



Fellowship Opportunities

Women's Group August 16

The Women's Group will be meeting at the home of Freda L. in Kingsport for an end of the summer pool party. Bring your bathing suit and the usual beverage and/or snack to share.

See your directory for the address or contact womensgroup@hvuuc.org

Potluck Lunch August 11

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 10:30AM fiberfun@hvuuc.org

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

MACHO Group

All the guys are invited to Brad H's house in Kingsport on Friday, August 23 from 6:30 to 10PM. The MACHO men's group (Men Achieving Community Helping Others) is meeting for dinner, yard games, and swimming. Come and make some new friends and reconnect with the old ones. A variety of sausages will be provided, bring a side item and drink – also your swim trunks. Check your directory for address or email macho@hvuuc.org.

Yuuth Group

The Yuuth Gruup welcomes all youth ages 12-graduating senior for world-class fun, service, and fellowship. We meet once a month August through April.

Aug 18 (off-site) 5-8PM family potluck picnic Sept 15 5-8PM make your own pita pizza and games

Oct 20 (off-site) games in the dark Nov 17 or 24 fundraiser lunch after church Dec 15 5-8PM shopping for Hunger First Jan 19-20 MLK lock-in Feb 16 5-8PM

March 15 5-8PM

April19 (off-site) 5-8PM family potluck picnic

Email youthgroup@hvuuc.org to get in touch!

Casual Game Night 2nd Saturdays from 6:00-9:30PM

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.

Buuk Club buukclub@hvuuc.org

New members are always welcome to join us! Our regular meeting is on the 3rd Tuesday of the month from 10AM-12PM September - May in the RE building.

September 17, 2019 Unsheltered, Barbara Kingsolver, fiction - facilitator Phyllis Holmes

October 15, 2019 Becoming, Michelle Obama, non fiction - facilitator Denee Mattioli

November 19, 2019 Where the Crawdad Sings, Delia Owens, fiction - facilitator Ellen Barker

The Boys in the Boat, Daniel James Brown, non fiction December 17, 2019 facilitator Nan Sexton

January 21, 2020 Unaccustomed Earth, Jumpha Lahiri, fiction - facilitator Joanne Medlin

Educated: A Memoir, Tara Westover, non fiction February 18, 2020 facilitator Sue Shuler

A Gentleman in Moscow, Amor Towles fiction March 17, 2020 facilitator Judy Hardin

Grain By Grain, Bob Quinn and Liz Carlisle non fiction April 21, 2020 facilitator Franklin Montenegro

Arrowsmith, Sinclair Lewis, classic May 19, 2020 facilitator Peggy Perez

Life Span Religious Education

Summer Religious Education

There are two more weeks of Summer RE before we begin regular Religious Education classes. All ages meet at 9:30AM for the activity.

August 4 Dutch Oven Cooking **August 11** Learning about Pollinators

Recruiting Religious Education Teachers

Our new Religious Education year is upon us, and we need teachers!

Our church community is blessed to have a strong and vibrant RE program, and it's thanks to YOU!

We like to staff our classes with 6-8 teachers so there is plenty of support! Wait until you see what our Junior and Senior Youth will be doing this year!

We will have Teacher Training on Saturday August 3 at 10:00AM. Audrey Besch and Sarah White will be offering Trauma Informed Care training and we will discuss how this can be implemented into our church spaces. If any other committee would like to join us, please email Sarah for accurate headcount purposes. Brunch will be provided.

Adult Religious Education 1

Adult RE 1 meets on Sunday mornings at 9:30AM in the Meditation Hall of the Religious Education building.

The current series is "Ancient Civilizations of North America". The series has 24 lectures and begins with ancient migrations in to North America and moves on to explore the astounding accomplishments of the ancient North Americans before the arrival of Europeans.

Adult RE 1 usually meets even when other RE classes are cancelled. If in doubt please email Betty Berry for confirmation at <a href="https://doi.org/10.2016/nd.2016/n

Adult Religious Education 2

Adult RE 2 is watching and discussing a TED talk each week.

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

AdultRE2@hvuuc.org

Church Safety During Dangerous Times Presentation

Holston Valley Unitarian Universalist's Safety Team has arranged for a Homeland Security community educator to speak to our interested congregants after regular Sunday service on **August 11, 2019**. Offered as a community service at no charge to us, the program's agenda has been used for some time by area churches and schools.

Our guest speaker, Sgt. Shane Ratliff, has been a Homeland Security trainer for several years and has consulted to different types of churches, different age groups and to folks with varying philosophies about how to respond to dangerous threats. He will offer information about how our church can be more prepared to deal with active shooters and other kinds of potentially catastrophic threats. The tips he will share are those found to be effective throughout Tennessee and the entire United States.

Sgt. Ratliff is accustomed to helping congregations that, up until recent years, have had little reason to plan for gun violence. He knows that churches generally see their facilities as providing safe, welcoming environments for their members. He acknowledges the reluctance to prepare for events that have a low probability of occurring. And, he is aware that churches want to enhance safety measures without drastically changing the church's over-riding atmosphere of acceptance and comfort.

Child care services and refreshments will be available. At Homeland Security's recommendation, children under the age of eight are excluded from these presentations. Parents may wish to attend follow-up sessions, led by the Safety Team, to learn ways they might prepare their own children to deal with violent attacks.

The Safety Team, though having gained significant knowledge of relevant safety concerns, is aware of its limitations. We have invited Sgt. Ratliff to share his extensive training and experience so that the church might expand its abilities to deal with these new dangers. Please plan to join us in the sanctuary for one of the 1.5-2 hour sessions where you will learn various ways to protect yourself and the people you care about. Just as in other aspects of your life, education and proactive planning are important if aiming for more acceptable outcomes. Your participation could make all the difference needed to minimize injuries or save lives.

The Safety Team is available to answer your questions. We invite you to speak to Team Leader, Greg Kramer; Facilities Trustee, Bryan Kleske, team members Tori Smith, Charles Stuart, Joseph Viola and Mary Williamson. We also invite you to express your appreciation for this organizing team as well as our additional volunteers---Dan Coughlin, Lance Klosterman, Deanna Richardson, and Judy Tucker, who are unselfishly serving as Door Monitors looking out for threats to our collective safety.

Questions? safety@hvuuc.org

Fiscal Flash

Get Your Grocery Store Shopping Cards!

The church sells prepaid shopping cards, in various denominations, in the Fellowship Hall after the service.

When you buy a card for \$100 from Food City or Ingles, this buys you \$100 worth of goods at that store, and the church makes 7%, which last year was about \$6000.

Register your Kroger customer card online, having our church as benefactor and we make about 5% every time you shop.

Just think of the results; if you just started to buy cards and you bought \$100 today, and then bought this amount every week for a year you would provide \$336 each year for the budget. We can all make a big difference if we unite behind this small effort!

Amazon Smile

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. It's free money and definitely worth a couple of

Questions? treasurer@hvuuc.org

clicks.

Make Sure Your Kroger 5% Goes to the Church

People who shop at Kroger's need to register to have 5% of what they spend go to the church. This needs to be completed online. Our organization number is 83282.

Social Justice

Kingsport Kitchen of Hope August 5

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 Karyn 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

August Food Donations

Bring donations of **Breads and Bread Mixes** 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 was meeting 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.

Aging to Saging at the Mountain

Sold out last year! Come join us!

Want a fabulous learning experience as you escape the heat and hassle by going to The (UU) Mountain Retreat and Learning Center in Highlands, NC...? Signup for SUUFI 2019 (Oct. 6-11) for its "Aging to Saging" program with Key Presenter Dr. Rita Broadnax (neuroscience expert and educator) plus 24 Afternoon Workshops, daily Worship, and 4 nights of Entertainment. Your spirit will soar as you focus on your needs of Body, Mind, Soul and Community.

Guerry McConnell will be leading the "Saving Wisdom In Stories" workshop; and there are many other interesting workshops, including jewelry making, hiking, vegan cooking, making plans for after your gone, trips to the Bascome Art Gallery.

Click https://themountainrlc.org/event/suufisouthern-uu-fall-institute-2019/ for Video Intro, Flyers, Workshop Descriptions and Schedule, Registration Details and Discount.

Introduction to Buddhism

Free and Open to Public Appalachian Dharma & Meditation Center Saturday, August 10, 2019 1 – 3PM

Who should attend this class?

This class is open to those who are curious about Buddhism. You will be introduced to the basic teachings of Buddhism and learn about the Appalachian Dharma & Meditation Center (ADMC).

What is the content?

This class will include a brief history of the Buddha and overview to Buddhist teachings which is called the dharma.

Will I have to sit on a cushion with my legs folded?

There is no requirement for a specific position for meditation. Chairs and cushions are available.

Who is the facilitator?

The class leader Tom Intardonato, an experienced meditator and currently ADMC treasurer.

Is there a fee? How do I get there?

The class is free of charge. All events at ADMC are open to dana (selfless giving) or donations. Directions to the Center can be found at the web site www.dharma4et.org.

Membership Corner

Caring Team

The Caring Team coordinators for August are Phyllis Holmes and Joy Boyd. They can be reached at caring@hvuuc.org or 423-477-7661 (Press 1).

Thank You to our July coordinators Neva Kauffman and Wanda Earp.

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". 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.

***** **August Birthdays**

8/10 Steve A., 8/11 Alex S., 8/11 Betty K., 8/11 Lyla W., 8/12 Lydia H., 8/13 Tyler C., 8/13 Denee M., 8/17 Greg K., 8/18 John M., 8/23 Nan S., 8/28 Wyatt G., 8/29 Rolla W.

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

2019-2020 Board of Trustees

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President: Larry Livengood president@hvuuc.org Vice President: Dana York vp@hvuuc.org

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Minister

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

Director of Religious Education

Sarah White DRE@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@hyuuc.org. Up to date information can always be found at www.hvuuc.org

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Holston Valley Unitarian Universalist Church Calendar

August 2019

	August 2019										
Sun	Mon	Tue	Wed	Thu	Fri	Sat					
28	29	30	31	August 1	2	3					
9:30 am - 10:45 am Children's R.E.		5:15 pm - 6:15 pm Yoga with Tish (R6)			9 am - 12 pm Fiber Fellowship (F1, F2)	10 am - 4 pm Teacher Training/Trauma Informed Care (S, F1. F2,K)					
9:30 am - 10:45 am Adult RE 1 (R6)						1.1.2,(\$).					
9:30 am - 10:45 am Adult RE 2 (R2)											
11 am - 12 pm Worship Service											
12 pm - 1 pm Fellowship Hour											
12:15 pm - 2 pm Music Committee Meeting (MR)											
4	5	6	7	8	9	10					
9:30 am - 10:45 am Children's R.E.	12 pm - 5 pm Kitchen of Hope	5:15 pm - 6:15 pm Yoga with Tish (R6)				4 pm - 10 pm Church Picnic					
9:30 am - 10:45 am Adult RE 1 (R6)						6 pm - 9:30 pm Casual Game Night					
9:30 am - 10:45 am Adult RE 2 (R2)											
11 am - 12 pm Worship Service											
12 pm - 1 pm Fellowship Hour											
12:30 pm - 1:30 pm Social Justice Meeting (MR)											
11	12	13	14	15	16	17					
9:30 am - 10:45 am Children's R.E.		5:15 pm - 6:15 pm Yoga with Tish (R6)	7 pm - 9 pm RSC (R4)		6:30 pm - 9 pm Women's Group						
9:30 am - 10:45 am Adult RE 1 (R6)											
9:30 am - 10:45 am Adult RE 2 (R2)											
11 am - 12 pm Worship Service											
12 pm											

Potluck Lunch 12:45 pm - 2:45 pm Homeland Security Presentation (S)						
18	19	20	21	22	23	24
9:30 am - 10:45 am Children's R.E.		5:15 pm - 6:15 pm Yoga with Tish (R6)	7 pm - 9 pm Board of Trustees Meeting (R4)		6 pm - 9 pm MACHO Group Event	6 pm - 10 pm Complicated Game Night (R1, R2, R3, R4)
9:30 am - 10:45 am Adult RE 1 (R6)						
9:30 am - 10:45 am Adult RE 2 (R2)						
11 am - 12 pm Worship Service						
12 pm - 1 pm Fellowship Hour						
25	26	27	28	29	30	31
9:30 am - 10:45 am Children's R.E.		5:15 pm - 6:15 pm Yoga with Tish (R6)	6:30 pm - 7:30 pm Wednesday Night Supper			
9:30 am - 10:45 am Adult RE 1 (R6)		7 pm - 9 pm Covenant Group Facilitators (R2)	мідіп заррег			
9:30 am - 10:45 am Adult RE 2 (R2)						
11 am - 12 pm Worship Service						
12 pm - 1 pm Fellowship Hour						
12:15 pm - 2 pm Music						

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