



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.

December 2018

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

Headlines

- Families Group Event Dec 1st 4-6PM
- Kitchen of Hope Dec 3
- Women's Group Friday Dec 7
- Casual Game Group Dec 8 at 6PM
- Potluck Lunch Dec 9
- bUUk Club Dec 11 at 10AM
- Green Arts Festival Dec 16
- 5th Sunday Collection for O.W.L. Dec 16
- Christmas Day Dinner Dec 25

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

Community Christmas Potluck Meal and all around Fun Day!

On Christmas Day from 1-5PM in the Fellowship Hall. Bring your board games, playing cards, and puzzles... Let's enjoy time together! Signup sheets for attendees are available on the counter at the back of the sanctuary. Sign up to bring a side, soft drink, or dessert of your choice. BYOB. If you'd rather contribute with cleanup instead of bringing a dish, that would work, too. Also, consider bringing extra Gladware/Tupperware to tote home possible leftovers.

Church Secretary on Vacation Jan 4-20

Please send items for calendar and items that need to be emailed out to the congregation as soon as possible! Emails can be scheduled far in advance and can be sent out during that period. office@hvuuc.org

Upcoming Sunday Worship Services

Dec 2 *Jesus Took 1000 Years to Die*, Rev. Briere
It wasn't until the year 987 that someone carved a crucifix. What did Christians think about Jesus in the first century after his death?

Dec 9 *Festivals of Light*
Our annual service devoted to the concept of natural light and holidays celebrating natural light around the world.

Dec 16 *A Very Unitarian Christmas*, Rev. Briere
1835 was a pivotal year for our young country. It was a year in which our Christmas traditions would begin, all due to the attitudes of Unitarians.

Dec 23 *Let There Be Light*, Tiffany Sapp
We now approach the winter solstice, when we have less light than at any time of the year. What notions do we inherit from our ancestors about the need for light?

Dec 24 6:00PM *Christmas Eve Service*
Music, stories, cookies and candles!

Dec 30 10:30AM *Pancakes and Jam!*
Our annual pancake breakfast with a side of musical jam!

Service Auction a Success! Items Still Available!

Thank you to everyone who donated, purchased, and worked together to make this years Service Auction another huge success!

Not only was it a fun evening, but we raised \$14, 918.50 for the church!

Everyone should have received a statement with the items they won and how much they owe. Donors have also been emailed a list of who won their items.

There are a several seats at dinners and events that are still available! Check the catalog on the [auction website](#) to see the items available.

Email auction@hvuuc.org with any items you'd like to purchase or if you have not received a statement.

Cooking from the Heart

For something completely different, here's a recipe. This is the soup we made in church during the Story. Sometimes we develop a rather narrow view of what a spiritual practice can be. For me, when I approach it with the right attitude, cooking can be just as spiritually nourishing as meditation.

Some of it is just about being Present with what you're doing. Alan Watts said that Zen is not thinking about God while peeling potatoes, that Zen is just peeling the potatoes. So, cooking with your full attention is a great way to get into that head-space. But distractions abound, so I have found that cooking with gratitude is a great way to keep focused on the task at hand. When I'm chopping the sweet potatoes, I imagine how they were once growing in the dirt, and find myself being grateful for that specific potato and all the people that helped it get to my countertop. Doing this with all the ingredients as you are preparing each of them will change how you relate to food.

When I'm done with the prepping, and I'm stirring everything into the soup, I turn my imagination toward that people I'm cooking for. I think about them and I stir in the love. It's about intention, and whether it comes through when they're eating or not, it feels great while I'm doing the cooking. And that's the point of cooking as spiritual practice, not slinging food out so because we have to eat, but coming to the task with a sense of ease, gratitude, and love. Happy cooking!



Winter Kale and Roasted Sweet Potato Soup

Ingredients:

8 cups vegetable stock
2 large leeks or 4 small leeks, sliced and rinsed: white and light green parts only
1 bunch of kale, stems trimmed and cut into bite sized pieces
1 28 oz can diced tomatoes, drained
2 or 3 sweet potatoes, peeled and cut into a ½ inch dice
½ to 1 cup of brown lentils, pre-cooked according to direction on bag
Garlic to taste
Salt and pepper to taste
Olive oil

Directions:

1. Toss diced sweet potatoes with olive oil, salt and pepper and lay out in one even layer on a cookie sheet, roast at 425 degrees for 25 minutes, stirring once.
2. As the sweet potatoes are roasting, in large soup pot, sauté garlic, leeks, kale and salt and pepper in olive oil.
3. When leeks and kale are soft, add vegetable stock, tomatoes and lentils, bring to a boil and then reduce to a simmer, cover.
4. When sweet potatoes are done roasting, stir them into soup.
5. Allow to simmer longer, or just serve the soup.

Tiffany Sapp, Ministerial Intern

intern@hvuuc.org

Book Drive for Panama City

Our Families Group is doing a December book drive to benefit public schools in Panama City Florida that lost everything during Hurricane Michael. You can drop donations in the blue donation tub or bring them to Tiffany now through the Christmas Eve service.

Email intern@hvuuc.org for more information.



Our Whole Lives Sexuality Training for 4th - 6th grade

For the first time we will have a classroom for the parents and guardians of youth in OWL to have the opportunity to take the same curriculum in a separate space. Our hope is that this will encourage conversations and open communication to continue to happen at home.

There will be TWO time slots to choose from; 9:30-10:45AM or 1:30-2:45PM. Please make sure to indicate which time slot you would like and to also indicate if anyone will be attending the parent parallel.

You can register on our website by clicking here [OWL 4-6 Grade](#)

Schedule is as follows:

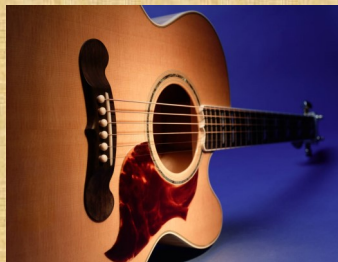
1/13/19 - Parent and Guardian Orientation 1:00-3:00
1/27/19 - Week 1 Sexuality and Values
2/3/19 - Week 2 Images in Pop Culture
2/10/19 - Week 3 Body Image
2/17/19 - Week 4 Changes of Puberty
2/24/19 - Week 5 Gender
3/3/19 - Week 6 Feelings and Attractions
3/10/19 - Week 7 Reproduction and Staying Healthy
3/17/19 - Week 8 Decisions and Actions
3/24/19 - Off
3/31/19 - Week 9 Consent and Peer Pressure
4/7/19 - Week 10 Healthy Relationships and Celebration!

If you are not familiar with the OWL Curriculum, you can read more about it here <https://www.uua.org/re/owl>

Contact Sarah White with any questions dre@hvuuc.org

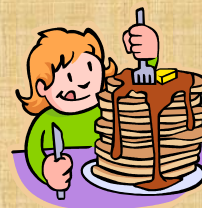


Pancakes and Jam! December 30th, 10:30AM



The MACHO group will be cooking and serving up pancakes with all kinds of good toppings and especially JAM! *We will have vegan and hope to have gluten-free this year.*

- ★ Live music with solos/groups beginning at 10:30AM.
- ★ Group JAM at 11:30AM.
- ★ Everyone is welcome to join in!



Fellowship Opportunities

Women's Group Dec 7

All who identify as women are invited to join the Women's Group Friday, December 7 at 6:00PM at Joy's home in Gray. We will have a campfire unless it rains. It's predicted to be 43°F with a 40% chance of rain, but who knows? We have plenty of room inside just in case, and hot soup will be ready. So bring your awesome selves. We could play "Would you rather? Or?". We could also just talk and laugh a lot like we usually do while we catch up with new and old friends. If you want a fire, dress warmly and bring a chair. I will have s'mores and some blankets too.

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

Questions? womensgroup@hvuuc.org

Potluck Lunch Dec 9

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

Due to the Christmas holiday, we will not have a Wednesday Night Supper in December.

BuuK Club

New members are always welcome to join us! This month we are meeting on the second Tuesday, December 11 for a potluck lunch at Sue S. house. 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

DRE Attends Professional Conference

Our Direction of Religious Education attended the Liberal Religious Educators Association conference this fall. Click here to read her report on that conference that she wrote for the board [LREDA Report](#)

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

James Reeb Room - This class is located on the second floor of the Religious Education building.

Building Bridges: A World Religious Program

Building Bridges is a world religions program to deepen youth's understanding of the dynamic, fascinating, and varied world in which they live. It seeks to broaden their knowledge of humanity and embolden their spiritual search.

If you have any questions about the Religious Education program, contact Sarah White at [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. The class will be listening to lectures about Climate Change for the next few weeks.

The class has begun 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 Berry for confirmation at AdultRE1@hvuuc.org

Adult Religious Education 2

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

Faith Like a River— This curriculum explores the dynamic course of Unitarian, Universalist, and Unitarian Universalist (UU) history—the people, ideas, and movements that have shaped our faith heritage. It invites participants to place themselves into our history and consider its legacies. What lessons do the stories of our history teach that can help us live more faithfully in the present? What lessons do they offer to be lived into the future?

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

AdultRE2@hvuuc.org

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

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! 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

5th Sunday Collection on December 16

Due to the holiday, we will be taking up the 5th Sunday collection for December a bit early!

Each month that has a 5th Sunday, which happens about 4 times a year, we take up a separate collection for a cause or organization designated by the Social Justice committee. For December the collection will be for O. W. L. (Our Whole Lives Sexuality Training). Our church trains facilitators and offers classes for children of various ages. We pay to have facilitators trained in our congregation as we view this as missionary work of our faith. Your donation will offer subsidies to make sure all children can participate in the class.

December Food Donations

Bring your donations of **Healthy Snack 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!

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.

Fiscal Flash

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 clicks. Questions? treasurer@hvuuc.org

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!

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.

Membership Corner

Welcome to Our Community

On November 18, 2018, four people joined Holston Valley Unitarian Universalist Church. They are : Will Powell, Pamela Eldred, Brittany Butler, and Charlie Miller. Please give them a welcome to our community! We are growing bigger and better!

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 December are Phyllis Holmes and Freda Love. They can be reached at caring@hvuuc.org or 423-477-7661 (Press 1).

Thank You to our November coordinators Joseph Viola and Neva Kauffman.

December Birthdays

12/4 Lennon K., 12/8 Judy H., 12/12 Deb H., 12/12 Taylor O., 12/18 Linda W., 12/9 Marley H., 12/21 Vanesa M., 12/22 Brent C., 12/28 Marina M., 12/29 Jon M.

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

2018-2019 Board of Trustees

President: Spencer Conco president@hvuuc.org

Vice President: Larry Livengood vp@hvuuc.org

Past President: David Kashdan pastpresident@hvuuc.org

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Secretary/Historian: Tom Burns boardsecretary@hvuuc.org

Membership Trustee: Peggy Perez membership@hvuuc.org

Minister

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

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 <u>9:30 am - 10:45 am</u> <u>Adult RE 1 (R6).</u> <u>9:30 am - 10:45 am</u> <u>Adult RE 2 (R2).</u> <u>9:30 am - 10:30 am</u> <u>No RE due to</u> <u>Thanksgiving</u> <u>holiday.</u> <u>11 am - 12 pm</u> <u>Worship Service</u> <u>12 pm - 1 pm</u> <u>Fellowship Hour</u>	26	27 <u>7 pm - 9 pm</u> <u>Covenant Group</u> <u>Facilitators (R2).</u>	28 <u>6:30 pm - 7:30 pm</u> <u>Wednesday Night</u> <u>Supper</u> <u>7 pm - 9 pm</u> <u>Board of Trustees</u> <u>Meeting (R4).</u>	29 <u>5 pm - 7 pm</u> <u>Set Up for Green</u> <u>Arts Festival (F1, F2).</u> <u>7 pm - 9 pm</u> <u>Tri-Cities</u> <u>Metaphysical</u> <u>Group (F1).</u>	30 <u>6 pm - 8 pm</u> <u>Girl Scouts (REZ).</u>	December 1 <u>4 pm - 6 pm</u> <u>Families Group</u> <u>Event (F1, F2).</u>
2 <u>9:30 am - 10:45 am</u> <u>Children's R.E.</u> <u>9:30 am - 10:45 am</u> <u>Adult RE 1 (R6).</u> <u>9:30 am - 10:45 am</u> <u>Adult RE 2 (R2).</u> <u>9:30 am - 10:45 am</u> <u>2nd-4th Grade R.E.</u> <u>(Kitchen, F1).</u> <u>11 am - 12 pm</u> <u>Worship Service</u> <u>11:15 am - 12 pm</u> <u>Children's Choir</u> <u>Practice (R2).</u> <u>12 pm - 1 pm</u> <u>Fellowship Hour</u>	3 <u>12 pm - 5 pm</u> <u>Kitchen of Hope</u>	4	5	6 <u>7 am - 9 am</u> <u>Photo SGM (R1).</u> <u>7 pm - 9 pm</u> <u>Tri-Cities</u> <u>Metaphysical</u> <u>Group (F1).</u>	7 Pearl Harbor Remembrance Day <u>9 am - 12 pm</u> <u>Fiber Fellowship</u> <u>(F1, F2).</u> <u>6:30 pm - 9 pm</u> <u>Women's Group</u>	8 <u>6 pm - 9:30 pm</u> <u>Casual Game Night</u>

<p><u>12:30 pm - 1:30 pm</u> <u>Social Justice Meeting (MR).</u></p> <p><u>12:30 pm - 1:30 pm</u> <u>Adult Choir Practice (S).</u></p>						
<p>9</p> <p><u>9 am - 10 am</u> <u>Children's Choir Practice</u></p> <p><u>9:30 am - 10:45 am</u> <u>Adult RE 1 (R6).</u></p> <p><u>9:30 am - 10:45 am</u> <u>Families Roundtable Group (R2).</u></p> <p><u>11 am - 12 pm</u> <u>Worship Service</u></p> <p><u>12 pm</u> <u>Potluck Lunch</u></p> <p><u>9:30 pm - 10:30 pm</u> <u>No RE due to Festivals of Light</u></p>	10	<p>11</p> <p><u>10 am - 12 pm</u> <u>bUUuk Club</u></p>	<p>12</p> <p><u>7 pm - 9 pm</u> <u>RSC (R4).</u></p>	<p>13</p> <p><u>7 pm - 9 pm</u> <u>Tri-Cities Metaphysical Group (E1).</u></p>	<p>14</p> <p><u>6 pm - 8 pm</u> <u>Girl Scouts (REZ).</u></p>	15
<p>16</p> <p><u>9:30 am - 10:45 am</u> <u>Children's R.E.</u></p> <p><u>9:30 am - 10:45 am</u> <u>Adult RE 1 (R6).</u></p> <p><u>9:30 am - 10:45 am</u> <u>Adult RE 2 (R2).</u></p> <p><u>11 am - 12 pm</u> <u>Worship Service</u></p> <p><u>12 pm - 1 pm</u> <u>Fellowship Hour</u></p> <p><u>12 pm - 2 pm</u> <u>Green Arts Festival</u></p>	17	18	<p>19</p> <p><u>7 pm - 9 pm</u> <u>Board of Trustees Meeting (R4).</u></p>	<p>20</p> <p><u>7 am - 9 am</u> <u>Photo SGM (R1).</u></p> <p><u>7 pm - 9 pm</u> <u>Tri-Cities Metaphysical Group (E1).</u></p>	<p>21</p> <p><u>9 am - 12 pm</u> <u>Fiber Fellowship (E1, F2).</u></p> <p><u>6 pm - 8 pm</u> <u>Girl Scouts (REZ).</u></p>	22

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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