



# NUUSLETTER

The Newsletter of Holston Valley Unitarian Universalist Church  
always available online at [www.hvuuc.org](http://www.hvuuc.org)

*The mission of Holston Valley Unitarian Universalist Church is to promote spiritual growth, religious freedom, and ethical action.*

July 2019

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

## Headlines ....

- Kitchen of Hope Monday, July 1
- Women's Group Friday, July 5
- Potluck Lunch July 14
- Church Safety Presentation July 14
- Hogwarts Camp July 15—19
- Celebration of Life for Dave Calvert July 27

Up to date church info is always available at [www.hvuuc.org](http://www.hvuuc.org)

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



July 15-19 is rapidly approaching! There is still space for prefects age 13-15.

We are accepting donations, anything from lights to fabric to felt to glass jars to anything you believe is magical.

Are you magical? Of course you are, and we need you to help us! There is a sign up in the sanctuary for set up and clean up. Anyone who signs up will get a free Wednesday night supper! Contact Sarah Sanders or Sarah White for more information at [summercamp@hvuuc.org](mailto:summercamp@hvuuc.org).

Donations can be left in or near the labeled box in the sanctuary, but don't leave your prefects there!

They register on online at:

<https://hvuuc.org/2019-hogwarts-school-of-magic-fun-1>

## Upcoming Sunday Worship Services

### July 7 Soap Box Sunday

Soap Box Sunday is an annual service held the Sunday nearest the 4th of July. In opening the floor to speakers, the congregation is celebrating an American tradition - Freedom of Speech -and putting into practice two principles set forth by the Unitarian Universalist Association:

- We are seekers of truth and wisdom.
- We believe in the inherent worth of all people and we honor each person and their right to speak
- We're an evolving religion and always on a search for our own truths.

**July 14 Social Justice: A Religious Perspective,**  
Kenneth Bonner

**July 21 In the Midst of Our Eternal Life and Creation,**  
Clem Allison

A discussion of the dramatic implications of an on-going, evolutionary creation as opposed to one supposedly completed by God long ago.

**July 28 Sacred Around Us, Sacred Within Us,** Tiffany Sapp

A December 2018 New York Times piece, "The Return of Paganism" suggests that we are entering a post-Christian era, and with it, a different way of conceptualizing that which is sacred.

## Annual Church Picnic August 10<sup>th</sup> at 4PM

Put the date on your calendar and come join the fun! We're having it again at the Eastman Recreation Area at Bays Mountain; shelters 21, 22 and 30.

Games, face painting, large playground, music, hotdogs. Bring your favorite potluck dish to share.

To help Cynthia with the picnic, email her at [fellowship@hvuuc.org](mailto:fellowship@hvuuc.org)



## Fellowship Opportunities

### Women's Group July 5

The Women's Group will be meeting at the church this month to help make wands for the upcoming Hogwarts Camp. If you have a glue gun bring it, as well as, the usual beverage and/or snack to share.

Questions? contact [womensgroup@hvuuc.org](mailto:womensgroup@hvuuc.org)

### Potluck Lunch July 14

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](mailto:fiberfun@hvuuc.org)

### Yuuth Group

The Yuuth 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](mailto:youthgroup@hvuuc.org) to get in touch!

### BuuK Club [buukclub@hvuuc.org](mailto: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, Jhumpa 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

From June 2 through August 11 our regular RE Teachers get a break and all the classes come together for Summer RE. This is a favorite time of year for both our children and youth, as well as adults. It's a great tradition that allows our members and friends to share a talent or passion with the children in our church. Some re-occurring favorites are; Dutch Oven Cooking, Microscopy, Science Experiments, Yoga, and Learning about Pollinators.

### 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 [AdultRE1@hvuuc.org](mailto:AdultRE1@hvuuc.org)

### 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](mailto: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 services on **July 14** and again 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](mailto: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](https://smile.amazon.com)" address. It's free money and definitely worth a couple of clicks.

Questions? [treasurer@hvuuc.org](mailto:treasurer@hvuuc.org)

### 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 July 1

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](mailto: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](mailto:familypromiseKPT@hvuuc.org)

[familypromiseJC@hvuuc.org](mailto:familypromiseJC@hvuuc.org)

## July Food Donations

Bring donations of **Vegetables, fresh or canned**, 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](http://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](http://www.YogaWithTish) for more information.





# Holston Valley Unitarian Universalist Church Calendar

## July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>30</b> <div>9:30 am - 10:45 am Children's R.E.</div> <div>9:30 am - 10:45 am Adult RE 1 (R6).</div> <div>9:30 am - 10:45 am Adult RE 2 (R2).</div> <div>11 am - 12 pm Worship Service</div> <div>12 pm - 1 pm Fellowship Hour</div> <div>12 pm - 1 pm Hogwarts Camp Fundraiser Lunch (K, F1, F2).</div> <div>2 pm - 4 pm Families Group Hike</div>	<b>July 1</b> <div>12 pm - 5 pm Kitchen of Hope</div>	<b>2</b> <div>5:15 pm - 6:15 pm Yoga with Tish (R6)</div>	<b>3</b>	<b>4</b> Independence Day	<b>5</b> <div>9 am - 12 pm Fiber Fellowship (F1, F2).</div> <div>6:30 pm - 9 pm Women's Group</div>	<b>6</b>
<b>7</b> <div>9:30 am - 10:45 am Children's R.E.</div> <div>9:30 am - 10:45 am Adult RE 1 (R6).</div> <div>9:30 am - 10:45 am Adult RE 2 (R2).</div> <div>11 am - 12 pm Worship Service</div> <div>12 pm - 1 pm</div>	<b>8</b>	<b>9</b> <div>5:15 pm - 6:15 pm Yoga with Tish (R6)</div>	<b>10</b> <div>7 pm - 9 pm RSC (R4).</div>	<b>11</b>	<b>12</b>	<b>13</b> <div>Camp Prep and Breakdown (All REZ and Main Church).</div>

<u>Fellowship Hour</u>  <u>12:30 pm - 1:30 pm Social Justice Meeting.</u> <u>(MR).</u>						
<b>14</b>  <u>Camp Prep and Breakdown</u> <u>(All REZ and Main Church).</u>  <u>9:30 am - 10:45 am Children's R.E.</u>  <u>9:30 am - 10:45 am Adult RE 1 (R6).</u>  <u>9:30 am - 10:45 am Adult RE 2 (R2).</u>  <u>11 am - 12 pm Worship Service</u>  <u>12 pm Potluck Lunch</u>  <u>12:45 pm - 2:45 pm Homeland Security Presentation (R6).</u>	<b>15</b>  <u>Camp Prep and Breakdown</u> <u>(All REZ and Main Church).</u>  <u>9 am - 5 pm Hogwarts School of Magic and Fun Summer Camp (All REZ and Main Church).</u>	<b>16</b>  <u>Camp Prep and Breakdown</u> <u>(All REZ and Main Church).</u>  <u>9 am - 5 pm Hogwarts School of Magic and Fun Summer Camp (All REZ and Main Church).</u>  <u>5:15 pm - 6:15 pm Yoga with Tish (R6).</u>	<b>17</b>  <u>Camp Prep and Breakdown</u> <u>(All REZ and Main Church).</u>  <u>9 am - 5 pm Hogwarts School of Magic and Fun Summer Camp (All REZ and Main Church).</u>	<b>18</b>  <u>Camp Prep and Breakdown</u> <u>(All REZ and Main Church).</u>  <u>9 am - 5 pm Hogwarts School of Magic and Fun Summer Camp (All REZ and Main Church).</u>	<b>19</b>  <u>Camp Prep and Breakdown</u> <u>(All REZ and Main Church).</u>  <u>9 am - 12 pm Fiber Fellowship (F1, F2).</u>  <u>9 am - 5 pm Hogwarts School of Magic and Fun Summer Camp (All REZ and Main Church).</u>	<b>20</b>  <u>Camp Prep and Breakdown (All REZ and Main Church).</u>
<b>21</b>  <u>Camp Prep and Breakdown</u> <u>(All REZ and Main Church).</u>  <u>9:30 am - 10:45 am Children's R.E.</u>  <u>9:30 am - 10:45 am</u>	<b>22</b>	<b>23</b>  <u>5:15 pm - 6:15 pm Yoga with Tish (R6).</u>  <u>7 pm - 9 pm Covenant Group Facilitators (R2).</u>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>  <u>4 pm - 8 pm Celebration of Life for Dave Calvert</u>

<u>Adult RE 1</u> (R6).  <u>9:30 am -</u> <u>10:45 am</u> <u>Adult RE 2</u> (R2).  <u>11 am - 12 pm</u> <u>Worship</u> <u>Service</u>  <u>12 pm - 1 pm</u> <u>Fellowship</u> <u>Hour</u>						
<b>28</b> <b>Parents' Day</b>  <u>9:30 am -</u> <u>10:45 am</u> <u>Children's</u> <u>R.E.</u>  <u>9:30 am -</u> <u>10:45 am</u> <u>Adult RE 1</u> (R6).  <u>9:30 am -</u> <u>10:45 am</u> <u>Adult RE 2</u> (R2).  <u>11 am - 12 pm</u> <u>Worship</u> <u>Service</u>  <u>12 pm - 1 pm</u> <u>Fellowship</u> <u>Hour</u>  <u>12:15 pm - 2</u> <u>pm</u> <u>Music</u> <u>Committee</u> <u>Meeting.</u> (MR).	<b>29</b>	<b>30</b>  <u>5:15 pm -</u> <u>6:15 pm</u> <u>Yoga with</u> <u>Tish (R6).</u>	<b>31</b>	<b>1</b>	<b>2</b>  <u>9 am - 12</u> <u>pm</u> <u>Fiber</u> <u>Fellowship</u> (F1, F2).  <u>6:30 pm - 9</u> <u>pm</u> <u>Women's</u> <u>Group</u>	<b>3</b>  <u>9 pm - 4 am</u> <u>Teacher</u> <u>Training/Trauma</u> <u>Informed Care</u> (S, F1, F2, K).  <u>9 pm - 4 am</u> <u>Teacher</u> <u>Training/Trauma</u> <u>Informed Care</u> (S, F1, F2, K).

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