



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.

June 2018

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

Headlines

- Women's Group June 1 at 6:30PM
- Kitchen of Hope June 4
- Potluck Lunch June 10
- Free Voice Class June 11 at 5:15PM
- Wednesday Night Supper June 27 6:30PM
- Parents Group Potluck Brunch June 30

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

Church Picnic

Put it on your calendar: Saturday August 4, 2018 family fun, games and pot luck picnic at the Eastman/Bays Mountain Recreation Area.

Potluck Brunch for Parents and Guardians Saturday June 30, 2018

There will be a Potluck Brunch for parents and guardians on Saturday, June 30, 2018 from 10:30 AM to 1 PM in the Fellowship Hall at Holston Valley Unitarian Universalist Church. If you are new to the church, or didn't receive an invitation, you are invited! Just bring a dish, come out and meet each other. Drinks, a place to relax, and childcare will be provided. The children can play while you get know each other.

RSVP to membership@hvuuc.org and tell us how many adults and children will be coming. See you there!

Upcoming Sunday Worship Services

June 3 *Everything I Know I Learned From a Joke*, Michelle Treece

June 10 *Hospitality: A Core Virtue and Spiritual Practice*, Denee Mattioli

Unitarian Universalists draw upon all of the major faith traditions for philosophy and inspiration. Each of the traditions speak of hospitality. This talk explores what is meant by hospitality as a spiritual practice including the Rule of Benedict which encourages radical hospitality that welcomes all people, without exception and especially those of any oppressed group.

June 17 *Bloom Where you are Planted*, Rosemary Kleske

Many of us are transplants to this area, and have brought with us biases both conscious and unconscious that may be affecting our success in fully embracing the region or putting down healthy roots. We will consider this concept from both a personal as well as general perspective.

June 24 *What Jesus Meant*, Rev. Briere

It is impossible to know with certainty what Jesus said. But if we read the Gospels as short stories about Jesus, we can pretty well understand what he meant.

July 1 *What the Evangelists Meant*, Rev. Briere

It is impossible to know with certainty who wrote the four canonical gospels. But if we read between the lines and consider the gospels that were cut from the Bible, we can pretty well understand what they intended to convey about Jesus.

July 8 *Soapbox Sunday*, Various Speakers

This is your chance to speak your mind! See page 2 for details.

July 15 Matt Myer, a UU minister from the Northeast will bring his energy and music.

July 22 TBD

July 29 *Expressions of Christianity in Africa with Particular Attention to Indigenous Voices*, Dr. Samuel Elolia, professor of theology and world Christianity at Emanuel Seminary.

August 5 Reverend Briere is back

9th Annual Soapbox Sunday July 8th, 2018

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.

For the service on July 8th: you're invited to spend four minutes max expounding on a matter of heartfelt importance to you (no personal attacks or political endorsements). Come ready to share what's on your mind and heart, but please email soapboxsunday@hvuuc.org by June 26th to let us know you wish to participate, and topic.

There are a limited number of slots available in the service so the sooner you give notice of your desire to speak, the better. (Note: there will not be a chance to respond during the service to our speakers' comments).

Some suggestions to guide you in the writing & speaking process:

- Tell a story. Be specific. Use events from your real life when possible. Consider moments when your point of view was formed, tested, or changed.
- Be brief. The time limit should help you focus.
- Identify your main point. If you can't do that in a sentence or two -- well really, you should be able to.
- Be positive. Say what you believe, not what you don't believe.
- Be personal. Make your essay at least partially about you; speak in the first person. Try reading your essay aloud to yourself several times, and each time edit it and simplify it until you find the words, tone, and story that truly echo your main belief or point and the way you normally speak. Then read it to somebody else for their feedback, too.
- If you have something you'd like to say but don't feel comfortable getting up there by yourself, consider a 4 minute Q&A format with Beth or Rosemary "interviewing you" as a way to get your message across. We are happy to work with you!

The July 8th Sunday service also will include the usual lighting of the congregation's chalice, singing, reflective meditation, announcements and greetings. Rosemary K. and Deb H. will be coordinating this service. soapboxsunday@hvuuc.org

Potluck Recipe

This dip was at the May potluck lunch and many people asked for the recipe.

Buffalo Chicken Wing Dip

Ingredients

- 1 1/2 lbs chicken breasts, cooked and shredded
- 1 (12 ounce) bottles hot sauce (use whole bottle or just half, if desired)
- 2 (8 ounce) packages cream cheese, softened
- 1 (16 ounce) bottles bleu cheese salad dressing (or can use ranch or 8 oz blue cheese and ranch)
- 2/3 cup chopped celery
- 3 cups shredded cheddar cheese or 3 cups monterey jack and cheddar cheese blend

Directions

1. Preheat oven to 350.
2. In a large bowl, mix shredded chicken, celery and cheese.
3. In a saucepan over med-low heat, combine cream cheese and salad dressing and stir until smooth. Stir in bottle of hot sauce (don't have to use entire bottle if you want it milder). Pour heated mixture into bowl with chicken mixture. Stir to mix well.
4. Pour into a 13" x 9" baking pan. Bake uncovered for 40 minutes or until bubbly---- make sure top doesn't get browned. Let stand for 10 minutes. Serve warm OR cold -----tastes best warm--- with celery or other veggies and crackers.

Free Voice Technique Class

The last in a series of free voice classes is being offered on Monday, June 11 from 5:15-6:10PM at church in the Thoreau room in the Religious Education building. Sign up on the sheet at the side counter in the sanctuary. This is a basic class useful for anyone wishing to learn more about the voice no matter what your level of technical ability. We will focus on optimizing posture/alignment, breath, support, phrasing, color, dynamic variation, stage gesture, and minimizing vocal injury. Private paid classes are also available before and after.

For questions or to sign up, contact Charlotte Anderson CAnderson@milligan.edu

Hogwarts School of Magic and Fun Summer Camp—July 9-13, 2018

Registration for camp is now LIVE! Please follow this link to register your young witches and wizards for camp: <https://hvuuc.org/2018-summer-camp/>

I want to thank everyone for their continued support of our very first Summer Camp! Lisa Hill, my camp co-director, will be arriving from Florida some time within the first week of July. We will be needing some helping hands to decorate the church and its ground on Friday July 6th, Saturday July 7th, and Sunday July 8th. Camp will kick off Monday July 9th! We have 40+ campers expected--this is very exciting! Our current needs for camp are:

- Volunteers to help decorate and break down camp
- A few fun loving individuals who can commit 3 hours on the first morning of camp as characters in Diagon Alley. This is a very important role as the it sets the immersive tone for the arriving campers as they get their wands, student manuals, and prepare to be sorted!

I was asked by several of our members what I still needed for Summer Camp supplies. I have the updated list here. The most important and expensive items are potion bottles and decorations. To be truthful a cash or check donation to help cover those purchases would be graciously received. However, we would be just as grateful to have any of these items donated. (donations can be returned upon end of camp, just clearly mark your name on them)

Please e mail me at DRE@hvuuc.org if you can assist with any of these needs!



Potions Class

Translucent, colored pump hand soap, 3 colors (see through, colored)
Potion bottles* (cash or check donation to cover would be helpful!)
Tiny labels* (found at Michaels craft store)

Defense Against the Dark Arts

Halloween costumes and accessories
Jars with lids (like spaghetti sauce jars, empty, cleaned, no labels)- 50

Charms

Balloons
Painters tape

Runes

Chiseled edge markers
Calligraphy set
Hogwarts wax seal set

Alchemy

Powdered sugar x4 bags
Disposable pie tins x50
Milk
Dish Soap—1 small bottle

Care of Magical Creatures

Monster fur
Hot glue sticks x a lot
Post it Notes- x44 sets
Foam Sheets

Magical Forces

Rubber bands x2 bags
Watermelon x2

History of Magic

Clothes line
Old towels (dark preferred)
Clothes pins
Sponges *

House Commons

Small foam balls x25
Yellow tissue paper x25 sheets
Light gauge gold wire *

Quidditch

Yellow bandana
PVC Pipe 1" x 8' x 6 pcs
Flagging tape
Tent stakes
One red bouncy ball
3 little bouncy balls* (needs to be small enough for them to grip and throw w/ 1 hand)
Painters tape- 3 rolls
Straws - 50
Scotch tape- 4 rolls
Rope -2
Balloons
Blindfolds- 15

Team Building Games

Painters tape x3 rolls
Straws x50
Scotch tape x4 rolls
Blindfolds x15

Diagon Alley

Fake gold coins
Bags x50
Name tags (can use mailing labels)
Ball point pens x50

Decorations

Plastic table cloths (red, yellow, blue, green, black, silver)
Jars and vases
Fake brick wall panels
Large fabric pieces in red, yellow, blue, green, gold, silver, black
Twinkle lights (lots of them, in white, colored, decorative, whimsical)
Battery operated candles
Candles and candle holders
Anything Harry Potter
Cauldrons
Any Halloween decor

General camp supplies

Paper towels
First Aid Kit

Fellowship Opportunities

Women's Group June 1

Come join the ladies at the home of Deb H. in Johnson City on Friday, June 1 at 6:30PM, for fellowship and fun.

Recharge your batteries by spending time with engaging and supportive women. A casual evening for all adults 18 and over who identify as women. You are encouraged to bring a nibbly and beverage of your choice, but it isn't required: we want to see you, so just show up. Deb has a pool, so come prepared if you wish to take a refreshing dip.

For address, check your directory, which is available in the members only section of the website, or email womensgroup@hvuuc.org

Potluck Lunch June 10

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

Wednesday Night Supper

Join us at 6:30PM on June 27. Spanish cuisine will be prepared and served at June's WNS. Those who traveled together to Spain and Portugal will be serving up Tastes of Spain followed by pictures of their trip. All are welcome. Cost is \$5/adults, \$2.50/children. Please RSVP to WNS@hvuuc.org by Tuesday June 26 to ensure we have enough food for everyone.

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. Tea and snack around 10:30--see you there! fiberfun@hvuuc.org

For the summer, we are meeting just the 1st Friday of the month, but skipping July.

Yuuth Group

The HVUUC 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 to get in touch!

Life Span Religious Education

Summer Religious Education

Sunday, June 3rd is our first session of Summer RE. All the children's Religious Education classes get combined in the summer for a variety of special activities. Please meet at the Religious Education building at 9:30AM.

A few spots are still open for class leaders and helpers. Please contact Sarah White at DRE@hvuuc.org to volunteer!

June 3rd- KINDNESS ROCKS with Sarah & Cindi Please bring clean rocks to paint words and images of kindness on them. We will hide around the church grounds!

June 10th- OPEN! Please sign up to share your talents with us! One lead and two helpers needed! Deadline to sign up is June 7th.

June 17th- NO RE

June 24th- Fun Science Experiments with Brandi H and Sofia P. NEED ONE HELPER.

July 1st- OPEN! Please sign up and share your talents! Deadline is June 28th.

July 8th- Harry Potter Preview with Sarah, Cindi, Sarah S and Lisa H!

July 15th- SPECIAL RE with Matt Myers! NEED TWO HELPERS.

July 22nd- Talk with Your Hands with Joseph V! NEED TWO HELPERS.

July 29th- Astronomy with Mike and Michelle F! NEED ONE HELPER!

August 5th- Microscopic Explorations with Beth and Dave. NEED ONE HELPER.

August 12th- OPEN! Sign up for our last session of Summer RE and share your talents!

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.

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

Life Span R.E., cont.

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—Beginning June 3, 2018 Faith Like a River 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

Holston Valley Sangha

Holston Valley Sangha meets on Wednesday mornings from 9:30-11AM in the mediation hall, upstairs in the RE Building. 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. www.dharma4et.org

Social Justice

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

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! Volunteer at KOH@hvuuc.org

Please contact Kim if you can help this month kitchenofhope@hvuuc.org.

June Food Donations

Bring your donations of **Fruits and Juices** 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!



Fiscal Flash

Money for You! Money for the Church!

By planning a Legacy Gift through the UU Wake Now Our Vision Collaborative Campaign, you will not only receive annuity checks four times a year, but a portion of your legacy gift may be given to various UU entities, including HVUUC. Please [click here](#), and call Laura Randall, Legacy Campaign Director at (617) 948-6511 or email her at lrandall@uua.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.

Free Money from 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.

In Our Community

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.com for more information.

Membership Corner

Caring Team

The Caring Team coordinators for June are Deanna Richardson and Alicia Culbertson. They can be reached at caring@hvuuc.org or 423-477-7661 (Press 1).

Thank You to our May coordinators Phyllis Holmes and Wanda Earp.

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.

June Birthdays

6/2 Micki Addleman, 6/9 James Medlin, 6/10 Corinne L., 6/10 Griffinn L., 6/12 Tom Burns, 6/16 Lazaro M., 6/25 Beth Calvert, 6/29 Linda McCoy
If you would like your birthday included, send it to office@hvuuc.org

Fun Fitness @ HVUUC!

Do you know that there are Zumba classes offered right here at HVCUUC?! 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 \[jumbazumba@yahoo.com\]\(mailto:jumbazumba@yahoo.com\)](mailto:jumbazumba@yahoo.com) and/or check out the Facebook group: Jumba Zumba.

2018-2019 Board of Trustees

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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.

Up to date information can always be found at www.hvuuc.org

Holston Valley Unitarian Universalist Church Calendar

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 Memorial Day	29	30	31	June 1	2
10:30 am - 10:45 am Hymn Choir (S)		5:15 pm - 6:30 pm Yoga (R6)	9:30 am - 11 am Sangha Meditation (R6)	7 pm - 9 pm Tri-Cities Metaphysical Group (F1)	9 am - 12 pm Fiber Fellowship (F1, F2)	
11 am - 12 pm Worship Service			10:30 am - 12:30 pm Moxie Covenant Group (R2)		6:30 pm - 9 pm Women's Group	
12 pm - 1 pm Fellowship Hour			7 pm - 8 pm Zumba (F1, F2, K)			
			7:30 pm - 9:30 pm RSC (R4)			
3	4	5	6	7	8	9
9:30 am - 10:45 am Children's R.E.	12 pm - 5 pm Kitchen of Hope		9:30 am - 11 am Sangha Meditation (R6)	7 pm - 9 pm Tri-Cities Metaphysical Group (F1)		
9:30 am - 10:45 am Adult RE 2 (R2)			10:30 am - 12:30 pm Moxie Covenant Group (R2)			
10:30 am - 10:45 am Hymn Choir (S)			7 pm - 8 pm Zumba (F1, F2, K)			
11 am - 12 pm Worship Service						
12 pm - 1 pm Fellowship Hour						
10	11	12	13	14 Flag Day	15	16
9:30 am - 10:45 am Children's R.E.	5:15 pm - 6:10 pm Voice Technique Class (R4)		9:30 am - 11 am Sangha Meditation (R6)	7 pm - 9 pm Tri-Cities Metaphysical Group (F1)		
9:30 am - 10:45 am Adult RE 2 (R2)			10:30 am - 12:30 pm			

11 am - 12 pm Worship Service			Moxie Covenant Group (R2)			
12 pm Potluck Lunch			6:30 pm - 7:30 pm Zumba (F1, F2, K)			
17 Father's Day	18	19	20	21	22	23
9:30 am - 10:45 am Adult RE 2 (R2)			9:30 am - 11 am Sangha Meditation (R6)	7 pm - 9 pm Tri-Cities Metaphysical Group (F1)		
11 am - 12 pm Worship Service			10:30 am - 12:30 pm Moxie Covenant Group (R2)			
12 pm - 1 pm Fellowship Hour			7 pm - 9 pm Board of Trustees Meeting (R4)			
1 pm - 3 pm CUUPS Monthly Meeting (F1, F2, K)			7 pm - 8 pm Zumba (F1, F2, K)			
24	25	26	27	28	29	30
9:30 am - 10:45 am Children's R.E.		7 pm - 9 pm Covenant Group Facilitators (R2)	9:30 am - 11 am Sangha Meditation (R6)	7 pm - 9 pm Tri-Cities Metaphysical Group (F1)		9 am - 1 pm Parents Group (K, F1, F2)
9:30 am - 10:45 am Adult RE 2 (R2)			6:30 pm - 7:30 pm Wednesday Night Supper			
11 am - 12 pm Worship Service						
12 pm - 1 pm Fellowship Hour						

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