

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.

October 2019

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

Headlines

Kitchen of Hope Monday, October 7

- Women's Group Friday, October 4
- Potluck Lunch October 13
- Party Game, Game Night October 12
- Board of Trustees Meeting October 16
- Adult OWL begins October 20
- New Member Ingathering October 20
- Wednesday Night Supper October 23
- Complicated Game Night October 26

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

New Member Ingathering October 20

If you have taken the Path to Membership class and would like to join the church, please contact membershipdevelopment@hvuuc.org or Rev. Briere minister@hvuuc.org before the Ingathering ceremony on Sunday, October 20.

A Little Bit of Everything Small Group Ministry

This Small Group has no theme, instead we will talk about a variety of topics. The first six sessions we will discuss; Let's start with getting to know each other and talk about how we spent lazy summer evenings, now or in the past. What are you curious about? How do you handle your leisure time? Can your gathering of friends be spiritual? How do you see the world, is it frightening, or do you see endless chances for new experiences?

To sign up talk to Greg K., use the signup sheet posted in the Fellowship Hall or email EverythingSGM@hvuuc.org.

Small Group Ministries FAQ

Upcoming Sunday Worship Services

October 6 "Hope Ain't Hard", Rev. Jeff Briere Do you have hope? These days, it's in short supply. But don't despair.

October 13 "Hope Against Hope", Rev. Briere In Damn Yankees, a character sings, "Ya gotta have heart. Miles and miles of heart." Today ya gotta have hope. Miles and miles and miles of hope.

October 20 "(Not So) Strange Interlude", Rev. Briere

A worship service designed to appeal to your right brain, that is, more emotional, less analytical. We will also welcome new members to our congregation.

October 27 Linda Good, a friend of many of us, is currently on a pilgrimage to the ancient Abbey of Iona, off the coast of Scotland. She will share notes -and images- from this spiritual journey.

The Annual Service Auction Saturday, November 16 Beginning at 5:30PM

It's time to start thinking about what you'll offer at the Auction this year!

If you are new to the auction, the basic idea: a big party Saturday night for everyone, at which we all have a grand time: noshing on finger foods, mingling, ogling donations, laughing, and enjoying the evening. Amidst this merriment, we hold a silent and live auction where we sell the services donated by our peers. The money raised benefits the church.

The auction is not just a fundraiser, it's also a great community-building experience that lasts the whole year! Dinners, outings, so many events to choose from and so many opportunities to get to know each other better!

Donate Items and Register as a Bidder at: www.auctria.com/auction/2019HVUUCAuction

Questions or problems, contact auction@hvuuc.org

Fellowship Opportunities

Women's Group October 4

The Women's Group this month will meet at Dana Y. home in Jonesborough. Bring the usual drink/ snack to share. Her address can be found in the church directory. See the Members Area of our website or contact womensgroup@hvuuc.org.

Dana cautions people to be careful because if they put her address in their GPS sometimes it sends you to Erwin. She is four miles off Interstate 81 toward Jonesboro and 10 miles from Jonesboro coming toward Fall Branch.

Party Game, Game Night Saturday, October 12 from 6:00-9:30PM

This is a game night for people who like party/parlor games like Taboo and Charades. Or people who don't know what those are and just want to have a fun time.

All ages are welcome.

Just show up (RSVPing is nice, too) ready to have fun. Optionally bring other people, snacks, drinks, and games.

Meet at the game group Jonesborough location.

Email gamegroup@hvuuc.org for location or other questions.

Potluck Lunch October 13

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

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.

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

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

Halloween Party Cancelled

The Family Halloween party is cancelled for this year. If you are interested in the future planning of this well attended annual event, please contact Cynthia G. at Fellowship@hvuuc.org

Yuuth Group

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

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!

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 9AMnoon. Tea and snack around 10:30AM fiberfun@hvuuc.org

Wednesday Night Supper

Join us for our monthly WNS on Wednesday, October 23 at 6:30PM. The menu will be sent out a few days before the dinner.
RSVP by Tuesday to WNS@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

Life Span Religious Education

Youth Religious Education

Please register your children and youth at: Religious education registration form

Our classes are held from 9:30-10:45AM and will be PreK-2nd grade; 3rd-5th grade; and Jr/Sr Youth. All children must be potty trained to participate in Religious Education. We do have childcare available in our nursery for those not quite old enough for R.E.

Director of Religious Education, Sarah White can be reached 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.

On Sunday, August 25th we begin the first of 24 lectures on "Native Americans of South America". This ties in with our study of early Native Americans of North America.

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

Parents and Guardians As Spiritual Guides

September 8 through October 13, 2019

Adult RE 2 will be working through a 6 week session titled, Parents and Guardians As Spiritual Guides, which brings spiritual growth into the home, where the communion and rituals of family life can support the dynamic process of faith development.

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

AdultRE2@hvuuc.org

Adult Religious Education 2

Adult Our Whole Lives

October 20—January 26

OWL (Our Whole Lives) is the sexuality education opportunity most of us never had growing up. If we received sex ed as kids it mostly involved anatomy and physiology and avoiding pregnancy and sexually transmitted infections. But sexuality is far more than that. Sexuality also involves:

- Sensuality: Refers to how we feel about our bodies and how it responds to stimulation through all our senses. It includes skin hunger and is affected by body image.
- Intimacy: Refers to the experience of feeling emotionally close to another person and having those feelings of closeness returned. This can include family and friends as well as romantic or sexual interests. It involves liking, loving, trusting, being vulnerable, being trustworthy, reciprocity and power equity.
- Sexual Identity: Refers to how we perceive ourselves as sexual beings. This includes biological sex, gender identity, gender expression, gender roles, and sexual orientation. Our perception of any of these may change over the course of our lives.
- Sexualization: Refers to the use of sex or sexuality to influence, manipulate, control, or harm people. This includes objectification, gender stereotypes, offering, withholding, or requiring sexual activity, destructive media messages, and sexual violence and abuse.

In the Adult OWL class we will discuss sexuality in the context of personal values, communication, spirituality, various stages of relationships, diversity, family, healthy, and aging. We will take a compassionate approach, examining our sexual selves and understanding why people seek intimacy, and we will practice critical communication skills. Offering OWL classes is a large commitment by the church due to the training, facilitators, and supplies needed. However, we want to ensure OWL is available to everyone. Because of this we offer a tiered tuition system (from free to \$150/person) and ask participants to pay whatever they are able to help support this program.

Class will run on Sundays from 9:30AM -10:50 AM October 20, 27 November 3, 10, 17, 24 December 8, 22 January 5, 12, 19, 26

Register and find more information at https://www.brownpapertickets.com/event/4357215

Social Justice

Kingsport Kitchen of Hope October 7

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!

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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 R. 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

October Food Donations

Bring donations of **Powdered or Can Milk** 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!

Did You Know?

Of the garbage that Americans throw away, half can be recycled, which is enough to fill up a football stadium each day. Even more can be upcycled and used for other things. Want to take action? Start or join a local upcycling or repurposing program.

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!

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.

In Our Community

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.

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.

Goat milk?

I and 4 other families co-own a couple of dairy goats. We share the responsibilities, benefits, and products of the goats, i.e. milk. We are looking for one or two new people or families to join our group. Benefits are: time with dairy goats, play with babies and best of all, goat milk. For more information call or text Angie N. 423-737-9517.

Membership Corner

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.

Caring Team

The Caring Team coordinators for October are Cynthia Goodman and Neva Kauffman. They can be reached at caring@hvuuc.org or 423-477-7661 (Press 1).

Thank You to our September coordinators Deanna Richardson and Lynn Scarborough.

October Birthdays 10/2 Sandra G, 10/5 Neva K, 10/7 Rebecca R, 10/8 Finn S, 10/19 Lilly K, 10/21 David K, 10/23 Alexis H, 10/29 Brad H, 10/26 Naomi N, 10/26 Brooklyn S If you would like your birthday included, send it to office@hvuuc.org

2019-2020 Board of Trustees

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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@hvuuc.org.

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