

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.

September 2019

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

Headlines

- Kitchen of Hope Monday, September 2
- Women's Group Friday, September 6
- TriPride Parade and Festival September 7
- Potluck Lunch September 8
- Path to Membership Class September 8
- Casual Game Night September 14
- International Day of Peace S.A.M. Sing-along at Carver Park Sept 21 12PM (page 6)
- Climate Action for Peace Event with URI and GINI September 21 5PM (page 6)
- Wednesday Night Supper September 25
- Complicated Game Night September 28

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

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

What is Path to Membership? It's a class offered twice a year 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. Please indicate if you'll need childcare during the class.

Upcoming Sunday Worship Services

September 1 "Holy Work", Rev. Jeff Briere This service honors the work we do together.

September 8 "Water Ceremony", Rev. BriereThe annual service wherein we bring water to comingle, signifying the different things we bring to our religious community.

September 15 "A Creedless Faith?", **Rev. Briere** Unitarian Universalism is often said to be a creedless faith. But is it really? Do we not have an implied creed?

September 22 "Connecting in Spite of Religious Difference", Jodi Polaha Jones

September 29 "Hope Ain't Hard", Rev. BriereDo you have hope? These days, it's in short supply.
But don't despair.

The Annual Service Auction Saturday, November 16

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 other each other better!

Submitting items for the auction will be online again this year. More information will be coming soon! Questions? auction@hvuuc.org

Two New Small Group Ministries Forming in September

To learn more about Small Group Ministry, information and a video can be found on our website at Small Group Ministries FAQ

Life Stories Small Group Ministry

(Tom Burns and Brad Helmer)

Ten years ago this month, we led our first covenant group, entitled *Life Stories*. It's time to do it again! We will meet at church every other Monday from 7-9pm, Sept 23-Dec 16 (7 meetings). At each session we will share meaningful bits of our lives with topics like people, music, food, smiles, and life-changing events. We want to hear your stories! Look for the sign-up sheet on the counter in the sanctuary or send an email to lifestoriesSGM@hvuuc.org.

A Little Bit of Everything

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? You can do this and more.

To sign up talk to Greg Kramer, use the signup sheet posted in the Fellowship Hall or by email to EverythingSGM@hvuuc.org. Meetings will start Tuesday, September 17th.

Join us at the 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 begins after the parade ends until 6:30PM. It will showcase vendor booths, music stages, arts and crafts, children's activities, food, and a sidewalk chalk art competition between



Clinchfield St and W Market St. Please come out and support our LGBTQ community and show your support for Pride!

You can participate by:

• Walking in the parade! The Parade starts at 11:00AM. Walking units must report in by 10:30AM. Please dress up! If you have a church t-shirt wear that, otherwise something with rainbows, tie dye, or just something fun and colorful! Make up, beads, supportive signs, you get the idea! The parade begins at the intersection of East Main Street and Island Street, in

front of Kingsport Cycles. It will go down East Main Street and end at Clay Street. This is only 5 blocks, about 1/4 mile.

- Bake cupcakes! Last year we had cupcakes at our booth in rainbow colors and they were very popular! We'd like to do that again and have even more to hand out.
- Volunteer at our booth to answer questions, hand out cupcakes, and tell festival goers about our church!





Email TriPride@hvuuc.org to volunteer to bake cupcakes or help out at the booth. It would also be good to have an idea how many people will be walking in parade, but you can also just show up!

https://www.tripridetn.org/

Fellowship Opportunities

Women's Group September 6

The Women's Group will be meeting at the home of Cynthia G. in Jonesborough. All who identify as women are invited. Bring the usual beverage or snack to share and a lawn chair.

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

Potluck Lunch September 8

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 for our monthly WNS on Wednesday, September 25 at 6:30PM. The menu will be sent out a few days before the dinner.

RSVP by Tuesday to WNS@hvuuc.org

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

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.

Sept 15 5-8PM make 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!

Halloween Party Cancelled

Family Halloween party cancelled this October 25. If you are interested in the future planning of this well attended annual event, please contact Cynthia G. at Fellowship@hvuuc.org

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 guestions.

Buuk Club <u>buukclub@hvuuc.org</u>

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

Life Span Religious Education

Our Religious Education year kicked off August 18th!

Please register your children and youth ASAP 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.

Adults are invited to join us in either of the two Adult R.E. classes we have available

We need some more teacher volunteers! We like to staff each class with 6-8 volunteers to allow each rotation to be no more than 1-2 times per month. This allows our volunteers plenty of time to focus on their own personal religious education as well!

Please contact Sarah White, Cindi Huss, Sarah Sanders, or Brandie Worley to volunteer your time and talents to our amazing UU children!

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

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

Social Justice

Kingsport Kitchen of Hope September 2

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

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 R. if you can help this month kitchenofhope@hvuuc.org.

September Food Donations

Bring donations of **Peanut Butter and Protein Foods** 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?

The Social Justice Process is the method by which the UUA comes to understand and act on the social issues of our times, finally bearing witness through statements adopted as UUA policy by the delegates of a General Assembly (GA). The process has been an integral part of our faith the since the merger between the Unitarians and the Universalists in 1961.

Social Justice Cont.

Family Promise Coordinator Needed

A new coordinator is needed for our church's quarterly volunteer involvement with Family Promise (formerly known as Interfaith Hospitality Network) at the Hopwood Church on the Milligan Highway. Family Promise helps families get back on their feet by providing shelter, food, and transportation. We help out overnight 4 times a year. Our next turn is Labor Day, and this one is covered, but it would be a good opportunity to get a feel for what is involved.

The coordinator is responsible for getting a volunteer for grocery shopping (we always make tacos and the shopping list is already written), two-three volunteers to cook the tacos, and two volunteers to stay overnight for each of our quarterly commitments. The first time the new coordinator would need to secure these volunteers is in early December.

If you are interested or would like more information, please talk to Kim C. or email socialjustice@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. familypromiseJC@hvuuc.org familypromiseJC@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 clicks. Questions? 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.

In Our Community

International Day of Peace S.A.M. Sing-a-long

On Saturday, September 21st a Boisterous Band of Hippy-Gypsy-Bigmouthed-Bohemians will gather up at High Noon in the Carver Park Recreation Center for the Fifth S.A.M.Song Sangin'.

S.A.M. Stands for Sam And Michael and if you were fortunate enough to encounter the Jones Gang while they were on their earthly pilgrimage, you'll know that a SANGIN' is the perfect tribute to their Jubilant Spirits! We've been meeting on third Saturdays through the summer, and what makes this Season Finale extra special is that it just happens to fall on International Peace Day and we'll be celebrating close-by the Carver Peace Gardens that Sam and Michael Jones helped to birth, and where a Peace Sign in their honor reminds us all of their ongoing mission.

Bring a picnic lunch if you wish, that may be shared or just-for-you, instruments, noise-makers, young'uns, dogs, your neighbors, etc. and willingness to simply Make a Joyful Noise! Peace, out...

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.

Climate Action for Peace



You are invited to United Religions Initiate (URI) Celebration of the International

Day of Peace picnic and program on Saturday, September 21st at the Islamic Center of Northeast Tennessee. The theme for Peace Day 2019 is "Climate Action for Peace", so URI is cosponsoring this event with GINI (Green Interfaith Network Inc.) whose focus is not only on interfaith work, but also on climate protection. Please bring your family and friends.

We'll start the evening at 5PM in the Islamic Center's huge outdoor pavilion with a pot-luck picnic -- please bring a meatless dish to share.

At about 7:30PM, guests may observe the sundown prayers in the Mosque. Please note, respectful attire inside the Mosque: no shorts for men or women or skirts above the knee; women should cover head and shoulders.

Following prayers, a program will ensue with reflections on the 2019 Peace Day theme from the perspective of Buddhist, Christian, Jewish, Hindu and Unitarian Universalist faith traditions.

un.org/peaceday

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

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The Caring Team coordinators for September can be reached at caring@hvuuc.org or 423-477-7661 (Press 1).

Thank You to our August coordinators Phyllis Holmes and Joy Boyd.

***** **September Birthdays**

9/2 Hunter J, 9/4 Lennox H, 9/4 Cindi H, 9/5 Ramesh M, 9/15 Jana H, 9/15 Aleah C, 9/23 Lee S, 9/24 Linore H, 9/25 Bob H

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

2019-2020 Board of Trustees

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

Holston Valley Unitarian Universalist Church Calendar

September 2019

		Se	eptember 20)19		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 am - 10:45 am Children's R.E. 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 12:30 pm - 1:30 pm Social Justice Meeting (MR)	2 Labor Day 12 pm - 5 pm Kitchen of Hope 5 pm - 9 am Family Promise Johnson City	3 <u>5:15 pm - 6:15 pm</u> <u>Yoga with Tish</u> (R6)	4	5	6 6 pm - 8 pm Girl Scouts (All REZ) 6:30 pm - 9 pm Women's Group	7
GrandParents' Day 9:30 am - 10:45 am Children's R.E. 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 12:30 pm - 2:30 pm Path to Membership Class (R2).	9	5:15 pm - 6:15 pm Yoga with Tish (R6).	Patriot Day 7 pm - 9 pm RSC (R4).	12	2 pm - 9 pm Auction Event (S, F1, F2, K).	6 pm - 9:30 pm Casual Came Night
9:30 am - 10:45 am Children's R.E. 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	16	5:15 pm - 6:15 pm Yoga with Tish (R6). 7 pm - 9 pm A Little Bit of Everything Small Group Ministry	7 pm - 9 pm Board of Trustees Meeting (R4)	19	6 pm - 8 pm Girl Scouts (All REZ)	21

12 pm - 1 pm Fellowship Hour						
22	23	24	25	26	27	28
9:30 am - 10:45 am Children's R.E. 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 12:15 pm - 2 pm Music Committee Meeting (MR).	7 pm - 9 pm Life Stories SGM	5:15 pm - 6:15 pm Yoga with Tish (R6). 7 pm - 9 pm Covenant Group Facilitators (R2).			Weekend Event (S, F1, F2, K)	Weekend Event (S, F1, F2, K) 6 pm - 10 pm Complicated Game Night (R1, R2, R3, R4)
9:30 am - 10:45 am Children's R.E. 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	30	1 5:15 pm - 6:15 pm Yoga with Tish (R6). 7 pm - 9 pm A Little Bit of Everything Small Group Ministry	2	3	12 pm - 10 pm OWL Training (S, K, F1, F2). 6 pm - 8 pm Girl Scouts (All REZ). 6:30 pm - 9 pm Women's Group	5 <u>9 am - 10 pm</u> <u>OWL Training (S,</u> <u>K, F1, F2)</u>

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