



UNITARIAN UNIVERSALIST CONGREGATION

# NEWSLETTER

February 2020

Year 55, Issue 2

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Blacksburg, VA 24060  
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## Message from Our Minister Rev. Pam Philips

This month we'll be exploring what it means to be a people of **resilience**, people who are able to respond to whatever life throws us and go on. Much of that ability seems pretty individual, depending on a variety of factors, including what we learned as children from watching others and from our own experience, the resources we bring to each situation, and our thoughts and beliefs. But it's also clear that our individual resilience depends on our connections and relationships in the world. Whatever hardships or unexpected situations we face, knowing that a network of other people—from intimate relationships like family and friends, more casual acquaintances, and even people we may never meet but know have lived through similar experiences—can help us through hard times.



Because part of our mission at UUC is to “create compassionate community,” we are intentional about weaving a web of connections that may be a source of support and resilience during difficult days—support groups and social gatherings, learning and teaching opportunities, teams working for justice and serving the congregation, and pastoral services like meeting with me or members of the Lay Pastoral Care Ministry. Every committee or class you join can lead to connection and friendship. Whole congregation activities like the Chili Cook-Off (**February 15**), the Environmental Justice Team's Strategic Planning event (tentatively set for **February 29**), the Second Sunday Potluck (**February 9**), and even coffee hour after Sunday services give us the opportunity to meet and get to know each other better. I invite you to take a look at the very full [calendar](#) for the month ahead and find at least one new way to help create compassionate community—for yourself and others.

Another part of our mission is “to transform the community and the world through courageous love.” We can be intentional about weaving a web of connections out in the community, in small and large ways. Can you think of a time when some random person did a small kindness that made your day? Offered to let you go ahead in the checkout line, ran after you with a hat or scarf you left behind, opened the door when your hands were full, or simply said hello and smiled. They saw a need and filled it. As we celebrate Valentine's Day and [Random Acts of Kindness Day](#) (**February 17**) this month, the Connections Committee is encouraging us all to “spread some love” through simple acts of kindness. Look for opportunities to do a kindness, and then spread that love by giving the person a card asking them to pay it forward with their own act of kindness. We'll have cards available at Sunday services that you can take out into the community to spread the love.

In the month ahead, may you find many opportunities to weave a web of connection through kindness and love.

In faith and love,  
Rev. Pam



## Contact Information

### Minister:

Rev. Pam Philips  
540-252-9156  
minister@uucnr.org

### President:

Steve Keighton  
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president@uucnr.org

**Director of Lifespan Faith Development** – on sabbatical through June

### Administrator/ Newsletter/Website:

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### Pianist:

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**UUC Website:** uucnr.org

**UUC Office Phone:**  
540-552-9716



## Staff Office Hours:

### Minister:

Tuesdays, Wednesdays & Thursdays, 9-1  
Contact for appointment or use this [link](#) to set one up online.

### Administrator:

Mondays & Fridays, 1-4

## Message from Our Board

Steve Keighton, President



As we plow into February (but still no plow-able snow so far this winter as of this writing), your Board is also plowing ahead in a number of areas. First, to follow up on the last portion of my January article (please refer to that for some background), we have calculated what we owe to our Director of Lifespan Faith Development (DLFD) and Administrator for retirement plan obligations that date back to 2012. This is the time frame when we should have begun to pay into their retirement based on the UUA plan that we had signed onto in 2011. As of January, we are paying into their newly-established retirement accounts, similar to what we do for the minister, on a monthly basis and have worked that into the proposed budget for 2020-21 (for Karen only – read on). When we hire a new Administrator in the May/June time frame to replace our outgoing Lisa (sorry, just took a writing break to reach for the tissues), that new person will not be eligible for the retirement benefits until they have worked one year of at least 1,000 hours, thus we will not have to budget for that in the upcoming fiscal year. What we still owe them from 2012 through the present, monthly payments plus earnings, comes to a little under \$50,000. Fortunately, we have more than enough in our current assets to cover this while leaving room for scheduled obligations and some amount of contingency for emergencies. The Board voted to take this route so we could make an immediate payment thus decreasing the total owed (the longer we take to pay...because the interest is compounded daily...the more we ultimately would owe). Of course, these funds will slowly need to be paid back, and we will be discussing the best approach for that during our February meeting. We thank both of these valued staff members for their understanding and patience through this process and thank all of you for yours as well. The Board is always available for questions at [adresstheboard@uucnr.org](mailto:adresstheboard@uucnr.org) or join us at the "Chat with the Board" table during 2<sup>nd</sup> Sunday potlucks.

On another street we are plowing ahead on, we have now kicked off the new **Strategic Planning Team/Committee** who are in the process of determining when to meet and what to call themselves (I'd bet on a really creative name knowing this crew). Look for much more from them soon as they begin to dive into this process. We are very excited that this is beginning, and especially for the terrific folks who are part of this new team (please refer again to the January newsletter article for those details). We are looking forward to hearing input from all of you!

Finally, we have been working with the Finance and Stewardship Committees on the proposed budget for 2020-21 (July-June). The Stewardship team, lead once again by Andy Roberts (no need to hold applause until the end), is hard at work developing materials and an overall plan for this year's campaign which will again begin with an "early-bird special" opportunity to pledge ahead of the official drive which kicks off **March 1** (see page 3 for more info). We expect, as is typical, the need to step it up just a bit, but we are seeing folks doing just that across so many spheres of energy and involvement (highlighting just one recent example: how grateful and proud we are to have successfully hosted "To Our House" at UUC in early January)!

The vision and visibility down the road for 2020 and beyond (see page 3 for where I stole that) are coming into focus, thanks to so many bright lights in our community (and I promise to do my best as Board President and local meteorologist to keep the weather from interfering...too much)!

# UUC's 2020-2021 Stewardship Campaign



## 2020: Vision & Visibility

We here at UUC are blessed with terrific programs and opportunities for all ages along with great staff and a beautiful building and grounds. We all know it takes substantial financial support just to maintain all of these, and it requires even more to expand and improve. In light of that, I'm certain everyone is as excited as I am about the annual Stewardship Campaign which is scheduled to kick off in March. **Yes, March!** The campaign has been moved up a full month earlier than in past years in order to give the Board more

time to finalize the congregational budget before the Annual Congregational Meeting on **June 2**. Our theme of **2020: Vision and Visibility** refers both to clear "20/20 vision" as we look outward and to the visibility of our congregation outside our physical walls.

"Early bird" pledging that was so popular last year will again be an option throughout February. Submitting early pledges before the official campaign kicks off **March 1** is easier for many in the congregation and less intense for the Stewardship Committee and the legions of recruited stewards. While submitting your pledge before the official Pledge Drive begins simplifies Stewardship Committee planning and management, more importantly, it allows pledgers to more quickly bask in the warm glow of giving. And by pledging early, donors can avoid the angst associated with being repeatedly asked to follow through with their pledge so we can continue our fine work here at UUC. As a bonus, your early pledge will assure that you do not receive requests to join a group meeting or schedule a one-on-one meeting with a steward. You'll be home free, off the hook, and happy!

As always, stewards will contact congregants who do not pledge early regarding your attendance at either one-on-one meetings or group meetings where much information is presented along with an opportunity to ask questions. To promote our group meetings, we ask congregants to go online via this [link](#) and sign up for one of the meetings that will be available at UUC following services on **February 16 & 23** and **March 15**. Our hope is to increase interest in these campaign sessions and thus more easily reach a critical mass to promote discussion.

We plan to have someone from Stewardship take just a few minutes at many of the various UUC group functions and meetings held in February to briefly present the 2020 budget and pledging materials. All of these materials including the brochure, pledge cards, and FAQs will be available online on **February 9** via this [link](#), so check for more information. We will continue spreading the word to the entire congregation that pledging early is a really great way to jump-start the campaign this year. We have an ambitious pledge goal of **\$357,053** – a 5% increase over last year's target - as our Board and committees have submitted budget requests that will help us better achieve our mission and vision. Your pledges can make all of this happen!

If you're **really** on top of things – you can **pledge right now** at <https://forms.gle/v5m6vFnCkYdArW1Y9> or from our website's homepage at [uucnr.org](http://uucnr.org) (lower left of page).

The campaign officially kicks off Sunday, **March 1** and runs through **March 31**.

In fellowship,  
Andy Roberts, Stewardship Committee Chair

# Upcoming Events



## The Fifth Annual UUC Chili Cook-Off

Bring the whole family on Saturday, **February 15** at 6 PM for a fun night of fellowship and assorted yummy chilis. We'll have hot and mild, vegetarian and meat, and possibly some you've never experienced. There will also be corn bread and other great fixins.

**Your help is needed** to make this event a big success. Needed are: Chili cooks, tasters, and judges; servers; donations of food and beverages; and volunteers to help with set-up and clean-up. To help or for more info, contact [Franklyn Moreno](#) or better yet, sign up via our [Perfect Potluck webpage](#) to bring chili, cornbread, dessert, finger foods, beverages, and/or to help with set-up and clean-up.

Childcare provided.

**Hope to see you there at this annual and very fun UUC tradition.**

## Environmental Justice Strategic Planning Session

*I want you to act like your house is on fire because it is. — Greta Thunberg*

Everyone is encouraged to participate in a congregation-wide, Environmental Justice Team-organized **climate action strategic planning session**, tentatively scheduled for Saturday, **February 29** from 9 AM-1:30 PM. The purpose of this facilitated session will be to develop a plan that enables our UUC community to develop goals, objectives, and tasks that will help us work toward climate change mitigation. More details will be provided via our website and announcements as they are finalized. We hope you will join us as we determine what path we want to take as a congregation to face what perhaps is humanity's biggest challenge ever.

## EarthSpirit Sisters Celebrate Imbolc & the Full Moon

All women are welcome to join together on Saturday, **February 1** at 6:30 PM for an earth-based celebration of Imbolc, a Gaelic traditional festival marking the beginning of spring, at Diane Jackson's home in Floyd. Contact [Diane](#) for directions.



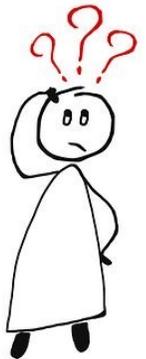
All women are invited to join in this monthly, earth-based celebration of the full moon on Sunday, **February 9** at 6:30 PM at a member's home in Floyd. Contact [Susanne](#) for more info and the location.

## Women's Lunch

All women are invited to enjoy lunch and fellowship together on the 1st & 3rd Fridays of each month at 11:30 AM. On **February 7**, join us at *Outback* in Christiansburg, and on **February 21**, join us at *Spicity* in Blacksburg. Questions? Contact [Cynthia Luke](#).

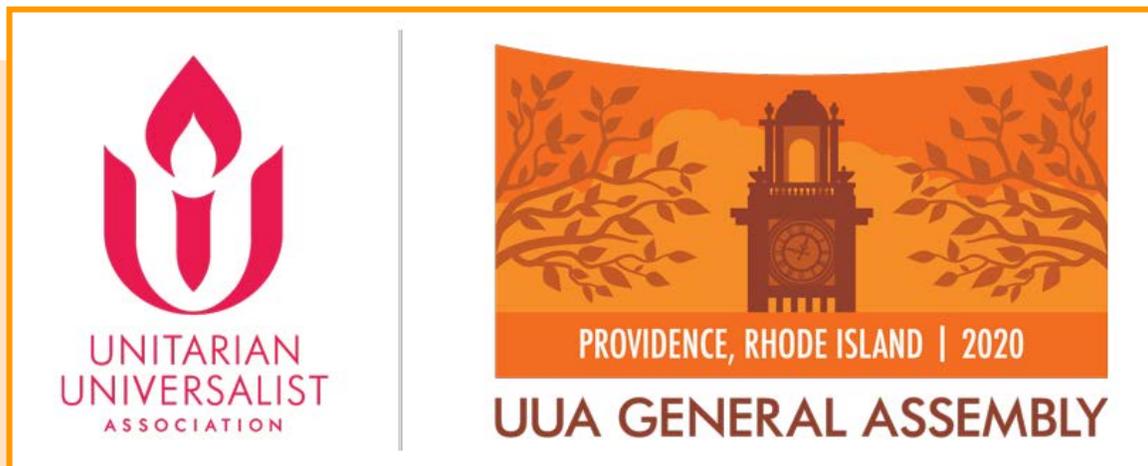
## Newcomers' Orientation

Have you wondered just how our congregation works? Do you want to know more about Unitarian Universalism? Would you like to get acquainted with other newcomers? Do you want to know what membership entails? Would you like to connect with others who have inquiring minds? The Newcomers' Orientation on Saturday, **February 1** from 9 AM-noon is just the place to get the answers. We don't pressure anyone to join the congregation—we simply want to share something about UUism and how our congregation works. This is open to newcomers and for those who have been attending for a while but want to know more. If interested in attending, contact [Pauletta Copenheaver](#). Childcare provided.



## New Member Recognition Ceremony

Interested in becoming a member of UUC? We will hold a new member recognition ceremony/book signing during the service on Sunday, **February 16** for anyone wishing to join the congregation. Contact [Rev. Pam](#) to participate. Unable to be there? Contact Rev. Pam and sign the membership book in her office.



## UUA General Assembly Is Coming!

The [2020 Unitarian Universalist General Assembly](#) will be held **June 24-28** in Providence, RI. This year's theme is **Rooted, Inspired & Ready!** Beginning with a banner parade through the Convention Center, thousands of UUs from across the country will participate in 5 exciting days of workshops, plenary sessions, worship services, music, and more. They will witness the presentations, sermons, experiences, thoughts, and wisdom of our denomination's best and brightest. Parallel to and integrated with the adult proceedings is an exciting Youth Program.

UUC is authorized to send up to 5 delegates (delegates' registration fees are reimbursed by UUC). There is no limit to the number of non-delegate attendees that we can send. UUC members will be there! How about you? Participants in prior years have described the GA experience as 'exciting', 'moving', 'stimulating', 'consciousness-raising', 'transformative', and 'fun'. Fringe benefit: wonderful Providence, RI is the underappreciated 'gem' of New England. Learn more about Providence via this [YouTube video](#).

And... **Karen Hager**, our Director of Lifespan Faith Development currently on sabbatical, will be honored as a credentialed Religious Educator. Karen has been working long and hard to achieve this goal, so come and cheer her on!

Check out this [link](#) to learn more about GA including information on programs, transportation, accommodations, costs, and ways to attend at reduced costs including this [link](#) to see how you can volunteer 18 hours in exchange for registration fees. In the weeks to come, you will be hearing more about GA. Stay tuned!

## Two Simple Ways to Earn Money for UUC at No Cost to You

### Kroger Community Rewards

Shop at Kroger? Earn rewards for UUC (5% of purchases) each time you use your Kroger Plus Card at the checkout provided that you have registered online and designated UUC as your selected organization. To do so: 1) Go online via this [link](#). 2) If you already have a Kroger account, simply login. If not, you will be asked to create one. 3) When asked to select the organization to receive your rewards, enter Unitarian Universalist Congregation, then pick our specific congregation from the list, or use organization number KJ073. 4) Every time you shop at Kroger, be sure to use your Kroger Plus Card.

### AmazonSmile

Sign up for this easy way to earn money for UUC when shopping at Amazon. Simply register via <https://smile.amazon.com/> using your Amazon.com account info and select "Unitarian Universalist Congregation of the New River Valley" as the organization to receive donations from your eligible purchases. The AmazonSmile Foundation will then donate 0.5% of the purchase price to UUC. Your choice will be remembered for future visits to the site. Eligible products are marked "Eligible for AmazonSmile donation" on their product detail pages.

# Lifespan Faith Development

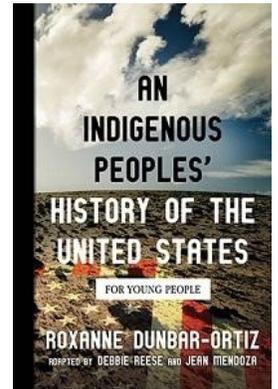
February 2020

## UUA Common Read

**Discussion group meets February 16, 23, & March 1, 11:30 AM—1 PM**

*An Indigenous Peoples' History of the United States* by Roxanne Dunbar-Ortiz (Beacon Press, 2015) and *An Indigenous Peoples' History of the United States for Young People* adapted by Jean Mendoza and Debbie Reese (Beacon Press, 2019)

In 2015, Beacon Press published an extraordinary book by Indigenous scholar and activist, Roxanne Dunbar-Ortiz, that challenged readers to learn U.S. history through a narrative that centers the story, the experiences, and the perspectives of Indigenous peoples. In 2019, Beacon Press published an adaptation for young people by Jean Mendoza and Debbie Reese. Upending myths and misinformation that have been promulgated by leaders and media, it asks readers to reconsider the origin story of the U.S. taught to every U.S. school child.



In 2020, our nation will approach the 400th anniversary of the much-mythologized encounter at Plymouth between colonists and those native to the land, and our own General Assembly 2020, in Providence, RI, will speak to the truths that contradict the mythology. At the same time, movements in response to global and local environmental emergencies, many involving UUs, are increasingly recognizing the connection between Indigenous rights and climate justice. This Common Read invites UU congregations, communities, and individuals to learn the story of trauma and resilience that is the Indigenous Peoples' History of the U.S.

Interested in participating - please sign up via this [link](#).

*If you are not familiar at all with this history, we suggest that you read the version for young people.*

Our Children's Offering benefits the [Interfaith Food Pantry](#).

**February's collection: Mac and Cheese**

### MSYG

**Friday, February 21, 6:30-8:30 PM**

Middle School Youth Group meets this month at UUC to build blankets for Project Linus. Youth in grades 6-8 are invited to come join the fun. Parents, watch your email for more information.

MSYG meets the 3rd Friday of the month, with meetings at UUC and offsite locations.

[Register online.](#)

### YRUU

**Sundays, 6-8 PM**

Our high school youth group, YRUU, meets on Sunday evenings, with some meetings held offsite. Teens participate in fundraisers, fun activities, social action, and conferences, while forming bonds with other teens.

YRUU is open to youth in grades 9-12. Friends are welcome at meetings.

[Register online.](#)

# On-Going Adult RE Programs

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## Spiritual Aging

*Meets first Sundays, 3-5 PM*

Join Rev. Pam for a workshop that intentionally explores the process of aging. While aging can provide us with free time and the ability to focus on what is important, it can also present us with challenges and losses. Perfect for those who consider themselves spiritual but not religious and are looking to delve deeper into these real human challenges.



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## Sunday Circle

*Meets first and third Sundays, 8:30-9:30 AM*

**February 2:** Dale Norton takes us on a Photo Safari through Wildlife Reserves in Tanzania and Kenya.

**February 16:** Paul Quigley discusses "Why the Civil War Still Matters".

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## Anti-Racism Discussion Groups

*Meets second and fourth Sundays, 8:30-9:30 AM*

All are welcome to join our ongoing discussion group on white privilege and racism. Topics are announced via email. Email [administrator@uucnrv.org](mailto:administrator@uucnrv.org) to join the listserv to receive links to the discussion articles.

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## Meditation Group

*Meets Tuesdays, 5-6 PM*

Our meditation group meets weekly for those interested in starting or deepening their meditation practice. Our format is drop-in, so you need not attend all sessions. Open with centering words and basic instruction, followed by sitting practice. Meditators from all traditions and all levels of experience are welcome.



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## Conversations on Our Faith

*Meets Wednesdays, 12-1:00 PM*

Bring a brown bag lunch and join our conversation as we read the book, *The Knowledge Illusion: Why We Never Think Alone*, by Steven Sloman and Philip Fernbach. All are welcome, even if you have not read the chapters of the book under discussion. To learn more, contact [Tim Pickering](#).

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## Money Empowerment Workshop

*Continues Mondays, February 10 & 24; 7-8 PM*

Join us for a "Money: Get Talking" workshop, ideal for beginners and anyone interested in exploring money topics and sharing our personal experiences. Not intended as financial advice.

**February 10:** What is your debt story? Is there such a thing as good debt and bad debt?

**February 24:** What's your story for retirement? Is retirement a myth?

# UUC Community News

## Update on 1/2-Plate Donations

Thanks to your generosity, UUC continued its practice of helping others in both our community and beyond. The January recipients were:

**January 5:** UUSC Guest at Your Table, \$388

**January 12:** Raft Crisis Hotline, \$307

**January 19:** NAACP/Samuel H. Clark Memorial Scholarship, \$358

**January 26:** Oxford House, Radford, \$375

Watch the weekly announcements and website for the coming weeks' 1/2-plate recipients. Have a suggestion—fill out the form in Elarth Hall and place in the lantern or email [Lisa](#).

## Habitat for Humanity Help Needed



UUC hopes to provide a team of at least 10 to help build a Habitat Townhouse in Blacksburg on Saturday, **March 21** from 8:30 AM-4:30 PM. If interested in volunteering for this community effort (no skills needed), contact [Alison Armstrong](#) or [Pauletta Copenheaver](#) ASAP. If you can only do the AM or PM, that is OK, too! Just let them know. (If interested in volunteering as an individual on a different date, they can send you additional information as well.)

Habitat strives to "Give a Hand Up not a Hand Out." They do this by working with families who have a housing need, have an ability to pay (their new affordable home mortgage), and are willing to help build their own home. They also work with community partners (individuals and companies) to raise the initial funds to build, to organize volunteers, and to build the home.

## January Board Mtg. Highlights

- ◆ The Board approved George Lally's moving forward with his plan to advertise, promote, and generate excitement for UUA General Assembly 2020 in Providence, RI, **June 24-28** (see page 5 for more info).
- ◆ The Board approved the proposed budget for 2020-21 as developed by the Finance Committee, although adjustments will be made.
- ◆ Work continues on revising our Policy & Procedures Manual.
- ◆ Rev. Pam and Steve Keighton will meet with the new Strategic Planning Committee to present the charge and establish a work plan/process.
- ◆ The Board continued working on the funding of the UUA retirement plan for Lisa Evanylo and Karen Hager. Ideas are being discussed on how to generate the funds with the hope that the money will be sent to the funds by the end of March. A lawyer will be consulted to ensure that the process is managed correctly.

The next Board meeting will be held on Thursday, **February 13** at 7 PM. The [minutes and reports](#) of meetings for the past two calendar years are available.

**Questions, Ideas, Complaints for the Board:**  
Simply send an email to [adresstheBoard@uucnr.org](mailto:adresstheBoard@uucnr.org).

Did you leave pots, pans, dishes, bowls, etc. at UUC from a potluck or other event? Please be sure to pick your items up as we have no room to store them at UUC, and so they will be taken to the Thrift Shop at the end of February.

### Our Mission

**Inspire. Create. Transform.**

**Inspire** spiritual and ethical growth. **Create** compassionate community.  
**Transform** our community and the world through courageous love.

### Our Vision

UUC will be a beacon of liberal religion in the New River Valley. We will join with other organizations and faiths to work for just causes.

We will practice generosity and radical hospitality. We will be known as a place of beauty, welcome, joy, and celebration.

## Round the Grounds

Have you wondered why all those sticks are sticking up out of the ground in the Crescent Garden? Here is the "secret": Each stick designates where a currently dormant perennial will be coming up in the spring. Knowing where the plants will be helps prevent planting something over the dormant perennial. The stick also lets the gardener know where to apply the slow release osmocote fertilizer. We start fertilizing in late March for early spring bloomers and April-May for the later bloomers.

It's winter, but the Hellebores are starting to bloom (see photo). New lupine shoots and daffodils are poking their heads up. Buds are starting to swell. The yearly evolution of UUC's grounds is an on-going magical experience for the gardeners. Guess what! YOU can experience that magic by taking a walk on the grounds, stopping at a bench, listening for sounds, and looking for birds, small mammals and signs of spring. UUC's grounds and gardens are YOUR grounds and gardens.



There are some important up-coming dates for working on our grounds. Please, please get out your calendars and plan to help. Getting help is imperative.

**Saturday, March 28**, 9:30-11:30 AM: Grounds workday for congregants to get the grounds ready for the VT Big Event the following Saturday.

**Saturday, April 4**, 10:30 AM-2 PM: VT Big Event Day. Participants are needed to assist and lead the 30+ VT students we have requested to help get the grounds in tip-top shape for the growing season. Don't feel up to working outdoors? You can help by supplying food and drinks for the hungry workers.

**Saturday, April 11**, 10 AM-12 PM: Gardening and landscaping hands-on workshop. Learn how to divide and transplant plants, trim trees and shrubs to develop healthy shapes, amend soil, and properly mulch around trees and shrubs. Rain date is **April 18**, same time. Bring garden gloves and small pruners. Participants must sign up in advance by contacting [Susan Baker](#).

**Sunday, April 12** and possibly **April 19**, before and after the service: "Plant Give-Away – sort of". We will have plant divisions from our gardens to give away, but donations are gratefully accepted. The donations go towards the purchase of annuals for the pots and adding new perennials. If you have plant divisions to add to the give-away, contact [Susan Baker](#).

## Monthly Support Groups at UUC

### Parent Bereavement

We are a community-wide support group for bereaved parents and grandparents who have lost an adult or adolescent child. We come together once a month on 2nd Mondays from 6-7 PM to help one another on our journeys. The next meeting is on Monday, **February 10**. For more info, contact [Katherine](#) or [Lisa](#).

### Caregivers

UUC hosts a monthly support group for caregivers to share their experiences and challenges. The group meets on the 2<sup>nd</sup> Tuesdays—next meeting **February 11** at 4:30 PM (note new time). Questions or concerns - contact either [Rev. Pam](#) or [Joanne Wolfe](#).

### Transgender

[NRV Trans\\* Support](#) is a peer-led organization whose mission is to offer support, resources, and social activities to all transgender and gender non-conforming individuals in the NRV in a safe, anonymous and affirming environment. Contact [Hayden](#) for more info and meeting locations.

The **Adult Group** meets on **February 13 & 27** at 7 PM and welcomes all adults who identify under the trans umbrella or are questioning their gender.

The **Youth & Families Group** meets on **February 25** at 7 PM and is for anyone under 18 that falls under the trans umbrella, whether they have started their transition or are just questioning their gender. Parents are welcome with or without their children.

### 2 NAMI Mental Health Groups

All are welcome on the 3rd Monday of each month at 6 PM to attend the support group for those with a mental illness. Next meeting on **February 17**. A second support group for friends and family of those with a mental illness meets on the 3rd Wednesday of each month at 6 PM. Next meeting on **February 19**. Contact [Margo](#) for more information.



## Unitarian Universalist Congregation Sunday Services February 2020

Services at 10:00 AM in the Meeting Hall  
Religious Education Classes and Nursery Care  
All are invited to share coffee & conversation following the service.

### Worship Theme for February: Resilience

**February 2: Rehearsing Resilience** - Rev. Pam and Worship Associate David Lally. While it seems that some people are more naturally resilient than others, studies suggest that resilience is a skill that can be taught and practiced. What can we do to build up our resilience muscles?



**February 9: What's Joy Got to Do With It?** - Rev. Pam and Worship Associate Stephen Henninger. Sharon Salzberg suggests that "Happiness is an arm of resilience." What does experiencing pleasure and joy have to do with our ability to face life's most difficult moments?

All are invited to our monthly potluck following the service (see below).

**February 16: Not a Solo Sport** - Rev. Pam and Worship Associate Ellen Plummer. We draw on reserves of resilience when we face personal crises, but we can also cultivate and exercise resilience as communities. We'll explore what it means to be people of resilience **together**. We'll also welcome new members with a recognition ceremony.

**February 23: Recovery and Resilience: Challenges of the Journey** - Chris Alderman, director of the 401 Peer Center in Radford and a peer recovery specialist with Worship Associate Victoria Taylor. Chris is a long-term addict in recovery who will share his journey through addiction, relapse, and recovery.

### Second-Sunday Potluck

Everyone is invited to enjoy lunch together following the service on **February 9**. This month, if your last name begins with **Boo-Cm**, bring a beverage; **Lan-Z** bring a main dish; **A-Bon and Cn-Lam** bring a side dish or dessert. Please be sure to bring a **LARGE DISH** as there are many mouths to feed and include a label indicating if it's gluten-free, vegetarian, contains cheese, eggs, etc. so those on special diets can choose safe foods.

As always, bring your non-perishable food donations for the [Interfaith Food Pantry](#). **This month we request that everyone bring donations of macaroni & cheese.** The donation basket is in the lobby just outside the Sanctuary.

### Service and Event Cancellation

In the event of snow or ice resulting in our canceling a Sunday service, a message will be sent to all those on our announcement listserv by 8:30 AM. You can also check for a message on our [website](#), on our [Facebook page](#), or go to [wsls.com](#) and look under the list of church closings. This should also run across the top of your TV screen on WSLC Channel 10.

Please check the website and online calendar to check on the status of an event other than a service.



# Unitarian Universalist Congregation

1301 Gladewood Drive, Blacksburg, VA 24060

Phone: (540) 552-9716 E-mail: [info@uucnr.org](mailto:info@uucnr.org):

P.O. Box 10116, Bburg 24062-0116 URL: [uucnr.org](http://uucnr.org)

# CALENDAR: February 2020

## Staff Office Hours:

**Minister:** 9-1 Tu - Th; Contact for appointment

**Administrator:** Mondays & Fridays 1- 4

**DLFD:** On sabbatical leave through June 2020

All times are PM unless noted otherwise

⌘ indicates that there is a write-up in the newsletter

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>(All Sundays)</b> ⌘ 10:00 AM Worship Service & Children's RE ⌘ 6:00 YRUU	<b>(All Mondays)</b> 7:00 AM Women's Breakfast & Men's Breakfast at <i>Panera Bread</i> (Bburg)	<b>(All Tuesdays)</b> ⌘ 5:00 Meditation	<b>(All Wednesdays)</b> ⌘ Noon Conversations on Our Faith 5:30 Yoga 6:15 Chalice Singers 7:00 Adult Choir			<b>1</b> ⌘ 9:00 AM Newcomers' Orientation ⌘ 6:30 EarthSpirit Sisters Inbolc Celebration (offsite)
<b>2</b> ⌘ 8:30 AM Sunday Circle 11:30 Men's Group 11:30 Stewardship ⌘ 3:00 Spiritual Aging	<b>3</b>	<b>4</b> 2:00 Sages	<b>5</b> 6:00 Connection Committee	<b>6</b>	<b>7</b> ⌘ 11:30 Women's Lunch <i>Outback</i> (Cburg)	<b>8</b> 5:00 Parents' Covenant Group
<b>9</b> ⌘ 8:30 AM Anti-Racism discussion group ⌘ 11:15 Second-Sunday potluck ⌘ 6:30 EarthSpirit Sisters Full-Moon Ritual	<b>10</b> ⌘ 6:00 Parent Bereavement Support Group ⌘ 7:00 Money Empowerment Workshop	<b>11</b> 4:00 Committee on Ministries ⌘ 4:30 Caregivers' Support Group	<b>12</b> 5:45 Finance Committee 7:00 Worship Team	<b>13</b> ⌘ 7:00 Board meeting ⌘ 7:00 Transgender Support Group	<b>14</b>	<b>15</b> ⌘ 6:00 Chili Cook-off
<b>16</b> ⌘ 8:30 AM Sunday Circle ⌘ 10:00 New Member Recognition Ceremony (during service) 11:30 Men's Group ⌘ 11:30 UUA Common Read Discussion Group ⌘ 11:30 Stewardship group meeting 5:00 YAC	<b>17</b> ⌘ 6:00 National Alliance on Mental Illness Connections Support Group	<b>18</b> 2:00 Sages	<b>19</b> 4:00 Lay Pastoral Care Ministries meeting ⌘ 6:00 NAMI Family and Friends Support group	<b>20</b> 5:30 Leadership Development Committee 9:00 March Newsletter Deadline	<b>21</b> 11:30 Women's Lunch group <i>Spicity</i> (Bburg) 6:30 Middle-School Youth Group (onsite)	<b>22</b>
<b>23</b> ⌘ 8:30 AM Anti-Racism discussion group 11:30 Strategic Planning ⌘ 11:30 UUA Common Read Discussion Group ⌘ 11:30 Stewardship group meeting	<b>24</b> ⌘ 7:00 Money Empowerment Workshop	<b>25</b> 1:30 Creative Writers' Group 5:30 Environmental Justice Team ⌘ 7:00 Trans Support Group for Youth and Family	<b>26</b>	<b>27</b> ⌘ 7:00 Transgender Support Group	<b>28</b>	<b>29</b> ⌘ 9:00 AM Environmental Justice Team Strategic Planning