



UNITARIAN UNIVERSALIST CONGREGATION

NEWSLETTER

June 2019

Year 54, Issue 6

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Message from Our Minister Rev. Pam Philips

During the month of June, we'll be considering what it means to be a people of **beauty**. As someone who considers herself artistically challenged, I usually think of appreciating beauty rather than creating it. I've always enjoyed visiting art museums and botanical gardens and attending concerts and dance performances. I had no idea when we moved to Blacksburg that we would have so many opportunities to experience so many and such varied forms of art. Between the galleries and performances at the Moss Arts Center, the weekly summer concerts on Henderson Lawn, the Hahn Botanical Garden, and our own grounds and art shows at UUC--to say nothing of the natural beauty of the New River Valley--I feel blessed to be surrounded by opportunities to witness beauty on a daily basis.

But as we near the end of the year, I find myself thinking about another kind of beauty than that which we experience through our senses. At least one definition of beauty is that which "pleasurably exalts the mind or spirit." As I reflect back on this past year, I remember so many times when my spirit was exalted by our experiences together.

I think of the rituals that mark commitment, dedication, and transition: twenty people participated in new member ceremonies, seven children and their parents participated in the child dedication, and three seniors bridged out of YRUU and into young adulthood.

I think of our weekly Sunday services and the joy of creating them with worship associates who continue to grow in their skills and knowledge and who challenge me to grow, as well. I'm especially inspired by our commitment to create multigenerational worship that feeds all souls.

I think of the times when we've cared for one another--in my own pastoral visits with people, but also the Lay Pastoral Care Ministry associates who make visits or even just wait patiently in the cuddle room after services, the Caring Network members who answer calls for food and other assistance, and less formal networks of caring that form when the need arises.

I think of the times I've left staff and committee meetings (too many to name) and marveled at the time and energy so many people offer this congregation to make sure that we can live into our mission to inspire, create, and transform.

I think of the Stewardship Committee experimenting with new ways of helping the members and friends of UUC to pledge their financial support and the resulting amazing generosity which yielded a record number of pledges (162) and a record amount pledged (\$322,516). And then witnessing the Board's care and commitment to propose a budget that reflects our values.

And these are only a *few* of the times when my spirit was exalted, when I experienced beauty, at UUC. As we explore many aspects of beauty in June, I invite you to reflect on what has exalted your mind and your spirit. When have you witnessed or experienced an instance of beauty, not with your eyes or your ears, but with your heart, mind, and spirit?

With gratitude,

Rev. Pam



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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

DLFD:

Contact for appointment.

Message from Our Board

Ellen Plummer, President



It's June! It's June! It's June! Semesters are ending, school years are ending, spring blooms are transitioning to the lush of summer growth, and many of us will be taking time away for fun and frolic. AND, of course, the 2018-2019 church year is coming to a close, and we'll hold our Congregational Meeting on **June 2**.

Steve Keighton is succeeding me as Executive Board President, and I will be stepping off as President after our Board meeting scheduled for **June 5**. It's June! It's June! It's June!

Serving on UUC's Board is a lesson in humility. To quote Anne Lamott, "I do not understand the mystery of grace – only that it meets us where we are and does not leave us where it found us." I have benefitted deeply from the grace offered by each of you and by our beloved community as a whole. Supporting and facilitating the work – the ministry – of the Board is humbling work, and I have benefited from many random and not-so-random acts of grace and kindness. We are a good bunch – we are well-ministered, and we minister well.

Our June worship theme calls us to examine what it is to be "people of beauty." My experience this year has shown me how deeply we are people of beauty, grace, and humility. I am grateful for having had the opportunity to partner with Rev. Pam, members of the Board, and many sister and brother UU and UUC wayfarers. Thank you.

Onward and upward – our rich and meaningful ministries and our generosity as community of faith makes it possible for UUC to share our UU Good News. Blessings be and thank you.

UUC Annual Meeting

All members are requested to attend our Annual Congregational Meeting on Sunday, **June 2** immediately following the service. We will elect new Board members and vote on the budget for 2019-20. Visit the [Annual Meeting webpage](#) for more information on the [proposed budget](#) and the Board nominees, each for a 2-year term:

President-elect: Wayne Neu
Secretary: Nancy Bodenhorn
Member-at-large: David Hundley

If you cannot attend the meeting, please be sure to get your [proxy](#) to a member to ensure a quorum. Childcare available in the nursery.

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.

Upcoming Events

Introduction to Temple Style Tai Chi Is Back

Bruce Cantrell, long-time instructor in the Senior Program at the Blacksburg Community Center, has once again generously offered to teach a free Tai Chi (Temple Style) class at UUC.

Tai Chi movements help calm the emotions, focus the mind, and strengthen the immune system. Practiced at a slow and even speed, Tai Chi promotes relaxation, straight posture, and balance.

Introduction to Temple Style Tai Chi will be held on Tuesdays and Thursdays from 10-11 AM in Elarth Hall. The class runs **June 25-August 1**.

This free class is open to all ages and all skill levels.

Women's Lunch

All women are invited to lunch together on the 1st & 3rd Fridays of the month at 11:30 AM at various restaurants in the area. On **June 7**, gather at *Sakura*, 105 Laurel St., Christiansburg. On **June 21**, gather at *Taqueria El Paso*, 3135 N. Franklin St., Christiansburg.

EarthSpirit Sisters' Summer Solstice Celebration



All women are welcome to join in this earth-based celebration of the Summer Solstice on Saturday, **June 22** at 6:30 PM in the upper firepit, Elarth if raining.

Show Your Delight in Our Beautiful Grounds by Volunteering 3 Hours

by Susan Baker, Grounds Co-chair

I've "spoken" with the trees, plants and critters on UUC's grounds to request they be on their best behavior on **July 6**, the date of the **Friends of the Library Annual Garden Tour**. Our grounds are one of seven gardens on the



tour. The tour is the annual fundraiser for the Friends of the Library which helps support special programs at the Montgomery County and Floyd libraries. Who doesn't love libraries? We anticipate 400—800 visitors to explore our grounds and make use of the on-site food truck, *Thai This*.

This is where YOU fit in. We need welcoming congregants to sign up for a 3-hour shift between 8:30 AM-5:30 PM on **July 6**. LOTS of volunteers are needed to welcome and direct garden tour visitors. You are NOT leading guests on tours, just pointing them in the right direction. Each volunteer will be assigned a specific spot on the grounds; a chair and shade, in most cases, will be provided. You don't need to know squat about plant identification!



Please use this [link](#) to sign up for a shift. A prompt response helps us to do the necessary planning and to avoid a last-minute panic.

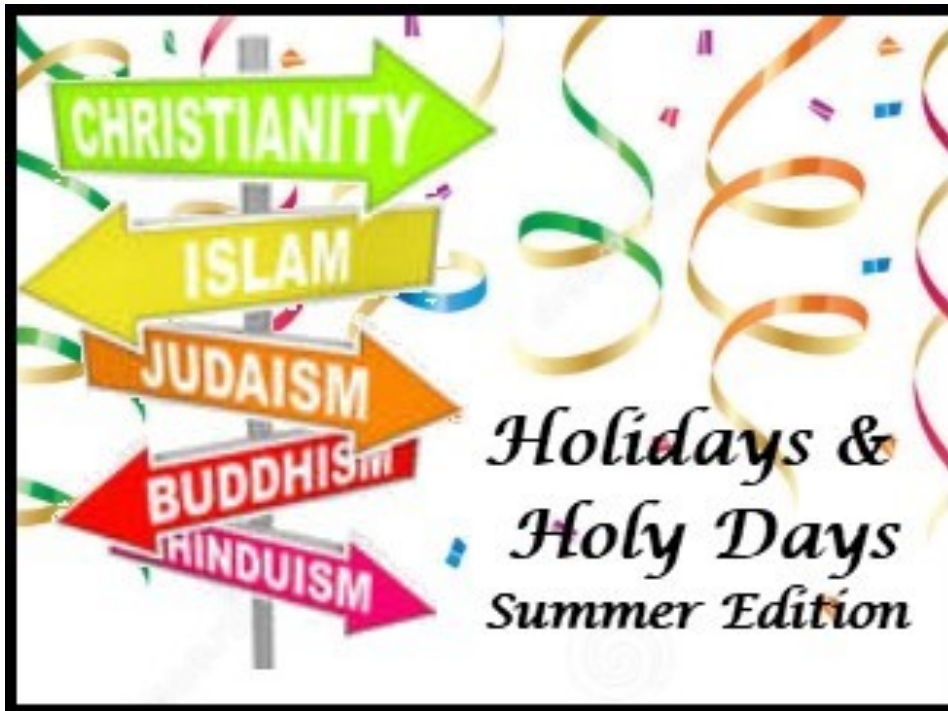


Second-Sunday Potluck

Everyone is invited to enjoy lunch together following the service on **June 9**. This month, if your last name begins with **En-Hap**, bring a beverage; **Lan-Z** bring a main dish; **A-Em and Har-Lam** bring a side dish or dessert. Don't forget your list of the ingredients in your dish to assist those with food allergies. Please be sure to bring a **LARGE DISH** as there are many mouths to feed and to be considerate of those at the end of the line that are also hungry.

As always, bring your non-perishable food donations (canned meats, fruits, vegetables, macaroni and cheese, rice, beans, cereal, peanut butter, jelly, coffee, sugar, etc.) for the [Interfaith Food Pantry](#). The donation basket is in the lobby just outside the Sanctuary.

Lifespan Faith Development



JUNE

9	Duanwu
16	Father's Day
23	Midsummer
30	4th of July

Summer RE Begins Sunday, June 9 at 10 AM—Grades K-5

Celebrate a different holiday or holy day each Sunday this summer!

Please note that children do not go into the sanctuary first during the summer.

PreK Sunday Funday

Preschoolers have their own RE program each Sunday morning. Bring a toy to share as we play together and enjoy a story. Ages 3 - rising Kindergarten.

Those moving to the PreK room this fall are invited to join Sunday Funday this summer to begin the transition. Parents are welcome to stay as needed to help with the transition.



June 2 Multi-Gen Flower Service

Personal Spiritual Practices

NEW! Come learn a new spiritual practice that you can take home!

UU Prayer Beads

Friday, June 21, 7-8:30 PM

Join Nancy Norton for a class on a UU take on Prayer Beads. Prayer beads are used by members of many religions to mark the repetitions of prayers, chants or devotions. Make your own strand of prayer beads and learn a meditation using the beads. Take both home for personal practice. Meets downstairs in classroom 3.

Labyrinth Meditation

Sunday, June 30, 11:30 AM—1 PM

Join Diane Jackson in the Library after the service for a discussion on the tradition of walking a labyrinth followed by a walk on UUC's own labyrinth. Participants will receive a wooden finger labyrinth to use at home. Bring a lunch and a drink and comfortable walking shoes.

Youth are welcome to attend with their parents—rising middle school and older, please.

On-Going Adult RE Programs

Anti-Racism Discussion Group

Meets the 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 Karen Hager](#) to join the listserv to receive links to the discussion articles.

Meditation Group

Meets Tuesdays, 7-8 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.



Conversations on Our Faith

Meets Wednesdays, 12-1 PM

Bring your lunch and join our conversation as we read our current book, *Second Mountain* by David Brooks. All are welcome, even if you have not read the chapters of the book under discussion. Group members share their insights and personal experiences, and all thoughts and opinions are welcome. To learn more, contact [Tim Pickering](#).

UUC Community News

Update on ½-Plate Donations

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

May 5: NAMI NRV Chapter, \$376

May 12: SEEDS, \$216

May 19: Blacksburg Refugee Partnership, \$341

May 26: Open Door Café, \$270

Watch the weekly announcements and website for the coming weeks' ½-plate recipients. Have a suggestion—fill out the form in Elarth Hall and place in the lantern or email [Lisa](#).

Two Mental Health Support Groups at UUC

All are welcome on the 3rd Monday of each month at 6 PM to attend our community-wide mental health support group for those with a mental illness. Next meeting on **June 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 **June 19**.

Parent Bereavement Support Group

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 listen, to share our stories of loss and love, and to help one another on our journeys. The next meeting will be on Monday, **June 10** in room 5. For more info, contact [Katherine](#) or [Lisa](#).

Interested in reading all the wonderful advice that congregants bestowed upon YRUU's graduation seniors during the service on May 19? Simply follow this [link](#), or for more info and the podcast, use this [link](#).

May Board Mtg. Highlights

- ♦ The Board met on May 9 & 16 to finalize the proposed budget for the Annual Meeting. Surplus from this year's budget will be rolled over to cover items in the proposed budget.
- ♦ Our Stewardship Campaign resulted in a record number of pledges (162) and participation. To date, \$322,516 has been pledged!
- ♦ The Board will work with the Finance Committee on a plan to improve the use of Amazon, Kroger, and building rentals as sources of income.
- ♦ UUC pledged to be a Fair Share congregation with our annual pledge to the UUA for 2019-20.

The next Board meeting will be held on Wednesday, **June 5 at 5:30 PM** and will include our newly elected Board members. 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 addressstheBoard@uucnr.org.



**UUA GENERAL ASSEMBLY
SPOKANE, WASHINGTON | 2019**

This year's theme is "The Power of We", and attendees will explore the power, possibility, purpose, struggle and joy of finding the path forward together as UUs.

Not going to General Assembly (GA)? Many of the inspiring events at GA are available to stream at no cost including the opening and closing ceremonies, daily worship services, and the Ware lecture being given this year by Richard Blanco, selected by President Obama as the fifth inaugural poet in U.S. history, and the youngest and the first Latino, immigrant, and gay person to serve in such a role. Check out the [website](#) listing these events.

Steve Keighton, Jamie McReynolds, and Alan Moore are our delegates. Rev. Pam is also going.

GA is being held **June 19-23**.

Round the Grounds

Thanks to the generous donations of congregants at the "plant give-away – sort of", we were able to purchase a colorful variety of annuals and perennials to enhance our grounds. Walking the grounds is a sensory experience as well as being just plain fun and magical. Bring your lunch or supper and some friends and have a picnic at one of the two picnic areas. Dogs are welcome, but please clean up after them.



It's Work Party Time!

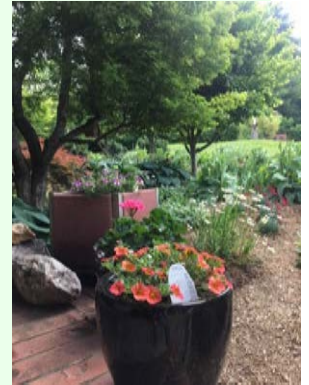
Put on your work gloves and come help with the final sprucing up of the grounds in preparation for the hundreds of visitors who will be touring UUC's grounds during the **Friends of the Library Garden Tour on July 6**. Tasks vary from cleaning picnic tables and benches, sweeping sidewalks, weeding, "hiding" our wheelbarrows, to you-name-it. Teens and adults are encouraged to help.

WHEN: Saturday, June 29

TIME: 10-noon

WHAT TO BRING: work gloves (optional) and a filled water bottle

Just show up or, preferably, contact [George Lally](#). Signing up in advance makes planning and organization much easier.



Meet Our Newest Members



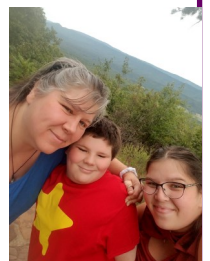
Mary Anne Hecht was raised a UU. She and her children, Prairie and Colton, moved here 2 years ago from New York City where she worked in banking. She now is vice-president of Union Bank on Prices Fork Rd. Mary Anne has volunteered in RE, Prairie sings in the Children's Choir, and Colton is a Chalice Kid. Occasionally they are joined by Mary Anne's partner, Justin Jones, who still lives in New York.

Jason Kern was born into this congregation. He has been active in YRUU and at The Mountain, the UU camp and conference center in NC. Jason plays the guitar and enjoys the outdoors. He is a rising senior at Radford High School.



Emily & Ted Petrovic Li moved to Blacksburg from Chicago in October for Emily's new role as associate general counsel with the VT Foundation. Ted is also a lawyer but is now primarily a stay-at-home parent. Their children, Addie and Gus, love their new school and have quickly made friends. The Petrovic Li family were recent members of the UU Congregation at the Unity Temple in Oak Park, IL.

Michelle & Alyssa Tringali came to UUC just a year ago. They are long-time UUs from Annapolis, MD. They live in Roanoke and are happy to make the drive on Sundays because they find our congregation more like their one in Maryland. Michelle's son, Michael attends RE, and both Michelle and Alyssa are RE teachers. Michelle is on the Safety Committee. She brings a lot of knowledge because she is an emergency dispatcher for the city of Roanoke and is studying for a degree in emergency management with a focus on active shooter training. Alyssa is a phlebotomist at Quest Diagnostics. Both were drawn to our EarthSpirit Sisters, and feel they have found a home here.





Unitarian Universalist Congregation Sunday Services June 2019

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.

Theme for June: Beauty

June 2: Rev. Pam Philips with Worship Associate Hayden Catlett, *A Bounty of Beauty*. Come observe a uniquely Unitarian Universalist ritual during our annual Flower Communion. Everyone is invited to bring a flower to contribute to our communal bouquet. We'll also celebrate the efforts of those who contribute their time and talent to UUC, including the voices of both the UUC and Chalice choirs.

June 9: Rev. Pam Philips with Worship Associate Jim Kern, *Our Need for Beauty*. Is beauty a luxury or a necessity? John O'Donohue asserts that "The human soul is hungry for beauty." How does beauty feed us, and what would happen if we were starved from it?

All are invited to our monthly potluck following the service.

June 16: UUC Poets/Lovers of Poetry with Worship Associate Victoria Taylor, *The Beauty of Poetry*. A service celebrating the power of poetry. If you would like to share a poem, one you've written or one that you love, please contact [Rev. Pam](#).

June 23: Ellen Plummer with Worship Associate Kimberley Homer, *Experiencing and Living Beauty*. How do we experience beauty? What role do our senses play in crafting our relationship with beauty? Is beauty only in the eye of the beholder? Together we'll explore our notions of beauty.

June 30: Rev. Pam Philips with Worship Associate Stephen Henninger, *The Demands of Beauty*. We'll complete our month of considering what it means to be a people of beauty by exploring what beauty calls us to do in the world.



Lay Pastoral Care Ministry "Office Hours"

Lay Pastoral Care Ministry (LPCM) will have two Associates available for conversation about any issue of a personal nature you would like to discuss in confidence after the services on Sundays. They are prepared to discuss whatever is weighing on your mind and heart and also to offer information on the services of LPCM and our Minister. Meet them in the small room just off the foyer. If that is not an option for you, there are Contact Cards in an envelope hanging on the LPCM kiosk section in Elarth Hall. Fill one out, place in the slot in the wooden box outside the minister's office, and you will be contacted shortly.





Unitarian Universalist Congregation

1301 Gladewood Drive, Blacksburg, VA 24060
 Phone: (540) 552-9716 E-mail: info@uucnrv.org
 P.O. Box 10116, Bburg 24062-0116 URL: uucnrv.org

CALENDAR: June 2019

Staff Office Hours:

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

Administrator: Mondays & Fridays 1- 4

DLFD: Contact for appointment

All times are PM unless noted otherwise

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(All Sundays) 10:00 AM Worship Service; Children's RE June 2: Whole family worship	(All Mondays) 7:00 AM Women's Breakfast & Men's Breakfast at <i>Panera Bread</i> (Bburg)	(All Tuesdays) ⌘ 7:00 Meditation	(All Wednesdays) ⌘ Noon Conversations on Our Faith 5:30 Yoga			1 10:00 Small Group Facilitator meeting
2 ⌘ 10:00 AM Multi- Generational Flower Communion Service ⌘ 11:15 Annual Meeting	3	4 2:00 Sages 5:30 Mental Health Justice Ministries	5 5:30 Board Meeting 6:00 Connection Committee 7:00 Choir Rehearsal	6	7 ⌘ 11:30 AM Women's Lunch Bunch: <i>Sakura</i> (Cburg)	8
9 ⌘ 8:30 AM Anti-Racism discussion group ⌘ 11:15 2 nd -Sunday Potluck 11:30 Small Group Facilitator meeting	10 ⌘ 6:00 Parent Bereavement support group	11 4:00 Committee on Ministry meeting	12 5:45 Finance Comm 7:00 Worship Team	13	14	15
16	17 ⌘ 6:00 Mental Health support group	18 2:00 Sages 5:30 National Alliance on Mental Illness steering committee	19 4:30 Lay Pastoral Care Ministry ⌘ 6:00 Mental Health Support group	20	21 ⌘ 11:30 AM Women's Lunch Bunch: <i>Taqueria</i> <i>El Paso</i> (Cburg) ⌘ 7:00 UU Prayer Beads	22 ⌘ 6:30 EarthSpirit Sisters Summer Solstice
23 ⌘ 8:30 AM Anti-Racism discussion group 11:30 Auction Committee	24	25 ⌘ 10:00 AM Introduction to Temple Style Tai Chi 1:30 Creative Writers' Group	26	27 ⌘ 10:00 AM Introduction to Temple Style Tai Ch 4:30 Environmental Justice Team mtg 9:00 July Newsletter Deadline	28	29 ⌘ 10:00 Grounds Workday
30 ⌘ 11:30 AM Labyrinth Meditation						