



UNITARIAN UNIVERSALIST CONGREGATION

# NEWSLETTER

November 2019

Year 54, Issue 11

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

As we begin our month of considering what it means to be **People of Attention**, I'm mindful of all that *competes* for our attention this time of year. A look at the calendar shows that this is [Native American Heritage Month](#). November begins with All Saints' Day, Día de Los Muertos, and [Samhain](#) and ends with Thanksgiving—with Election Day, Veterans Day, and the Transgender Day of Remembrance in between. These are not just days on the calendar but opportunities for us to focus our attention. We can look to our past—to those who have died but still influence our lives, to those who have served our country, to those who have died because of their identity—and to our future—electing those who will serve us in local and state offices, making decisions that will influence our lives. Focusing our attention reminds us of our responsibilities to each other and to future generations, but it also challenges us to reconsider our understanding of the past. I think of Native American Heritage Month relative to what I learned of the history of Thanksgiving. It's not that simple.



Our [congregational calendar](#) is filled with Lifespan Faith Development classes and workshops, committee and Board meetings, spiritual gatherings, support groups, and social opportunities. With so much to do, we'll be grateful for the extra hour of sleep as we "fall back" with the end of Daylight Savings Time on the 3<sup>rd</sup>.

I want to draw your attention to some special opportunities. Starting in November, we'll hold a gathering from 3-5 PM on the first Sunday of each month to explore [Aging Spiritually](#) (see page 5 for more info). I'm excited to begin conversation and reflection on this important stage of life that affects us all. On the other end of the lifespan, we'll hold a child dedication during the service on **November 17**. This is an opportunity for us to welcome the youngest members of our community and pledge to support them and their parents as they grow. If you would like to have your child(ren) dedicated, please [contact me](#).

With the busy-ness of our lives, it's also important to pay attention to sustaining our emotional and spiritual energy. To that end, I'll be attending the Southeast UU Ministers Association retreat at [The Mountain](#) in Highlands, North Carolina from **November 11-14**, enjoying the beauty of nature and the fellowship of colleagues, along with learning about the "Power of Dangerous Preaching and Prophetic Speech." I invite you to pay attention to your own and others' spirits by celebrating [World Kindness Day](#) on **November 13**.

As we explore what it means to be People of Attention, consider all that is competing for your attention and whether you might like to shift your attention to more renewing and sustaining priorities.

In faith,

Rev. Pam



## Contact Information

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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

Steve Keighton, Board President



Well, I think it is safe to say we are full on into fall! The season has finally transitioned, and lives are as busy as ever with activities requiring our full attention (and in the spirit of this month's theme, are we mindful of giving some **attention** to ourselves?). Your Board is certainly in full swing as well, and I wanted to use this month's installment to fill you in on some of things that we have recently been giving much attention to.

First, I am excited to report that following our October meeting where we heard a proposal for UUC to host "To Our House" guests (an organization offering shelter, meals, and compassion for homeless men, and occasionally women, in the NRV, for which we have provided support many times in the past), the Board voted to approve the proposal. We will be serving as a host site the week of **January 4-11!** Details will be forthcoming about what this means for our space (we have already coordinated with our staff and external groups who use the building), and how you can support "To Our House" activities that week. Kimberley Homer is leading the effort to organize UUC volunteers and is working with "To Our House" staff and at least one other church to make it a success. This is a great opportunity for us to offer our generosity to the wider community.

We have also nearly finalized our thoughts and guidance for re-establishing a strategic planning process to include forming a committee that will soon begin engaging the congregation to build on the work previously done by planning committees and including input we've already shared during services (remember the bumper stickers and rain drops?). This will involve continuing conversations about how we can best live out our mission and vision, and what priorities do we focus resources on in the coming years. We hope to have this committee in place by the end of the calendar year.

In terms of the current budget, some updates have been made. We are extremely grateful to have ended up with a surplus from last year that was more than anticipated, to the tune of over \$20,000. The Board made some thoughtful decisions on how to distribute these carryover funds using current policy as a guide and considering many of the priorities we were not originally able to fund in the proposed budget voted on by the congregation in June. These areas include: starting to save for future inevitable major building maintenance needs (such as HVAC and roof replacement), saving for the minister's sabbatical in a few years, an increase in our pianist's salary, contingency for building and grounds emergencies (recall the downed trees last year), and funds to cover a one-month training overlap in June between Lisa's (otherwise known as World's Best Administrator) retirement and her anticipated replacement so that person can be sufficiently trained.

Finally, we are hopefully increasing Board visibility and engagement, so please join us at the "Chat with the Board" table during our monthly 2nd Sunday potlucks. We've already enjoyed some very welcome feedback and friendly conversations! Also check out our bulletin boards in Elarth Hall for more info on happenings at UUC. Keep watching that space for other information from time to time. We also hope some of you will have already (by the time you read this) bought our auction event "Board Games with the Board" scheduled for February. We find meaning both in doing challenging and important work for the congregation, but also in having fun with everyone.

# Upcoming Events



## The Fifth Annual UUC Chili Cook-Off

Mark your calendars for Saturday, **February 15** at 5 PM for a fun night of fellowship and yummy chilis for the whole

family. 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. Childcare provided.

Needed are:

- ◆ Chili Cooks
- ◆ Chili Tasters
- ◆ Chili Judges (everyone's a judge)
- ◆ Servers for the chilis and other food items
- ◆ Servers for beverages – both alcoholic and non-alcoholic
- ◆ Donations of supplemental foods and beverages
- ◆ 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.

## Two EarthSpirit Sisters Rituals

ESS will celebrate Samhain, a Gaelic festival marking the end of the harvest season and the beginning of winter or the "darker half" of the year, on Thursday, **November 7** at 6:30 PM at a member's home in Floyd. Contact [Susanne](#) for directions and more info.

The monthly ritual to celebrate the full moon will be held on Tuesday, **November 12** at 6:30 PM at [Susanne Sutherland's](#) home in Blacksburg. Contact her for directions and more info.



Be sure to turn your clocks back 1 hour before going to bed on Saturday night, **November 2** (or Sunday morning if you are a night owl) as Daylight Savings Time ends.

## Thanksgiving Potluck

Each year at UUC, we hold a Thanksgiving Potluck for those wanting to join with other UUs for a wonderful community dinner. Please join us on Thursday, **November 28** at 2 PM in Earhart Hall. A yummy, juicy bird will be provided. Contact [Carol King](#) to let her know that you plan on joining us, how many are in your party (guests welcome) and what side dish you're bringing. Looking forward to seeing everyone. It's always a delightful gathering and fun time.



## 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 **November 1** we gather at *Mezeh* in Blacksburg on Univ. City Blvd. and on **November 15**, we'll gather at the *Radford Coffee Company* in Radford. Meet in the Lowes parking lot at 11 to carpool. Join us for great food and conversation.

## 50+ Singles Group

Our 50+ Singles is about fellowship, friendship and fun. If you have not signed up for the group email list, contact [Linda Cherry](#). Below is info for our upcoming events.

On Saturday, **November 2** at 5:30 PM, join us for the VT Moss Center's play *HOME* created by Geoff Sobelle with a free pre-performance presentation by VT Prof. Freddy Paige on the energy that flows in our homes. *HOME* aims to awaken us to current housing dilemmas, local and global. It combines dance, illusion, live music, home-spun engineering, and an inventive use of audience interaction to compose a work that asks, "Where is home? If it is not a place, what is home?" Read more about the play and presentation and get your tickets via this [link](#).

Meet at UUC at 5:30 PM to carpool to the 6 PM pre-performance. Although free, you must register for it. The play starts at 7:30 and costs \$25/ticket. RSVP by Friday, **November 1** to [Linda](#) to carpool.

On Sunday, **December 15**, we'll gather for lunch at a local (TBD) restaurant following the service. Watch for more information.

# Lifespan Faith Development

November 2019

## RE November Collection

Help keep folks warm in the NRV this winter!

RE is once again collecting new mittens, gloves, hats and scarves for the [Montgomery County Christmas Store](#). Bring in your donation and hang it on our Mitten Tree downstairs.

Collection runs through Mitten Tree Sunday, **November 24**.



*Our Children's Offering benefits the Interfaith Food Pantry.*

**November's collection: canned vegetables**

### MSYG

**Friday, November 15, 6-8 PM**

Middle School Youth Group meets this month at UUC for progressive board games. 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. Contact [dlfd@uucnrv.org](mailto:dlfd@uucnrv.org) to learn more.

[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. Contact [dlfd@uucnrv.org](mailto:dlfd@uucnrv.org) to learn more.

[Register online.](#)

Begins Nov 3



Don't forget  
your Buddy!

# Spiritual Aging

**Begins Sunday, November 3, 3-5 PM  
in our Library**

Join Rev. Pam on the first Sunday of each month 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. We will be exploring what we are gaining, what we are losing, how our identities change and what it means to us. This is perfect for people who consider themselves spiritual but not religious and are looking to delve deeper into these real human challenges.



## Transgender Inclusion in the Congregation

You can still be a part of this important class co-hosted by LFD and the Welcoming Congregation Team, and offered by Transforming Hearts Collective. Help our congregation to be fully inclusive, and affirming of, the full breadth of gender diversity to help us transform into a fully welcoming congregation. This class is part of our congregation's renewal as a *Welcoming Congregation*. In-person classes continue in November on Thursdays, **November 7 & 21** from 7-9 PM.



This class is also offered as an on-demand online course, so you can make up any classes you've missed on your own schedule. Attend future classes in person or online. Registration is required for both the in-person and online class.

Register online at <https://forms.gle/mRC4YZHh55SFKcmz5>.

On Sunday, **November 24** following the service, there will be a discussion group for those who participated in the online classes and for anyone who is interested.

OWL 8-9 Parent  
Info Meeting



Sunday, **Nov. 3**  
after the service



## Join our conversation on Sunday, November 17!

Bridging Conversations are a conversational bridge across issues that divide and separate us. They provide an easy structure for engaging in friendly yet meaningful conversation with those with whom we may not agree. These conversations increase understanding, reveal common ground, and sometimes even allow us to discuss possible solutions. They are led by [Rev. Jamie McReynolds](#).

Join us on Sunday, **November 17** in the Sanctuary after the service for our conversation on **More Curious, Less Furious**. Many media and culture sources promote the idea that we should view those who disagree with us as enemies. This approach limits our ability to solve the major problems of our day. Research shows that curiosity which seeks multiple perspectives can open the mind, increase empathy, reduce fears, encourage self-awareness and promote humility. Curiosity about how and why other people arrive at values and beliefs can lead to better solutions, understanding and appreciation. Life experiences shape who we are, and sharing stories can help bridge gaps and encourage mutual respect. We can make a choice to become more curious and less furious. In this conversation we will share thoughts and experiences about choosing to be curious.

## On-Going Adult RE Programs

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### Sunday Circle

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

**November 3:** Carl Hansen will discuss "How Technology Affects Morals, Morality and Ethics".

**November 17:** Daniel Thorp will discuss "The Founders and Religion". Was America settled by men and women seeking "religious freedom"? Was the U.S. established to be a Christian nation? We'll explore what the nation's founders believed was the place of religion in civil society and how they planned to strike a balance between church and state.

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### Anti-Racism Discussion Groups

*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.

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### 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 a brown bag lunch and join our conversation as we read the book, *God, the Most Unpleasant Character in Fiction* by Dan Barker and Richard Dawkins. All are welcome, even if you have not read the chapters of the book under discussion. 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 October recipients were:

**October 6:** NAMI NRV, \$320

**October 13:** Breast Cancer Research Foundation, \$320

**October 20:** Interfaith Food Pantry, \$512

**October 27:** Retired & Senior Volunteer Program, \$271

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](#).

## Holiday Volunteer Opportunities

UUC's Community Service Team (CST) invites you to participate in 2 holiday volunteer activities which benefit our NRV neighbors. The [Montgomery County Christmas Store](#) is seeking volunteers to assist shoppers **December 3 - 7**. Simply sign up [online](#) and select your preferred date, time, and position.

The [Montgomery County Emergency Assistance Program](#) (MCEAP) is seeking volunteers for their *Wrapping for a Reason* program to help wrap gifts at a wrapping station at the NRV Mall **November 29 - December 24**. Donations from shoppers provide assistance to members of the local community. Volunteers may sign up online to select their preferred date and time.

For sign-up links or additional info, contact [Alison Armstrong](#) or [Pauletta Copenheaver](#).

## Building Committee Volunteers Needed

**Our Building Committee is seeking new members—people who have skills or knowledge and/or simply the desire to help maintain and improve our beautiful space. Please contact [Dick Luke](#), chair, if you would like to join this very vital team.**

## October Board Mtg. Highlights

- ◆ Kimberley Homer requested Board approval for UUC to host [To Our House](#), an overnight shelter for homeless men and women, for 1 week this winter. The request was approved via an online vote following the meeting.
- ◆ The Board requested that a meeting be held with several Board members, the book-keepers, administrator, and Finance Comm. chair to better understand the budget reports. (The meeting was held on October 23.)
- ◆ The Board further discussed the process for developing our Strategic Plan and will begin moving forward shortly.
- ◆ The Board discussed a strategy for reviewing and updating our policies, procedures, and bylaws.
- ◆ Rev. Pam's Ministerial Evaluation for the UUA will be finalized in the next few weeks.
- ◆ The Board voted to approve a \$200 gift in memory of member, Matt Hart, which will be used for purchasing snacks for coffee hour after services.

The next Board meeting will be held on Thursday, **November 14** 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 [addressstheBoard@uucnr.org](mailto:addressstheBoard@uucnr.org).

*We did what??? Over \$22,300 raised at this year's auction on October 26??? This is simply awe-inspiring, and speaking on behalf of the Board, Finance Committee, Stewardship, and probably everyone else by saying "YAY UUC!!!" Huge, huge, THANK YOU to the entire team of amazing folks who helped make this year's event happen (there are so many of you), AND to those who donated goods & services, AND to those who bought them! What a celebration of how meaningful this community is to all of us.*

*Your inspired Board prez - Steve*

## Round the Grounds

We wish our UUC grounds were maintenance-free, but that isn't the case. Help is needed to complete some pre-winter projects: raking leaves, mulching, and cleaning up plant beds. The sun will shine on you when you become part of the "Put It to Bed" work crew.

**When:** Saturdays, **November 2 & 16**, 9:30-11:30 AM

Your support on either or both Saturdays will be most appreciated. Put the dates on your calendar!



Tah-Dah! The new **memorial path**, located in the southwest corner of our grounds adjacent to Hardwood Dr., is complete except for the signs. The path memorializes notable UUs including several martyrs. This memorial path features a 50-foot, crescent-shaped block sitting wall, signage and landscaping – it's beautiful! Several hundred volunteer hours went into the path's construction and landscaping. Materials and plant material were generously donated.

George Lally working on the memorial path.

The Grounds' Ministry is in the process of converting some of the currently maintained areas into "wild" areas. This action will create more habitat for birds, insects, and animals. Additionally, the change will be better for the environment. Never fear, the UUC grounds will continue to be beautiful and a place of respite.

## 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 listen, to share our stories of loss and love, and to help one another on our journeys. The next meeting will be on Monday, **November 11** in room 5. For more info, contact [Katherine](#) or [Lisa](#).

### 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 the 2nd & 4th Thursdays of each month from 7-8:30 PM and welcomes all adults who identify under the trans umbrella or are questioning their gender.

The **Youth & Families Group** meets on the 4th Tuesday of each month from 7-8:30 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.

### Caregivers

UUC hosts a monthly support group for caregivers to share their experiences. Anyone who is at any stage of the caregiving is welcome, even those who are anticipating an incipient need. The meetings are a place to share and discuss the challenges faced, address the importance of self-care, and explore the fears that can be an integral part of the caregiving role.

The group meets on the 2<sup>nd</sup> Tuesday of each month from 7-8:30 PM—next meeting **November 12**. Questions or concerns - contact either [Rev. Pam](#) or [Dan Kominsky](#). If you wish to attend but require somebody to provide respite care, please let us know. If you would like to talk to someone privately, contact our [Lay Pastoral Care Ministry](#).

### Mental Health

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 **November 18**. 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 **November 20**. Contact [Margo](#) for more information.



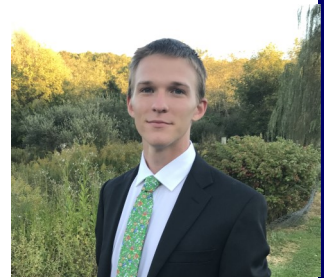
# Meet Our Newest Members



**Sally & Jim Bohland** grew up in Lansing, MI. They were in graduate school in Georgia and worked in Oklahoma before coming to Blacksburg in 1980 with their two sons. Sally was a school social worker and then a counselor at Christiansburg High School for 22 years. Jim has had several different positions at VT: professor and department chair of Urban Affairs and Planning, Founding Director of the School of Public and International Affairs, Interim Provost, and 11 years as Vice-President for the National Capital Region. He retired three times, and the third one took!

Community work has been important to them. Jim helped start the youth soccer program many years ago. Both helped to create the Montgomery County Christmas Store in 1982 in which Sally has remained active all these years. Jim served two different terms as president of the Free Clinic (now the Health Center for the NRV). Both have chaired the Lewis Gale-Montgomery Hospital Board. In their spare time they enjoy traveling abroad, reading and writing, jazz, and being with friends.

**Nicholas Dzurenda** is a gay, recovering Catholic from Spotsylvania, VA. He attended a UU congregation a few times back home but was surprised by how warmly he's been welcomed at UUC. After four very long years at Germanna Community College, he completed his associate's degree and is now pursuing a bachelor's degree in Horticulture at VT. He loves to break bread with friends and friends-to-be, so don't be a stranger to him. He believes that God is nature so loves to get outdoors. He also likes to listen to all types of music, especially riot grrrl bands.



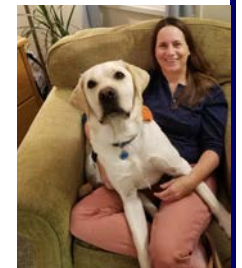
**Clyde Marshall** started attending UUC in August of 2019 and found himself enjoying it. He is husband and best friend to Chrissy Teets. The two have been living in Pembroke with their cats since 2010. Clyde works at the consolidated waste-collection and recycling site on Coal Bank Hollow Rd. His main interests revolve around amateur and hobbyist arts. Currently, he is mostly working with digital spaces such as small non-commercial computer games.

**Alyssa Short** lives in Blacksburg with her husband, Adam, their daughter, Noemi, and their dog, Lena. Alyssa is an artist and expressive arts teacher. She enjoys Tarot, creative writing, gluten-free baking, tending to her plants, and hiking with her family. She began attending UUC in March and is thrilled to have found a community devoted to spirit as well as social & environmental justice. And, her daughter loves RE PreK!



**Ashley Spinks** moved to the NRV in summer 2019 for a new job and is excited to be back in a rural area after a stint in Northern Virginia. After moving back to a small town, Ashley was eager to build relationships, put down roots and contribute meaningfully to her new community. She started attending UUC several weeks after arriving in Christiansburg and immediately found a group of like-minded, kind people seeking the same sense of community and grounding in faith that she was looking for. Ashley enjoys exploring the outdoors, hiking, writing, and spending time with her cat, Felix, and new puppy, Bennett.

**Rami Steinruck** was born and raised as the middle child with 6 brothers in northeastern PA. She's also called Kutztown, PA, Phoenix, AZ, and Memphis, TN "home." Rami is a first-generation college student with a BS in Art Education, a Masters in Student Affairs, and recently earned her Ph.D. in Counseling Psychology. Last year, she made the NRV "home" and is currently a Resident in Psychology in the Cook Counseling Center at VT. Rami is passionate about community, the arts, and the outdoors. When she's not engaging in therapy with VT students, Rami can be found baking cookies, throwing on the potter's wheel, hiking, biking, running, and making friends with every doggy she meets!





## Unitarian Universalist Congregation Sunday Services November 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.

### Worship Theme for November: Attention

**November 3:** Rev. Pam and Worship Associate Stephen Heninger, *Attention to Action*. Paying attention is the first step toward change. We've become more attentive to the climate crisis, but how we can move from attention to action and advocacy? Joining religious communities across Virginia participating in *Climate in the Pulpits* (sponsored by Virginia Interfaith Power & Light), we'll lift up UUC's Environmental Justice Team and local actions and groups with whom we might collaborate.

**November 10:** Rev. Doug McCusker and Worship Associate Earle Irwin, *Meeting Yourself*. If you met yourself on the side of the road, would you recognize that person? You have been with this person all your life, but do you truly know who you are? When we take away the person that we want others to see or who does what others want, we meet ourselves where we are. This month, as we explore Attention, we will talk about what it means to pay attention and listen to our inner self; the one who is rooted in our being. The one who is doing the watching.

Rev. Doug McCusker has been serving the UU Fellowship of Fredericksburg as their settled minister since August 2015. He also serves as the facilitator for the Humanist group at the Coffeewood Correctional Center in Mitchels, VA. Additionally, he is on the faculty at the Meadville Lombard Theological School in Chicago as a teaching assistant for UU History and Polity. He graduated with a Master of Divinity from Meadville Lombard in 2014 where he was a classmate of Rev. Pam's. Before entering seminary, he was active as a lay leader, youth advisor, and RE teacher at his home church, Accotink UU Church in Burke, VA. Rev. Doug retired in 2013 from federal service as a Cartographic Systems Engineer with the National Geospatial Intelligence Agency. He lives with his spouse, Marie and their 2 cats in Fredericksburg.

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

**November 17:** Rev. Pam and Worship Associate Kimberley Homer, *Contemplating Compassion*. On the heels of World Kindness Day, we'll explore the connection between mindfulness and kindness. How might a mindfulness practice make us more attentive to the well-being of those around us and ourselves? We will also celebrate welcoming some of the youngest members of our community with a child dedication.

**November 24:** Rev. Pam and Worship Associate Ellen Plummer, *Transforming our Attention*. Our congregational mission statement invites us to transform our community and the world through courageous love. Before we change others, though, we may need to change ourselves and the way we see the world—which can also take courage. We'll consider how shifting our attention can help us do just that.



### Second-Sunday Potluck

Everyone is invited to enjoy lunch together following the service on **November 10**. This month, if your last name begins with **Lit-Mh**, bring a beverage; **A-Lam** bring a main dish; **Lan-Lis and Mi-Z** 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 for the [Interfaith Food Pantry](#). **Note that this month we are requesting everyone bring canned vegetables.** The donation basket is in the lobby just outside the Sanctuary.



# Unitarian Universalist Congregation

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# CALENDAR: November 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
<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> ⌘ 7:00 Meditation	<b>(All Wednesdays)</b> ⌘ Noon Conversations on Our Faith 5:30 Yoga Choir rehearsals: 6:15 chalice 7:00 Adult		<b>1</b> ⌘ 11:30 AM Women's Lunch <i>Mezeh</i> (Bburg)	<b>2</b> ⌘ 9:30 AM Grounds work day
<b>3 Standard Time Starts            Buddy Project Begins</b> ⌘ 8:30 AM Sunday Circle 11:30 Men's Group ⌘ 11:30 Our Whole Lives 8-9 Parent Information Meeting ⌘ 3:00 Spiritual Aging	<b>4</b>	<b>5</b> 2:00 Sages	<b>6</b> 1:00 Adult RE Exploring UU Theology 6:00 Connection Committee 7:00 Worship Team	<b>7</b> ⌘ 6:30 EarthSpirit Sisters Samhain Celebration (offsite) ⌘ 7:00 Transgender Inclusion in the Congregation	<b>8</b>	<b>9</b> 5:00 Parents' Covenant Group
<b>10</b> ⌘ 8:30 AM Anti-Racism discussion group ⌘ 11:15 Second-Sunday potluck 11:15 Community Service Team	<b>11</b> ⌘ 6:00 Parent Bereavement support group	<b>12</b> 4:00 Committee on Ministries mtng ⌘ 6:30 EarthSpirit Sisters Full-Moon Ritual (offsite) ⌘ 7:00 Caregivers' Support Group	<b>13</b> 5:45 Finance Comm	<b>14</b> 7:00 Board meeting ⌘ 7:00 Transgender Support Group	<b>15</b> ⌘ 11:30 AM Women's Lunch <i>Radford Coffee Co.</i> (Radford) 7:30 Middle-school Youth Group	<b>16</b> ⌘ 9:30 AM Grounds work day
<b>17</b> ⌘ 8:30 AM Sunday Circle 11:30 Men's Group ⌘ 11:30 Bridging Conversations: More Curious, Less Furious 11:30 Stewardship meeting 5:00 YAC	<b>18</b> ⌘ 6:00 National Alliance on Mental Illness Connections Support Group	<b>19</b> 2:00 Sages	<b>20</b> 1:00 Adult RE Exploring UU Theology ⌘ 6:00 NAMI Family and Friends Support group	<b>21</b> ⌘ 7:00 Transgender Inclusion in the Congregation 9:00 December Newsletter Deadline	<b>22</b>	<b>23</b>
<b>24</b> ⌘ 8:30 AM Anti-Racism discussion group ⌘ 11:30 Discussion for transgender inclusion class	<b>25</b>	<b>26</b> 1:30 Creative Writers' Group ⌘ 7:00 Trans Support Group for Youth & Family	<b>27</b>	<b>28</b> ⌘ 2:00 Thanks- giving potluck ⌘ 7:00 Transgender Support Group 	<b>29</b>	<b>30</b>