



UNITARIAN UNIVERSALIST CONGREGATION

NEWSLETTER

November 2020

1301 Gladewood Drive
Blacksburg, VA 24060
Website: www.uucnr.org
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Message from Our Minister Rev. Pam Philips

What does it mean to be a **people of healing**? That's the question we'll be answering in worship and small groups this month, and as I think of November 2020, I can think of no better question with which to grapple, because we are a people in need of healing.

Our most obvious need for healing is from the Coronavirus, but equally pressing is for healing the body politic. As I write, we are one week away from a national election like no other. And we are coming off a campaign season that has highlighted once again how deeply polarized this country has become. Four years ago, I preached a sermon on the Sunday before the election at the UU Fellowship of Waynesboro. My title? "A Time to Heal." I admit that I was feeling rather magnanimous at the time, assuming that my candidate was going to win. I acknowledged the deep divide that the election had not so much created as uncovered. I urged the people to consider healing personal relationships by reaching across the political divide, trying to really hear people who voted differently than they did. But just a few days later, I was heartbroken, as were so many others, and it was all I could do to heal myself. That was a hard time, and recalling it makes it difficult to imagine what our world will look like after election day and the ensuing days, weeks, perhaps even months to know the official results and the eventual outcome.



In recalling that painful time, though, I'm also reminded what helped make it bearable (if not better). Being in community. The day after the election, I found myself in a classroom at Charlottesville High School, commiserating with a teacher when a student—the senior class president and a Muslim refugee from the Democratic Republic of the Congo—came into the room and collapsed in despair. Nothing we could say could console him, but we sat and listened. A few days later, I participated in a community vigil at the UCC church, where we sang and prayed and shared. The next week I traveled to The Mountain in North Carolina for a much-needed ministers' retreat. A few months later, I joined hundreds of thousands at the Women's March on Washington. With each opportunity for gathering with others came new opportunities for healing.

And while we may not all be able to gather physically in the month ahead, we do have many opportunities to connect and come together. Read through this newsletter for the many ways you can find yourself in community this month—many of which will give us opportunities to consider how we can better become a people of healing. Consider joining a group or meeting you've never tried before. Your presence—especially at one of the support groups—will not only help you but others to heal. As feminist author bell hooks writes, "Rarely, if ever, are any of us healed in isolation. Healing is an act of communion."

In the month ahead, I encourage us not only to explore the theme of healing but to practice it . . . together.

In faith and hope,
Rev. Pam



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Staff Office Hours:

Minister:
Tuesdays - Fridays, 9-1
Contact [Minister](#) for appointment or use this [link](#) to set one up online.

Administrator or DLFD:
Contact [Administrator](#) or [Director of Lifespan Faith Development](#) to set up appointments.

Message from Our Board

Wayne Neu, Board President



Well, another month has gone by under the COVID-19 pandemic, and although things look a little better in the New River Valley, the rest of the country and the world seem to be having a terrible time. Our large spike in cases associated with the return of college students to the area this fall has passed, and the new cases data have been forming a new plateau. Although at a higher level than we were seeing in the spring, the curve has dropped significantly and has been relatively flat for the last month. For that reason, the Board decided to reopen our building for no more than 1-hour meetings of groups of 10 or fewer following the same rules that had been established during the previous reopening. We don't expect to see much usage since by now we have all pretty much adapted to the reality of the virtual meeting place.

My new reality has included a lot of music making – learning, singing, recording, and editing. I've been working on projects for our Choir, the Blacksburg Master Chorale (look for their virtual concert coming up in November featuring a short solo by yours truly) and our recent auction event. Hopefully you too have found a new way of being that accommodates your soul. Back in May, the UUA President, Susan Frederick-Gray, told us to expect to be working virtually through May 2021! For many of us, that doesn't sound nearly as daunting today as it did then, but I worry about people who have been left behind by the transition to a virtual existence. I have noted the absence of some people whom I used to see nearly every week at services in our sanctuary who have not been attending our virtual meetings. If you are one of those who are uncomfortable with computers, please reach out to Lisa Evanylo or Rev. Pam. We can put you in touch with people who can show you how to do it. If you own a smart phone, you can even get our services on your phone. If running Zoom isn't a problem for you, but you haven't been motivated to attend online, please do join us for an hour or so some Sunday morning. It really is a rewarding practice. Many new people and those living at great distance have been attending who probably wouldn't or couldn't have attended an in-person service – and that is great. Some day we will transition back to services in our building, but with the help of our new **Technology Committee**, we hope to offer hybrid services to maintain our online presence and continue to serve those who prefer it.

Another part of my new reality has been getting outside. I am spending a lot of time on the golf course. My game isn't much to appreciate these days, but the scenery has been wonderful here in the valley. The fall colors have been as lovely as usual, marking our transition into shorter and colder days. If you haven't yet had the opportunity, I invite you to come take a stroll around the UUC grounds. The work of our grounds crew never stops, and the grounds are looking better than ever. We even had a non-member neighborhood family so appreciate our grounds that they made a significant donation to their upkeep! If you are looking for something to do one day, walking around our grounds – or the place of your choice – is a great social-distanced way to get some exercise and nurture your soul.

So, life goes on, the seasons change, and we adapt. We remain, however, the beloved community that we always have been. Please do reach out if you need help and help those in need if you are able. I look forward to seeing happy costumed children as I bring my *Interfaith Food Pantry* donations to our **It's Scary to be Hungry** drive-thru donation event on Halloween, and I hope to be able to talk with many of you during a break-out session after a Sunday service soon.



Upcoming Events

An Outdoor Volunteer Opportunity

Yes, you really do need to get outdoors and do something constructive and fun. Here's your opportunity!

What: Disassemble the small shed located at the far end of the large parking lot. Relocate the shed to its new home and reassemble it.

Miscellaneous tasks: "Put the grounds to bed for the winter" activities.

When: Saturday, **November 7**, 10-noon (rain date is **November 14**)

We need your help! Contact [Susan Baker](#) if you can be part of the work crew.



Help move the shed from
home here.



here to its new



Thanksgiving Update & Opportunity

Not surprisingly, our annual Thanksgiving gathering at UUC for a shared dinner will not be held this year. We know that the faithful attendees will sorely miss the festival meal and delightful conversations that we have shared over the years. May we gather together next year with greater appreciation of the sweetness of human companionship.

But... there is another opportunity to gather virtually with our UUC community at a special **Thanksgiving Meet-up with Optional Dessert** (similar to our Monday Meet-up). Many of us will sadly miss gathering with family and friends this year and are perhaps spending the day alone. Brighten your Thanksgiving by joining with some members of our Connections Committee and other congregants via this [Zoom link](#) starting at 7 PM for lively conversation and fellowship. You are invited to make your favorite Thanksgiving dessert and show it off before enjoying it.



Join Our Monday Meet-up

Tired of feeling so isolated? Missing those stimulating conversations with others at UUC? Join our Monday Meet-up each Monday at 7 PM via this [Zoom link](#). This is a time for socializing with no agenda, no questions you need to think about – simply join in and see where the conversation goes. Each week, a member or two of the Connections Committee will be in the session, so you'll always have a friend to talk to.

EarthSpirit Sisters Samhain & Full Moon Rituals

The EarthSpirit Sisters will have a virtual Samhain and Blue Moon women's ritual on Saturday, **November 7**. Gathering will begin at 6:30 PM, and the ritual will start at 7 PM. We will pay our respects to our ancestors and to the 226,000 plus people who have died due to Coronavirus 19. There will be movement, yoga, and creative expression through artwork or writing.



ESS will hold a second full moon ritual on Monday, **November 30** at 6:30 PM.

Contact [Kimberley](#) for the Zoom links for both rituals.

Women's Breakfast

All women are invited to meet for breakfast, coffee and conversation at 7 AM each Monday via this [Zoom link](#) until we can once again gather at *Panera*. If 7 AM is too early, join when able.

Men's Breakfast

All men are invited to enjoy breakfast, coffee and conversation each Monday morning at 7:30 AM at the *Next Door Café*, Blacksburg.

Women's Lunch

All women are welcome to join together for lunch every Friday at noon on our UUC grounds to picnic together at a distance. Bring your own lunch and please wear a mask when not eating. If raining or too cold, we'll meet via Zoom at this [link](#) or in Elarth Hall. Contact [Cynthia Luke](#) for more info.

Sages

Join us each Tuesday at 2 PM for stimulating conversation via this [Zoom link](#). Focus on topics facing older adults as well as general conversation.

Mid-Week Worship Gatherings

Since March congregants have been gathering each Wednesday evening at 5:30 PM via this [Zoom link](#) for an opportunity to pause our busy weeks and full lives in a worshipful space. Worship themes are topical and have included such inquiries as: "Are you listening?", "Reflection and transformation through deep listening", and "Black Lives Matter". The 30-minute gatherings include inspirational words and music as well as an opportunity for everyone to share. Watch for the email announcement each Wednesday for the topic and facilitator.

Yoga

Join us for Yoga outdoors on UUC's grounds each Wednesday at 5:30 PM until it gets too cold. To participate in our weekly Yoga gatherings, meet near the UUC entrance. We'll walk as a (distanced) group to our chosen spot for those unfamiliar with the grounds. Bring your own mat and whatever else you will need. All are welcome to this free class.



Monthly Support Groups at UUC

Parent Bereavement Support

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, **November 9**. Join the group via Zoom. For more info and the Zoom link, contact [Katherine](#) or [Lisa](#).

Mental Illness Peer Support

If you are someone who has experienced mental illness and would appreciate the support of peers, join our online meetings on the 3rd Mondays of each month at 6 PM. Next meeting on Monday, **November 16**. Contact [Kimberley](#) for the Zoom link or for more info.

NAMI Family Support

All are welcome on the 3rd Wednesday of each month at 6 PM to attend our community-wide mental health support group for friends and family of those with a mental illness. Next meeting on **November 18**. Contact [Kristine](#) for the Zoom link.

Transgender Support

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 New River Valley in a safe, anonymous and affirming environment. To learn more about NRV Trans* Support, visit their [website](#).

Due to Covid, they are currently not meeting, but you can contact nrvtrans@gmail.com for info and resources.

Caregivers Support

UUC hosts a monthly support group for caregivers to share their experiences and challenges. The group meets on the 2nd Tuesdays of each month—next meeting **November 10** at 7-8:30 PM. Join us via this [Zoom link](#). Questions or concerns - contact [Rev. Pam](#).

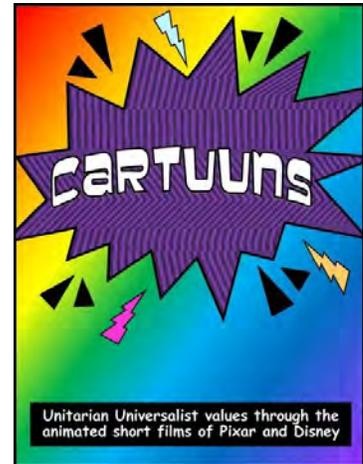
Lifespan Faith Development

Children's RE

CARTUUNS—Grades K-5—9:30-10:00 AM

Unitarian Universalist values through the animated short films of Pixar and Disney. Available as an online class on zoom, or as a homeschool class. Award-winning short films, great discussion and a wide variety of activities combine to make this a fun class for kids! Supply bags are delivered monthly. Children must be registered to participate. [Register](#).

Date	Class
Nov 1	<i>Sanjay's Super Team</i>
Nov 8	<i>Gerl's Game</i>
Nov 15	<i>Presto</i>
Nov 22	<i>Toy Story Toons Small Fry</i>



Sunday Funday—PreK—9:00-9:20 AM

Story time, coloring and crafts, available as an online class on zoom, or as a homeschool class. Supply bags are delivered monthly. Children must be registered to participate. [Register](#).

Date	Class
Nov 1	<i>Scaredy Squirrel</i>
Nov 8	<i>Llama Llama Red Pajama</i>
Nov 15	<i>The Pigeon Finds a Hot Dog</i>
Nov 22	<i>Turkey Trouble</i>



No RE Sunday, November 29

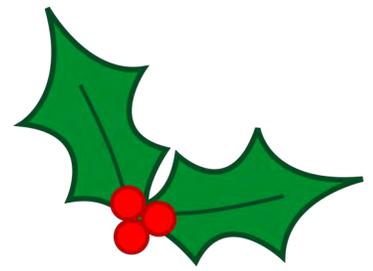
Story Time with Rev. Pam

Wednesdays at 3 PM

[Zoom link](#)



Kick off the Holidays with LFD



Our favorite traditions may change a bit this year due to COVID, but they will go on! Read below for information on celebrating the holidays with UUC.

The Buddy Project

Register by Sunday, **November 8**; begins Sunday, **November 15**

Get matched with a child or adult Buddy to meet a new Buddy of a different generation. Children are assigned a new adult Buddy – adults are assigned a child Buddy – and neither one knows the other’s name. They communicate over about 5 weeks, getting to know each other without seeing each other’s faces. Then, they – and their families – get to meet at our online **Buddy Party**.



This year, all Buddies will receive their Buddy’s home address, and an email address for sending emails with no contact information. Buddies can communicate through snail mail, email, or surreptitious home drop-off – don’t let your Buddy see you!

How often you communicate is up to you, but all Buddies are asked to make contact at a minimum of once a week.

Register online via this [link](#) by Sunday, **November 8**. The Buddy Project officially starts **November 15** and runs through **December 20**, the date of our online Buddy Party where you’ll meet your new Buddy!

Mitten Tree

Sunday, **November 22**, 2-3 PM

Kick off the holiday season with a fun social action project for the whole family!

Mitten Tree is moving outdoors with a drive-by tree decorating of new mittens, gloves, hats, and scarves to be donated to the Montgomery County Christmas Store.

Come experience the real meaning of the holidays by giving to others and help keep our neighbors in the NRV warm this winter.

If you aren’t able to attend on November 22, a collection box will be outside of UUC’s entrance. Leave your donations any time before November 22, and we’ll put them on the tree.

Learn more about the Montgomery County Christmas Store at this [link](#).



No Rehearsal Holiday Pageant

Request a part by Wednesday, **November 25**; production will be held Sunday, **December 20**

The show will go on! Folks of **all ages** are invited to join the cast of this year’s production, *Elf*, the story of ‘Buddy the Elf’, a human accidentally taken to the North Pole and raised as an elf.



Email [Karen](#) by **November 25** to request a part in the play. We’ll assign parts and return a script in the December bag delivery or by email. Then, make a video of the family thespian saying their lines and acting their little hearts out, and email it back to us. In keeping with our traditional practice of not rehearsing our pageant, no rehearsals are needed for your videos! The final result will play at our annual holiday multi-generational service on Sunday, **December 20**.

So, join this year’s production and spread some holiday cheer – we promise not to ask you to sing loud for all to hear (at least not on video).

MSYG

Sunday evenings 6-7 PM

Middle school youth meet monthly, alternating RE classes with Middle School Youth Group (MSYG). RE class will cover the original *D'Oh, God!* curriculum, which uses episodes of *The Simpsons* as the basis for in-depth discussions of a wide variety of religious topics. MSYG will meet for socialization—the emphasis is on fun, with social activities and social action projects that encourage bonding among participants. Youth must be registered to participate.

[Register.](#)

YRUU

Sunday evenings 7-8 PM

Our high school youth group, YRUU, meets weekly for check-ins, games, and more. Youth will determine the meeting content. As safety allows, YRUU may also meet outside in person, following UUC safety guidelines.

YRUU is open to youth in grades 9-12 and meets on Sunday evenings. Teens participate in conferences, fundraisers, and fun activities while forming bonds with other teens. Youth must be registered to participate.

[Register.](#)

New in the UUC Children's Library

Inspired by the many Indigenous-led movements across North America, *We Are Water Protectors* issues an urgent rallying cry to safeguard the Earth's water from harm and corruption—a bold and lyrical picture book written by Carole Lindstrom and vibrantly illustrated by Michaela Goade.

*Water is the first medicine.
It affects and connects us all . . .*

When a black snake threatens to destroy the Earth
And poison her people's water, one young water protector
Takes a stand to defend Earth's most sacred resource.



Watch a [YouTube video](#) about upcoming LFD Holiday Activities



Join our conversation on Sunday, November 15!

Community 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. The conversations are led by [Rev. Jamie McReynolds](#).

Join us **November 15** for our conversation on "What are American Values/Ideals?" The current polarized climate might suggest we have deep disagreements about American values/ideals and live out of conflicting understandings. But what exactly are American values/ideals? What do you most value about the United States? Do they derive from our founding documents, so you look to "the inalienable right to life, liberty and the pursuit of happiness"? Or the *Constitution* and *Bill of Rights* - - protecting the rights of individuals from government overreach, foreign threats and the passions of the people. Or do they derive from something else entirely? Let's rediscover our shared American values/ideals." The conversation starts at 11:30 AM via this [Zoom link](#).

On-Going Adult RE Programs

Spiritual Aging

*Meets the first Sunday of the month (**November 1**), 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. Join via this [Zoom link](#).



Sunday Circle

*Meets first and third Sundays (**November 1 & 15**), 8:30-9:30 AM*

November 1: Carl Hansen discusses "The Contribution of Early Railroad Development to Today's Technological Revolution", exploring the development of early railroads and how their effect on space-time relationship laid the groundwork for our modern day technology. Join via this [Zoom link](#).

November 15: Dan Thorp discusses "Slavery and the U.S. Constitution." Although the text of the Constitution makes no mention of "slavery," that institution lay at its heart in fundamental ways. This discussion will focus on why and how slavery shaped the drafting of the Constitution in 1787 and the operation of the United States' government for the next 75 years. Join via this [Zoom link](#).

Anti-Racism Discussion Groups

*Meets second and fourth Sundays (**November 8 & 22**), 1-2 PM*

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. Join via this [Zoom link](#).

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. Join via this [Zoom link](#).



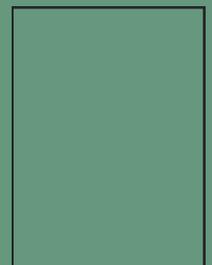
Conversations on Our Faith

Meets Wednesdays 12-1 PM

Join our conversation as we read the book, *CASTE: The Origins of Our Discontents* by Isabel Wilkerson. All are welcome, even if you have not read the chapters of the book under discussion. To learn more, contact [Tim Pickering](#). Join via this [Zoom link](#).

Home Delivery from the UUC Library

View our book selection at <https://www.librarything.com/catalog/uucnr/library> then email [Karen](#) or [Rachel](#) to check out a book. Books will be delivered during monthly RE supply bag delivery times (current RE delivery areas only). If book is already checked out, your name will be put on a waiting list.



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 4: NAMI NRV, \$250

October 11: The Lyric Theatre, \$205

October 18: Literacy Volunteers of NRV, \$201

October 25: The Christmas Store, TBA

Watch the weekly announcements and website for the coming weeks' ½-plate recipients. Have a suggestion—email [Lisa](#).

Check out our [Give webpage](#) for information on donating options.

October Board Mtg. Highlights

- ♦ The Board voted to open Elarth Hall to groups of up to 10 according to guidelines previously established.
- ♦ The Board adopted goals and a covenant for 2020-21.
- ♦ The Board accepted a monetary donation from a neighbor to be used for the grounds.
- ♦ The Board heard a preliminary report on the results of the recent *Strategic Planning* survey.

The next Board meeting will be held via Zoom on Thursday, **November 12** at 7 PM. The [minutes and reports](#) of meetings for the past two calendar years are available.

Questions, Ideas, Complaints for the Board:
Send an email to addresstheBoard@uucnr.org.

Community Service Team (CST) News

UUC's CST will continue collecting food donations for the [Blacksburg Interfaith Food Pantry](#) (IFP). The suggested foods for November are: spaghetti noodles, Hamburger Helper, and instant mashed potatoes. If you prefer to donate other foods, there is a list of requested food on the IFP website. There are 2 donation bins at UUC - one near our main entrance and a second bin near the accessible entrance. Questions - contact [Crosby Houston](#) or [Pauletta Copenheaver](#). Thank you for your donations and helping to feed the hungry in our area.



Reminder that Daylight Savings Time ends on Sunday, November 1 at 2 AM. Turn your clocks back 1 hour before going to bed Saturday night!

Join the Adult Faith Development Program from TJMC UU in Charlottesville

Thomas Jefferson Memorial Church invites us to participate in **Community Organizing as a Spiritual Practice**, Saturday, **November 14**, 2-4 PM. The principles and practices of community organizing are effective tools for building capacity for people to make a difference in their world. And they are also deeply spiritual, based on the ideals of discovering each person's individual gifts, needs, and powers and helping them learn how to be co-creators of a just world. Rev. Linda Olson Peebles, TJMCUU's Interim Lead Minister, will tell of her own experiences with Interfaith Community Organizing, invite others to share their own community organizing learnings, and offer the basic principles for those unfamiliar with this discipline. Registration deadline is **November 11**. To register for the classes above, contact [Caroline Heins](#); a Zoom link will be sent to all registrants. For more information, visit this [link](#).

Round the Grounds

The bees from the three on-campus hives continue their flights in and out of the hives. The big attraction is the blooming golden rod. Amanda Haynes noticed the bees that were carrying heavy loads of pollen gleaned from the goldenrod in the pollinator garden and elsewhere. We are working on getting more goldenrod to grow on the two slope edges of the large parking lot and also in the retention pond. Fingers are crossed for good hive health this winter. Beekeeper, Richard Reid, monitors the hives.

Two of the four picnic tables in our picnic area are being replaced due to wood rot. Thanks to the generosity of George Lally, Bill Baker, and an anonymous donor, we have two replacement tables waiting to be put together under the supervision of our picnic table guru, Walter Pirie. The new tables have metal frames, impervious to weather and sturdier than wood frames, and boards for the top and benches. The boards have been painted and are ready to become tables.

The Sourwood tree, the last to be planted this year, was sponsored by Gene Gardner in memory of his beloved wife, Nancy.



Donated by Walt Pirie



Some observations: chipmunks have eaten all the day lily bulbs; the maple trees in the parking have leaves that are turning a gorgeous and vibrant red; the presence of rutting deer requires fencing to protect the new trees; Monarch butterflies are appearing in numbers on the flowering plants.

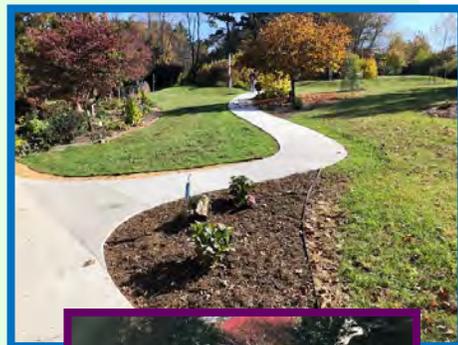
Completed projects during October:

- * Landscaping and growing grass along the new sidewalk leading to the Memorial Garden
- * Painting and staining handrails from the parking lot to our building entrance; painting all signposts and boards for the picnic tables
- * Planting ferns in a shaded area
- * installing donated pavers in the tool area on the side of the building
- * Cutting back perennials in all of the gardens and getting the gardens ready for winter
- * Adding outdoor art (a stained-glass blue heron made by Denise Martin)
- * Two weddings on our grounds with trusty mower, David Warner, doing extra mowing to make the sites "wedding ready"

Crossing off tasks on the to-do list is largely due to the assistance of Denise Martin and George Lally (couldn't do it without them!)

Wish List

- * Clumps of outdoor ferns (leave them at the side entrance of the building)
- * Assistance to dismantle and move the small shed at the far end of the parking lot and other put-the-grounds-to-bed activities on Saturday, **November 7** (rain date **November 14**). Contact [Susan Baker](#) to help. Tom Bube is the able supervisor of moving the shed.



Hopefully this column gives you a sense of being back on our very special UUC grounds. Come visit!





Unitarian Universalist Congregation Sunday Services November 2020

Virtual Services at 10:00 AM via [Zoom](#)
Religious Education Classes via Zoom prior to the service
All are invited to share conversation in small groups following the service by staying on the Zoom link.

November Theme: **HEALING**

Join us at 10 AM each Sunday at this [Zoom link](#).

November 1: *Where Does It Hurt?* Rev. Pam Philips with Worship Associate Kimberley Homer. As we begin considering what it means to be a people of healing, let us first ask ourselves what needs to be healed.

November 8: *A Time to Heal*, Rev. Pam Philips with Worship Associate Victoria Taylor. In the wake/in the midst of a particularly polarized election season and pandemic, we'll explore how we might feel more secure and whole in what feels like a crazy world. What does it mean to be a healer and be healed in this time?

November 15: *Remembrance and Repair*, Rev. Pam Philips with Worship Associate Hayden Catlett. Our society can inflict wounds, and worse, on those whom it deems outside the norm. This Sunday, we'll remember those who have suffered and died from transphobia and consider how we can help heal our society.

Get to Know UUC: Newcomers are invited to an informal Q&A session with members of our Connections Committee and Board after the third Sunday service each month. Simply stay in the service Zoom session.

November 22: *What About Gratitude?* As we approach Thanksgiving, join Worship Associates Stephen Henninger and Ellen Plummer as we consider how gratitude may be connected to our ability to offer healing to ourselves and others.

November 29: *Finding Healing*, Rev Pam Philips with Worship Associate Kimberley Homer. Mindful that the "holiday season" has already begun in this year of pandemic, what new challenges will we face and how might we overcome them?



What does it mean
to be a people of
Healing?

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.

Update on Building & Grounds Use

Elarth Hall is currently available to groups of 10 or less for meetings of up to 1 hour. There are strict [guidelines](#) in place to insure everyone's safety. Follow this [link](#) for the checklist of actions that must be followed each time a group uses the space. Contact [Lisa](#) to schedule an event on our grounds (up to 20 people), in the building, or via Zoom. Contact [Pam](#) or [Karen](#) for a UUC Zoom link if the gathering doesn't have one already. Check website and announcements for future updates.



Unitarian Universalist Congregation

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CALENDAR: November 2020

Staff Virtual Office Hours:

Minister: 9-1 Tu - F; [Contact for appointment](#)

Administrator: [Contact for appointment](#)

DLFD: [Contact for appointment](#)

All times are PM unless noted otherwise

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(All Sundays) N 10:00 AM Worship Service (All But November 29) N 9:00 AM PreK RE N 9:30 AM Grades K-5 RE N 6:00 Middle School RE/Youth Group N 7:00 YRUU	(All Mondays) N 7:00 AM Women's Breakfast N 7:30 AM Men's Breakfast (<i>Next Door Café</i> hallway) N 7:00 PM Monday Meet-Up	(All Tuesdays) N 2:00 Sages N 5:00 Meditation	(All Wednesdays) N Noon Conversations on Our Faith N 3:00 PM Story Time with Rev. Pam N 5:30 Mid-week Gathering N 5:30 Yoga (UUC grounds)		N Noon Women's Lunch Bunch (UUC picnic area or Elarth Hall)	
1 Start of Stand Time N 8:30 AM Sunday Circle 11:30 Men's Group N 3:00 Spiritual Aging	2	3	4 6:15 Connection Committee meeting	5	6	7 N 10:00 AM Grounds Work Day N 6:30 EsrthSpirit Sisters <i>Samhain</i> and Full-Moon Ritual
8 (Buddy Project Registration Deadline) N 1:00 Anti-Racism Discussion Group	9 N 6:00 Parent Bereavement Support Group	10 4:00 Committee on Ministries N 7:00 Caregivers' Support Group	11 6:00 Finance Committee 7:00 Worship Team	12 N 7:00 Board Meeting	13	14 N 10:00 AM Grounds Work Day rain date
15 (Buddy Project Begins) N 8:30 AM Sunday Circle N 11:15 Get to Know UUC 11:30 Men's Group 11:30 Stewardship N 11:30 <i>Community Conversations: What are American Values/Ideals?</i>	16 N 6:00 Mental Illness Peer Support Group	17	18 N 6:00 NAMI Family Support Group	19	29	
22 N 1:00 Anti-Racism Discussion Group N 2:00 Mitten Tree (parking lot)	23	24	25	26 Thanksgiving  N 7:00 Special Thanksgiving Meet-up 9:00 December Newsletter Deadline	27	
29	30 N 6:30 EsrthSpirit Sisters Full-Moon Ritual	NOTE: Elarth Hall is currently available to groups of 10 or less for meetings of up to 1 hour. To schedule an event, contact administrator . Events listed above will be held via Zoom unless otherwise noted. See the write-ups in the pages above for more information. For Zoom gatherings, the Online Calendar will have the Zoom url. That calendar will be updated as conditions change.				