



# NEWSLETTER

October 2019

Year 54, Issue 10

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## Message from Our Minister Rev. Pam Philips

*"We are all longing to go home to some place we have never been – a place half-remembered and half-envisioned we can only catch glimpses of from time to time."* So begins a reading by Starhawk that captures for me our quintessential need for belonging. And over my years as a Unitarian Universalist, I've heard again and again people's stories of how they found that sense of home when they first came to a UU congregation. As one of the Worship Team said at our meeting last month, UUC is pretty affirming as a place of belonging.

If you're still trying to find a greater sense of belonging, you'll find plenty of opportunities to engage in in the month ahead. A look at our [calendar](#) shows many different kinds of gatherings—groups for support, for spiritual practice, for learning, for socializing, for doing the work of the congregation. Those items in green are groups not affiliated with UUC such as rentals or community groups.

One of the best attended and most fun events of the year is our annual goods and services auction on Saturday, the 26<sup>th</sup>. Last year, several people told me it was the best event of the year and wondered if we could do it more often, perhaps instead of Sunday services. I'm not sure what that says about our services, but I agree that its function as a social event meets or perhaps exceeds its role as a fundraiser. I hope everyone considers attending this year, whether they plan on making purchases or not. I'm grateful to the organizers who are busy preparing for us all to come together for a great time.

If you're relatively new and want to know more about UUC, we're having a Newcomer's Orientation on Saturday, the 12<sup>th</sup> (see pg. 4) The Connections Committee sponsors three orientations a year, and they are among *my* favorite gatherings. I love sharing a morning getting to know each other. If you have found a spiritual home at UUC, I encourage you to contact me and participate in the New Member Recognition ceremony during the service on the 20<sup>th</sup> (also on pg. 4).

As we consider what it means to be a **People of Belonging**, I'm mindful that for many of us, the first place we felt we belonged was our family. In the week ahead I'll be heading back to my hometown in Oregon to be with my father who is undergoing treatment for cancer. I'm so grateful for all your expressions of support, especially those of you have told me not to worry about services, meetings, and classes I won't be able to lead or attend. I'm grateful to be able to leave with few worries and to be able to return to this community. A community that resonates with the rest of the passage from Starhawk:

*"Community. Somewhere, there are people to whom we can speak with passion without having the words catch in our throats. Somewhere a circle of hands will open to receive us, eyes will light up as we enter, voices will celebrate with us whenever we come into our own power. Community means strength that joins our strength to do the work that needs to be done. Arms to hold us when we falter. A circle of healing. A circle of friends. Someplace where we can be free."*

In faith and gratitude,

Rev. Pam



## Contact Information

### Minister:

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**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

### DLFD:

Contact for appointment.

## Message from Our Board

Nancy Bodenhorn, Board Secretary



Fall is my favorite season, a sentiment that seems to resonate with many people. Part of my preference might be that my birthday is in the fall, and in my late 20s and 30s, I would go on solo camping trips for long weekends somewhere in the North Carolina mountains. The time in nature and on my own was rejuvenating. This month at UUC we are exploring the theme **Belonging**, and I am struck by Maya Angelou's words, "You only are free when you realize you belong no place – you belong every place."

I grew up as a 'global nomad' which tends to create challenges in feeling a sense of belonging because the hardest question people can ask is "where are you from?" or "where is home?" – no place and every place. In retrospect, I realize that I developed a variety of life strategies that allowed me to develop a sense of belonging – mostly with myself, but also very deeply with others. In addition to camping, I have travelled and worked around the world as a single woman, scuba dived in five different oceans/seas, and followed my instincts and my heart throughout my careers as a school counselor, counselor educator and administrator.

The most consistent aspect of belonging that I have developed in my life is Unitarian Universalism. I sporadically attended UU "church" as a youth, but the RE program was probably not as dynamic as ours here, as I do not really remember much about it. I returned from a teaching position in Kuwait and lived in Durham, NC. I recall the first time I attended ERUUF, I cried tears of relief and joy throughout the sermon because it felt so comfortable. When I went to Thailand to work, I was a member of the [Church of the Larger Fellowship](#), which at that time (pre-internet) was a newsletter delivered once a month. In Belgium, we had a small group of 6 who met bi-monthly. During these years, I developed the habit of getting my "UU fix" by going to [The Mountain](#) (UU retreat in NC) for one week each summer. Ever since then, having a UU congregation has been on my list of requirements when I move someplace. I feel that I belong, and I appreciate that. I am also aware that not everyone has this sense of belonging in what many of us experience as a beloved community. I encourage all of us to be aware of those who might not feel a sense of belonging at UUC. We have a variety of programs designed to help us increase our awareness – Anti-Racism, Transgender Inclusion, NAMI, Better Angels, as well as multiple possibilities in book and discussion groups.

So all of this leads to the fact that I joined the Board this year. I am excited to fulfill the role of Secretary and to deepen my connection with the inner-workings of the congregation. I am so impressed with the energy and commitment that each of the Board members bring to this endeavor, and the variations in dedication that we all have to UUC. Last month, we launched a "Chat with the Board" space at the potluck, and a week later we were able to act on a suggestion about accessibility that was voiced. That is incredible alacrity that astounds me. I hope that we continue to develop additional avenues of communication that allow everyone to feel that they belong.

## Save the Date for UUC's Annual Chili Cook-off

Saturday, **February 15**. Enjoy hot or mild, vegetarian or carne chili along with cornbread, fixings, beverages, and lots of great fellowship. Help is needed to bring chili's, ancillary food and beverages, and for set-up and clean-up. Contact [Franklyn Moreno](#) to help or for more info. This is an event for the whole family.

Come to the organizational meeting after the potluck on **October 13**.

# Upcoming Events



## **UUC 2019 Goods & Services Auction & Fundraiser**



Join us on **October 26 promptly at 5 PM for the 2019 Goods & Services Auction Fall FUNdraiser**. We'll bid and buy during both Silent and Live Auctions while making new friends and enjoying tasty goodies. Wear your favorite t-shirt! Don't miss UUC's premier FUNdraising event of the year!

Things to know about the service auction:

The **last date** to get your items in the printed catalog is Sunday, **October 13**. Items donated after that date will be accepted but won't necessarily be in the printed catalog.

An abbreviated, printed auction catalog will be available after the service on **October 21** and at the auction. For a more detailed catalog, you can browse all catalog items online either as a list or by category at <http://www.togetherauction.com/uucnrj>.

**Donated auction items can be dropped off at UUC on Friday October 25 from 4-7 PM and on Saturday, October 26 from 10 AM – noon. Be sure to attach the item's catalog number, e.g. A1, to it before you drop it off.**

When you arrive at the auction, **register to bid and pick up a bidding number**. Remember to **bring your checkbook or credit card** so that you can **check out and pick up the items you have won before leaving**.

Children who have been registered for their *Auction* party should be dropped off downstairs. Children 3 and under will be in the room off the nursery. Forgot to register your child? No problem, come and bring them anyway.

The Silent Auction begins at 5 PM and will close after the first Live Auction session. See the printed catalog for details. The food and bar will be available at 5 PM and during breaks between Live Auction segments.

50/50 raffle tickets (\$1 each and 6 for \$5, **cash only**) will be available until the beginning of the second (and final) Live Auction segment. The winner will be selected during this auction period. This year's raffle benefits a youth scholarship to UU Mountain Camp.

Can't come due to a conflict? Bummer! You'll miss so much fun, but all is not lost. Send a friend with a bidding list and ask them to get a bidding number and bid for you.

Our monetary fundraising goal is **\$18,000**. Our community-based FUNdraising goal is to have fun at the auction and to have congregants engaged in auction-related activities together throughout the coming year so we can get to know each other better.

**For More Information, Contact:** [Molly McClintock](#), [Irene Peterson](#),  
[Linda Powers](#), or [Joe Powers](#).



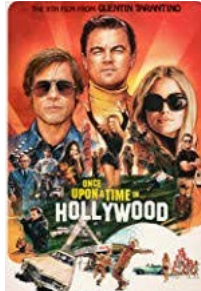


All are invited to UUC on Friday, **October 18** at 7:30 PM for *Love Letters to Humanity: An Evening of Contemporary Dance Theater with Radford Professor, Katie Wells*. Tickets are \$15 for adults and \$10 for children, students, and seniors and can be reserved at [www.interweave.love](http://www.interweave.love). Katie shares the hardships and triumphs of her spiritual path in a colorful tapestry of dance, words, props and audience interaction. It will be an uplifting experience! Bring your friends.

## 50+ Singles Group

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

On Wednesday, **October 2** at 5:15 PM, we'll gather for dinner & a movie at *The Lyric*. (You should have already contacted Linda Cherry to join the dinner crowd as Gillie's needed to know how many are coming). Meet at UUC at 5:15 PM to carpool to Gillie's. Diners will receive a free pass to the movie, *Once Upon a Time in Hollywood* at 7 PM. If you miss the carpool, join us at the restaurant or for the movie (but you'll have to buy a ticket!).



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.

## Newcomers' Orientation

Interested in learning more about UUism and our congregation? On Saturday, **October 12** from 9 AM – noon, join Rev. Pam, other newcomers, congregants, and Connections Committee members to listen, share, and discuss topics which will answer your questions. The orientation is open to newcomers and to those who have been attending UUC for a while. The session will begin with a light breakfast. Childcare provided upon request. If you plan to attend, or would like more information, contact [Pauletta Copenheaver](#).



## New Member Ceremony

Interested in becoming a member of UUC? We will hold a new member ceremony/book signing during the service on Sunday, **October 20** for anyone wishing to join the congregation. Contact [Rev. Pam](#) to participate. Unable to be there? Contact Rev. Pam and sign the book in her office.

## Join the Walk to End Alzheimer's

The local *Walk to End Alzheimer's* will be held on Saturday, **October 5** on VT's Henderson Lawn with registration starting at 8:30 AM. There will be talks by local representatives and students at 9:00, and the 2-mile walk on campus gets underway at 9:30. (Some UUC NRV team members have been known to take a turn toward a coffee shop about 1/2-way through the walk.)



To participate in the walk and/or to donate to our team, click on [UUC's team webpage](#). Hope you can participate in this worthwhile event. Questions - contact [Bob Stimson](#).

## 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 **October 4**, we gather at *Sake House* in Blacksburg, and on **October 18**, we gather at the [Swinging Bridge Restaurant](#) in Point Blank. Because it's an 80-minute ride, we'll meet in Lowe's parking lot to carpool at 10:15. Let [Cynthia Luke](#) know if you plan to join in.

# Lifespan Faith Development

October 2019

## It's Scary To Be Hungry

Help feed local families with a food donation drive!

It's that time of year again. Time for the Ghoulies and goblins to make their annual visit to scare us in exchange for candy. And while we totally support trick-or-treating, here's an opportunity to turn Halloween fun into something meaningful to others!

Sunday, **October 20** is our annual *It's Scary To Be Hungry* event. That Sunday, kids should come to church in costume, and adults should bring lots of canned goods and other non-perishable food. During *For All Ages*, the kids will trick or treat for the food!

After church, LFD will run a donation drive at the S. Main Kroger from 12-4 PM. This is an ideal social action project for the whole family! Cute kids in costume get big donations! Sign up for a 1-hour shift online at <https://signup.com/go/pUsQDXr>. Those interested can also go to the Interfaith Food Pantry after the event to help stock the warehouse shelves.

All donations help support the Interfaith Food Pantry, an all-volunteer organization which helps provide food to those in need in our community, serving over 550 families per month.

Learn more about IFP at <http://interfaithfoodpantry.acciai.us/>.



**Our Children's Offering also benefits the Interfaith Food Pantry. Offerings of canned goods or small cash donations will be collected weekly.**

### MSYG

**Friday, October 11, 6-8 PM**

Middle School Youth Group meets this month at Sinkland Farms for a hayride and after-dark corn maze. 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@uucnr.org](mailto:dlfd@uucnr.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@uucnr.org](mailto:dlfd@uucnr.org) to learn more.

[Register online.](#)

# 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 October and November on Thursday evenings from 7-9 PM. Class dates: **October 3 & 17**; and **November 7 & 21**.



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>.

***Spiritual Aging - postponed until November***

## Online Fundraiser for YRUU Trip Fund

UU youth can feel isolated here in southwest Virginia, so LFD strives to send them on a UU Identity trip every year. Most years, we go to Mountain CON, a conference of UU youth held in North Carolina. Every fourth year, we go to Boston, to learn more about the rich UU history there. Won't you help us make these trips possible by donating to our Trip Fund?

Donations can be made by credit card at our secure online donation page at <https://uucnr.org/support/give/> in any amount that you would care to contribute. Enter your donation on the line marked "YRUU". Thanks for your support!



## The Buddy Project Returns!

Don't miss this wonderful opportunity to become buddies with a member of another generation! Registered children and adults will be paired and will exchange short notes and small gifts, without knowing each other's names. On **December 8**, they will meet in person at our Holiday Multi-generational Service! Perhaps everyone in your family can make a new Buddy!

You must register by **October 30** to participate, so don't delay! Register at <https://forms.gle/hTbUN32nLHXhYAsz8>.







### Join our conversation on Sunday, October 27!

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.

Join us Sunday, **October 27** in the Sanctuary after the service for our conversation on Guns and Responsibility.

Guns, the second amendment, and gun control are topics that often bring forth strong passions and opinions. They are repeatedly used to put people into two neat categories: those for stronger gun rights and those for stronger gun control. However things are not always that simple. This conversation focuses on our own personal experience with guns and how these experiences have shaped our opinions. This conversation seeks to help us develop a deeper understanding of the opportunities and challenges surrounding gun ownership. The conversations are led by [Rev. Jamie McReynolds](#).

## On-Going Adult RE Programs

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### Sunday Circle

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

**October 6:** Beth McClellan will discuss the Radford University Expedition to Patagonia, Chile: *Glaciers and Climate Change*.

**October 20:** Franklyn Moreno will discuss *Factfulness*.

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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. Contact [Cynthia Luke](#) for more info.



### Conversations on Our Faith

*Meets Wednesdays, 12-1 PM*

Bring a brown bag lunch and join our conversation as we read the book, *God Is Not One*, by Stephen Prothero. 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 1/2-Plate Donations

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

**September 1:** Community Foundation of the NRV, \$202

**September 8:** Micah's Backpack, \$308

**September 15:** Faithy/East Suburban UU Church, Pitt, PA, \$251

**September 22:** NAACP Religious Affairs, \$335

**September 29:** Alzheimer's Assn, \$183

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](mailto: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, **October 19** from 8:45 AM-4 PM. If



**Habitat for Humanity**  
of the New River Valley

interested in volunteering for this community effort (no skills needed), contact [Alison Armstrong](mailto:Alison.Armstrong@uucnr.org) or [Pauletta Copenheaver](mailto:Pauletta.Copenheaver@uucnr.org) ASAP. If you can only do the AM or PM, that is OK. Just let them know. If interested in volunteering as an individual on a different date, they can send you additional information.

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.



## September Board Mtg. Highlights

- ◆ The Board discussed use of surplus funds from last year's budget. Funds were set aside for a 1-month training overlap for new administrator when Lisa retires next June, a 10% increase to pianist's salary, maintenance escrow, new flooring in the kitchen and old bathrooms, snacks for after the service coffee hour, minister's sabbatical fund, and buildings & grounds contingency fund.
- ◆ Next steps in strategic planning were discussed.
- ◆ The budgeting process and stewardship campaign will be moved up 1 month.
- ◆ The Board accepted a gift for the George Lally Gift Fund to build a retaining wall.
- ◆ Our Mental Health Justice Ministry (MHJM) is disbanding in October and will become part of the our local National Alliance on Mental Illness (NAMI) chapter.
- ◆ Ideas generated from "Chat with the Board" at the last potluck were discussed.

The next Board meeting will be held on Thursday, **October 10** 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 [addresstheBoard@uucnr.org](mailto:addresstheBoard@uucnr.org).

### 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.



## UUC Community Service Team (CST) Collection

During the month of October, our CST is collecting household items for clients of the Intensive Community Treatment (ICT) Program, which is part of the NRV Community Services' Program for Assertive Community Treatment. The ICT program serves adults with mental health disorders who live in the NRV.

UUC member, Seth Leonard, suggested this collection. The CST is pleased to help and is coordinating this project with the NRVCS Supervisor of the CST mental health team.

Beginning **October 6**, donation containers will be in the foyer near the Food Pantry collection bin. ITC clients are looking for items such as blenders, toaster ovens, lamps, throw rugs, sheet sets, under bed storage containers, etc. Items should be clean and in good condition. Seth suggested we ask congregants to have a "scavenger hunt" in their homes to look for items that would be appreciated by ICT clients. For a complete list of requested items, contact [Pauletta Copenheaver](#).

### Attention Seniors!



Many Seniors can use their IRA as a means for Charitable Giving to UUC. If you are at or over 70 and have an IRA, you probably know that federal law requires you to take a required minimum distribution (RMD) from your IRA account each year. But did you know that you can make charitable gifts directly from your IRA as qualified charitable distributions (QCDs) that count towards your RMD? Because a QCD reduces your taxable income and is not an itemized deduction, **this benefits investors who do not itemize**. To be tax-free, the donation must go directly from your IRA account to the charity without passing through the investor's hands. Your bank, brokerage or fund manager who administers your IRA can easily facilitate a QCD on your behalf to UUC. They can also provide more information on this topic or ask [Sandy Power](#), our Treasurer.

## 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, **October 14** in room 5. For more info, contact [Katherine](#) or [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 **October 21**. 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 **October 16**.

## Caregivers' Support Group

UUC is hosting 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 **October 8**. 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](#).





# Unitarian Universalist Congregation

## Sunday Services

### October 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 October: BELONGING

**October 6:** Ellen Plummer and Worship Associate Kimberley Homer, *The Power of Belonging*. As we mark the beginning of Mental Illness Awareness Week, we'll explore how important belonging is for those who work to raise awareness and end the stigma of mental illness. We'll also celebrate the work of our Mental Health Justice Ministry as it moves out into the world, widening the circle of to whom they belong.

**October 13:** Rev. Pam Philips and Worship Associate Jim Kern, *Whose Are We?* If we *are* a people of belonging, a fundamental question to ask is to whom or what do we belong?

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

**October 20:** Rev. Pam Philips and Worship Associate Victoria Taylor, *Widening the Circle*. We find comfort and security in belonging, but we may also risk excluding others. What can we do to foster both comfort and welcome? New members will be recognized this Sunday during the service.

**October 27:** Dr. Frank Shushok and Worship Associate Stephen Henninger, *Community & Friendship*: Several recent studies indicate Americans report having fewer close friends and meaningful friendships. Why should we be concerned? Americans are also reporting loneliness at unprecedented levels. From all corners of the social sciences, we have long learned that the way humans find meaning and purpose is through social bonds. In this sermon, we will explore the extent to which community & friendship can be learned and practiced—and ultimately shift the current trajectory of an increasingly lonely culture.

Bio: Dr. Frank Shushok serves as the Senior Associate Director of Student Affairs at Virginia Tech. Frank is passionate about students and their learning and thinks working on a college campus is among his great privileges. By the time Frank was a sophomore in college at Baylor University, he had aspirations of working in student affairs—a career path he's been on for 25 years. Part of Frank's passion for students is born out of his own struggle to get through high school but subsequently finding his stride and potential while in college.



## Second-Sunday Potluck

Everyone is invited to enjoy lunch together following the service on **October 13**. This month, if your last name begins with **A-Bak and K-Lam**, bring a beverage; **Lan-Z** bring a main dish; **Bal-J** 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.





# 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: October 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 7:00 Choir rehearsal			
		<b>1</b> 2:00 Sages	<b>2</b> 6:00 Connection Committee	<b>3</b> 7:00 Transgender Inclusion in the Congregation	<b>4</b> ⌘ 11:30 AM Women's Lunch Bunch: <i>Sake House</i> (Bburg)	<b>5</b> ⌘ 8:30 AM Walk to End Alzheimer's (Henderson Lawn, Bburg)
<b>6</b> ⌘ 8:30 AM Sunday Circle 11:30 Men's Group	<b>7</b>	<b>8</b> 1:30 Creative Writers' Group ⌘ 7:00 Caregivers' Support Group	<b>9</b> 1:00 Exploring UU Theology 5:45 Finance Comm	<b>10</b> 7:00 Board meeting 7:00 Transgender Support Group	<b>11</b> ⌘ 6:30 Middle School Youth Group (offsite)	<b>12</b> ⌘ 9:00 AM Newcomers' Orientation 3:00 Gladewood Neighbors Event 5:00 Parents' Covenant Group
<b>13</b> ⌘ 8:30 AM Anti-Racism discussion group ⌘ 11:15 Second-Sunday potluck	<b>14</b> ⌘ 6:00 Parent Bereavement support group	<b>15</b> 2:00 Sages	<b>16</b> ⌘ 4:00 Lay Pastoral Care Ministries ⌘ 6:00 NAMI Family and Friends Support group 7:00 Worship Team	<b>17</b> 7:00 Transgender Inclusion in the Congregation	<b>18</b> ⌘ 11:30 AM Women's Lunch Bunch: <i>Swinging Bridge Restaurant</i> (Paint Bank) ⌘ 7:30 <i>Love Letters to Humanity: An Evening of Contemporary Dance Theater</i> Katie Wells	<b>19</b>
<b>20</b> ⌘ 8:30 AM Sunday Circle 11:30 Men's Group ⌘ Noon It's Scary to be Hungry (S. Main Kroger) 5:00 YAC	<b>21</b> ⌘ 6:00 National Alliance on Mental Illness Connections Support Group	<b>22</b> 1:30 Creative Writers' Group 7:00 Trans Support Group for Youth & Family	<b>23</b> 1:00 Exploring UU Theology	<b>24</b> 4:30 Environmental Justice Team meeting 7:00 Transgender Support Group 9:00 November Newsletter Deadline	<b>25</b>	<b>26</b> ⌘ <b>5:00 Goods &amp; Services Auction</b>
<b>27</b> ⌘ 8:30 AM Anti-Racism discussion group ⌘ 11:30 Adult RE: Bridging Conversations <i>Guns and Responsibilities</i>	<b>28</b>	<b>29</b>	<b>30</b> ⌘ Buddy Project Registration ends	<b>31</b>		

**Out-of Office:** Rev. Pam will be gone until October 11; Karen Hager will be on vacation October 7-13.