



UNITARIAN UNIVERSALIST CONGREGATION

NEWSLETTER

September 2019

Year 54, Issue 9

1301 Gladewood Drive
Blacksburg, VA 24060
Website: www.uucnrv.org
E-mail: info@uucnrv.org
Phone: (540) 552-9716

Message from Our Minister Rev. Pam Philips

This month we'll be exploring the spiritual theme of **Expectation** in our worship services and small groups. In that spirit, I'd like to let you know what you can expect this year at UUC—especially some positive changes in the way we work to inspire spiritual growth and create compassionate community.

Each month as we explore a different spiritual theme, one way to deepen your own personal exploration is by adopting a spiritual practice. Those who participate in a *Soul Matters* small group get a packet each month with several suggested exercises. This year, we'll be introducing practices during the Sunday services so that *everyone* has the opportunity to try out a practice, whether they're able to join a small group or not. (There is still time to sign up for a group; see page 9 for more details.)



Each Sunday we invite everyone to stay after the service for coffee and conversation, and on the second Sunday of each month, we have a potluck. We've found, though, that coffee hours and potlucks are not as welcoming or accessible as we'd like. Thanks to those who responded to Karen Hager's RE end-of-year survey, we'll be implementing some suggestions for improvement.

During coffee hour we'll have tables and chairs set up in Elarth Hall so that people can sit down to have conversations. One of those tables will have art supplies and activities for people who want to have something fun to do (especially the younger members of our community). We'll also provide light snacks (cookies and fruit) and beverages to stave off hunger.

On Second Sundays, we'll work to make the potlucks more accessible to all. For families with children, we'll wait to start the food line until the children have come up from their classes, and we'll experiment with having one side of the food line be reserved for families with small children to facilitate filling their plates. We also encourage parents to bring dishes that they know their children will enjoy. In addition to making sure that we have "kid-friendly" foods, we also encourage people to remember to bring vegetarian, gluten-free, and lactose-free dishes (and label them as such) so that everyone will find food they can eat. Finally, we'll be opening up the blue doors to the sanctuary and setting up extra tables so seats are more readily available.

We **expect** that as we make these changes, we will hit some bumps in the road and appreciate your patience and support. If you have suggestions or would like to volunteer to help smooth our journey forward, please let me know.

We're excited by the prospect of inspiring greater and deeper spiritual growth and creating more welcoming and more accessible compassionate community!

In faith and with joyful expectations,
Rev. Pam

Contact Information

Minister:

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

President:

Steve Keighton
540-558-8075
president@uucnrv.org

Director of Lifespan Faith Development:

Karen Hager
540-577-8043
DLFD@uucnrv.org

Administrator/ Newsletter/Website:

Lisa Evanylo
540-257-3612
administrator@uucnrv.org

Pianist:

Jared Gibbs
pianist@uucnrv.org

Choir Director:

Ella Kromin
choirdirector@uucnrv.org

Lay Pastoral Care Ministry:

LPCM@uucnrv.org

UUC Website: uucnrv.org

UUC Office Phone:
540-552-9716



Staff Office Hours:

Minister:

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

Administrator:

Mondays & Fridays, 1-4

DLFD:

Contact for appointment.

Message from Our Board

Steve Keighton, President



For many of us this time of year, it's back into the Fall routines and busy schedules. As work, school, and congregational activities spin up to a faster clip than perhaps they were over the summer, it's especially good to remind ourselves to find balance in life (I have to do this daily and am still not very good at it), which includes trying to maintain strong relationships with those around us and even with ourselves. I found this quote by Jack Kornfield (trained and experienced in Buddhist meditation): "When we get too caught up in the busyness of the world, we lose connection with one another – and ourselves."

So, while your Board has been busy since July with our own business (which included a meaningful retreat in August), one major focus area for our year, beyond the usual business of policy and budgets, is to work on developing relationships. Relationships with each other on the Board, with other committees, and indeed the entire congregation. One thing you can expect is more visibility from the Board this year. Besides trying to use the bulletin board in Elarth more effectively, we plan to designate a table at our Second Sunday potlucks for chatting with the Board, and we may also provide some other opportunities to informally talk with small groups. You can certainly look for some of us at the **Possibilities Fair** on **September 22** following the service (see page 4 for more info). We want you to be able to get to know us, and we certainly want to get to know you and hear your thoughts!

To the degree you might be able to consider adding even one more thing to your busy schedules this year, we hope you'll consider being a part of a group at UUC if you are not already, whether it be a committee, a volunteer team, or one of the many groups engaged in conversation. Consider this more than anything else as an opportunity to build or deepen relationships with other congregants (of course there are other great reasons to participate too). The Possibilities Fair on the 22nd is a great opportunity to learn more about all of these opportunities.

The Board is also moving us closer toward a new phase of strategic planning at UUC which will eventually involve many opportunities for conversations among us all. This will be yet another opportunity to help grow our relationships with each other.

I hope that by doing meaningful work together as we strengthen relationships can allow us to strike the right balance between inevitable busyness and finding a renewing energy through deeper connections with others and with ourselves. Let's keep checking in with each other throughout the year to see how we're doing on achieving this balance for ourselves.

Our Mission

Inspire. Create. Transform.

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

Our Vision

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

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

Upcoming Events

UUC 2019 Goods & Services Auction & Fundraiser



*Do you make a great lasagna or bake a great loaf of bread?
Do you have a special way with pets (Dog Mumbler, Cat Sitter)?
Do you have handyman or technology skills?
Then donate your talents to UUC's Goods & Services Auction!*



When: Saturday, **October 26** from 5 - 9 PM

What Is a Service Auction? It's an auction where you can bid to purchase fabulous goods and services donated by your fellow congregants. There will be both live and silent auction sessions. Enjoy delicious food and beverages, a children's dance, and participate in contests. Take a chance on the 50/50 raffle with half going to the winner and the other half going to a charity chosen by our Community Service Team.

What Should I Donate? Be creative! Specialty food items that are available at the auction or picked up at a later date, theme dinners, lessons from experts, and skilled labor are always great sellers - and much appreciated by buyers. Donate one, two, three or twenty items! The minimum bid for any entry is \$5, and all values must be in even dollar amounts. For other ideas, go to the Catalog Grid section from the link at the top of the [auction's homepage](#). You can see what is already being offered this year in each category and can click on the links for the 2011 - 2017 catalogs at the bottom of the homepage to get ideas from previous years.

How Do I Donate? Simply log onto <http://togetherauction.com/uucnrv>. If your phone number is in the UUC directory, you are already in the system. Phone numbers are used to identify you, but several people may be listed separately or together on one phone number. See the link on the UUC website for complete directions on logging in and entering your donation. Please complete your donations by **October 13** to allow time for publishing the catalog.

Make Suggestions! Contact Molly to suggest items you'd like to see offered.

Will There Be Childcare? Children will have their own fun-filled party on the lower level, and there will be childcare for children 3 and under.

Want to Help? Sign up on one or more of the volunteer sheets at the auction table after services.

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

New This Year! Prime the Pump items! We will be offering some fixed priced items at the auction table starting **September 15!** Among the items offered will be 2 concert tickets to *Nobuntu* at the Moss Art Center on September 26 at 7:30 PM, jars of honey, cookie mixes, and microwaveable heating pads. Can't make the auction or can't wait until October 26 to help support our mission? Here is your chance to buy it now!

Possibilities Fair

Plan to attend our Possibilities Fair (formerly known as the Ministries Conference) on Sunday, **September 22** immediately following the service. We'll have a slightly shortened Sunday service (children will still be in RE classes) to give everyone time to visit all the tables representing the many ministries and activities at UUC. This is an opportunity for our congregants to learn about UUC's endeavors, to celebrate the enactments of our mission and to see what possibilities our mission inspires. The fair is expected to last 15-30 minutes.

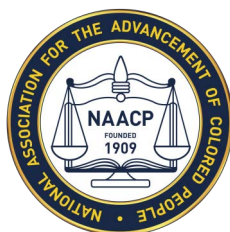
Jared & Friends Concert at UUC

Come to UUC on Sunday, **September 22** at 3 PM for a concert of classical & jazz duos. Jared Gibbs will be joined by Mary Louise Hallauer, Ella Kromin, Lisa Liske-Doorandish, Brian Peters, Lou Madsen, and Caroline Gibbs. Admission is free. Bring your friends.



NAACP Freedom Fund Banquet

Save the date of **October 5** for the 44th Montgomery-Radford-Floyd NAACP Freedom Fund banquet. The event will be held at the Virginia Tech Inn with a social hour and silent auction at 5 PM and the banquet at 6 PM. This year's theme is, "Are You With Us?"



The keynote speaker is Mr. Jeff May, Motivational Speaker, Philanthropist, and Community Activist from Fayetteville, NC. His message is, "If you want different, do different. You're the change".

If you would like to be part of a table sponsored by UUC, contact [Irene Peterson](#) by **September 5**, if possible. There will also be a sign-up sheet at the Anti-Racism table at the Opportunities Fair **September 22** but earlier would be appreciated to get the count to the NAACP. Tickets are \$60 each. Make checks to "UUC" with "NAACP" on the memo line and get to Lisa Evanylo.

ESS Full Moon Ritual

EarthSpirit Sisters invites all women to this monthly, Earth-based celebration of the full moon on Sunday, **September 15** at 6:30 PM at a member's home.

Contact [Susanne](#) for more info including the location.

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](#).

Join the Walk to End Alzheimer's

Did you know?

- ◆ Alzheimer's disease is the sixth-leading cause of death in the U.S.
- ◆ From 2000 - 2017, deaths from Alzheimer's has increased 145%.
- ◆ Almost 2/3 of Americans with Alzheimer's disease are women.

Held annually in more than 600 communities nationwide, the *Alzheimer's Association Walk to End Alzheimer's®* is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.



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 **September 6**, we gather at *Outback* in Christiansburg, and on **September 20**, we gather at *Prestons at the River Course* in Fairlawn.

Lifespan Faith Development

September 2019

Children's RE

Fall RE begins on Sunday, September 8 with a fun and exciting line-up of classes!

PreK: Chalice Children

This program helps nurture spiritual growth, creativity and a sense of community through imaginative activities and rituals such as rhymes and fingerplays.

Classes introduce children to concepts such as birth and death, dreams, and the natural world.



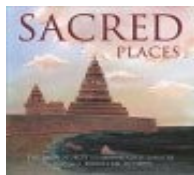
Gr. 4-5: Holidays & Holy Days

Holidays are an age-old vehicle of religious socialization, setting time aside to remember a great person or event, give thanks for life's bounty, or to invoke light and gladness for overcoming darkness and danger, death, and drought. The class will learn about and celebrate holidays and holy days of world religions throughout the year.



Gr. K-1: Picture Book World Religions

An introduction to Judaism, Christianity, Islam, Hinduism, and Buddhism is provided through a beautiful and engaging selection of picture books, allowing our children to better understand and celebrate the diversity of the world's religions.



Gr. 6-8: Building Bridges

Introduces middle school youth to the faith traditions and practices of other religious groups in their community.

Through classroom discussion and reflection and visits to other churches, the class builds community among the youth, connects them with their larger community, and strengthens their UU identity.

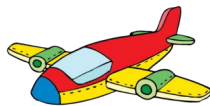
This class also includes ChUUrchcraft, using the popular app Minecraft to process visits and learnings about the religions of the world.

Our middle school class will be making offsite visits throughout the year. Adult congregants are welcome to join our group!



Gr. 2-3: Spirit of Adventure

This UU-identity curriculum uses physical movement, challenge, and adventure as teaching mechanisms, while engaging in activities like dissecting electronics, building cantilevered architecture using graham crackers, more! The class will be introduced to famous UUs and UUs in our own congregation.



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

Register Now at

<https://forms.gle/sC8PwoaoXBz5BmHV6>

Trangender Inclusion in the Congregation

LFD and the Welcoming Congregation Team are pleased to co-host this 6-session workshop, offered by *Transforming Hearts Collective*, and focused on helping our congregation to be fully inclusive, and affirming of, the full breadth of gender diversity. Gain the context and skills to help us transform into a fully welcoming congregation. This class is part of our congregation's renewal as a Welcoming Congregation. Class will be held twice a month, September-November, on Thursday evenings from 7-9 PM. Class dates: **September 5 & 19; October 3 & 17; and November 7 & 21.**



This class is also offered as an on-demand online course. As we are tracking attendance for our Welcoming Congregation renewal, registration is required for both the in-person and online class.

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

Exploring UU Theology

Using the "What Moves Us" curriculum written by Thandeka, one of our most respected contemporary UU theologians, Rev. Pam will explore how our personal experiences helps shape our theology. Each session focuses on the personal experience of a significant Unitarian Universalist as a springboard for our own reflections.

Class will meet on Wednesday afternoons, beginning at 1 PM in our library. Class dates: **September 25; October 9 & 23; and November 6 & 20.** Registration is requested but not required. Register online at <https://forms.gle/d7VM3nXCyt5ky2GA8>.



MSYG

Begins Friday, Sept. 20 6:30-8:30 PM

Middle School Youth Group kicks off this month at UUC with pizza and games. Youth in grades 6-8 are invited to come join the fun. Parents, watch your email for more details.

MSYG meets the 3rd Friday of the month, with meetings at UUC and offsite locations. For more information, contact msyg_advisor@uucnrv.org.

[Register online.](#)

YRUU

Begins Sunday, Sept. 8 5-8 PM

Our high school youth group, YRUU, kicks off this month with a potluck with parents. Come learn more about YRUU and what will be happening this year.

YRUU is open to youth in grades 9-12 and meets on Sunday evenings from 6-8 PM. Teens participate in conferences, fundraisers, and fun activities while forming bonds with other teens. Contact yruu_advisor@uucnrv.org to learn more.



Join our conversation on Sunday, September 29!

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 **September 29** in the Sanctuary after the service for our conversation on **Healthcare**.

Most people need healthcare at some time in their lives. And we all want healthcare in our country to be high quality and affordable. For decades we have spent more on healthcare per capita than any other country in the world, yet our health outcomes are not in the top 20 when it comes to infant mortality or longevity. What might happen if nation wide we had everyone's best ideas to work with?

Coming in October: Spiritual Aging

On-Going Adult RE Programs

Sunday Circle

Meets first and third Sundays, 8:30-9:30 AM beginning September 15

September 15: Edward Sewell will discuss "Is it sundown for editorial cartoonists and cartoons?"

Anti-Racism Discussion Groups

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

All are welcome to join our ongoing discussion group on white privilege and racism. Topics are announced via email. [Email Karen Hager](#) to join the listserv to receive links to the discussion articles.

Meditation Group

Meets Tuesdays, 7-8 PM

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



Conversations on Our Faith

Meets Wednesdays, 12-1 PM

Bring 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 ½-Plate Donations

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

August 4: VICCC, \$146

August 11: TRUUSt, \$246.50

August 18: Side with Love, \$213.50

August 25: Renew the New, \$200

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](#).

Caregivers' Support Group Forming

Being a caregiver can feel like a heavy load at times. The day-to-day business of caring for a loved one can be a daunting challenge and feel overwhelming. Despite the fact that many of us will take on the role of caregiver at some point, caregivers can experience a sense of isolation. A caregiver may feel required to "be strong" for a loved one, or that they are selfish to acknowledge the mental and emotional toll. Some caregivers experience guilt or feel helpless or hopeless. If any this sounds familiar, you are not alone. UUC will be hosting a monthly support group for caregivers to share their experiences. Anyone who is at any stage of the caregiving is welcome; from novices to veterans, or even those who are anticipating an incipient need. The meetings will be a place to share and discuss the challenges we face, address the importance of self-care, and explore the fears that can be an integral part of the caregiving role.



The Caregivers' Support Group will meet on the 2nd Tuesday of each month from 7-8:30 PM starting on **September 10**. 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](#).

August Board Mtg. Highlights

- ♦ Four members spoke during the Member Forum: one spoke against a video monitor in the sanctuary, one reminded the Board to start allocating funds for minister's sabbatical, one spoke of having a button (or other item) to identify us as members of UUC when participating in community events (idea approved by Board), and one spoke in favor of salary parity for pianist and choir director.
- ♦ The Board approved continued UUC sponsorship of the **50+ Singles Group** (now coordinated by Linda Cherry) and new UUC sponsorship of the **Transgender Support Groups** — one for adults and one for friends and family.
- ♦ A final decision on what to do with the budget surplus from 2018-19 was postponed until September. The Board will also revisit the policy on this.
- ♦ The Board continued discussion on a video monitor.
- ♦ David Hundley was approved to serve on the Personnel Committee. As Lisa is retiring as Administrator in June 2020, the committee and Rev. Pam will develop a job description for the search.
- ♦ Our acceptance of restricted gifts was discussed.
- ♦ Several Board members will meet with the Finance Committee to clarify roles of each.
- ♦ The Board worked out the process for Rev. Pam's evaluation to the UUA.

The next Board meeting will be held on Thursday, **September 12** 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.



Sign up Now for 2019-20 Circle Suppers



Circle Suppers are monthly social gatherings of 6-10 people to share a potluck meal – either in a member's home or at UUC. It's a great way to get to know folks from the congregation! Groups meet October - May. If interested in participating, fill out the [online form](#) by **September 30** or see Kim Feucht after services. Groups will be formed based on the information you provide. Questions or problems with the online form? Contact [Kim](#).

Sunday Coffee Makers Needed

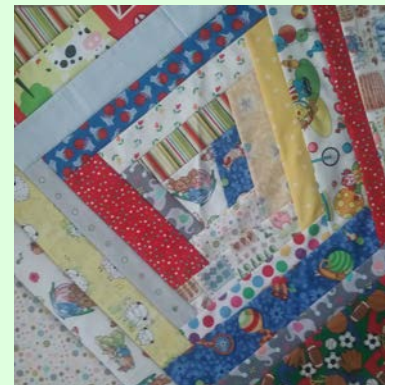
Join a friendly group of volunteer UUC coffee makers. There is a need for substitute coffee makers and a regular 3rd Sunday coffee maker. No experience necessary. To volunteer or for more information contact [Pauletta Copenheaver](#).

Lisa Evanylo, Administrator, will be out of the office through **September 8** and will respond to emails as able. Send all information for the **September 1 & 8** bulletins to [Isabel Berney](#).

Come Join *The Piecemakers*!

UUC's quilting group, also known as *The Piecemakers*, would love to have interested people join them. The group has been meeting since January and is in the process of completing a new set of paraments (the pieces covering the lectern and the memorial table in the sanctuary), which will be presented to the congregation this fall.

The next project will involve creating crazy quilt squares from material donated by many UUC members this spring and summer. These squares will be put together to make an additional set of paraments. Other projects will be determined as the group starts meeting again this fall. Previous quilting experience is NOT necessary! Anyone who enjoys fabrics, color, and group projects would fit in very well. *The Piecemakers* meet two Fridays a month in the UUC library from 10:30 AM - noon. If interested, contact [Polly Stimson](#) or [Marilyn DuPont](#). Come join the fun!



Soul Matters Covenant Groups

September offers a fresh opportunity to join a newly-forming Small Group. With 6-10 people per group, small groups offer the opportunity to go deeper into such themes as *Belonging*, *Wisdom*, *Resilience* and more. A new topic is offered each month, with online or paper materials provided. Each packet includes spiritual exercises, questions, and a great many other resources to help you explore the themes. Sunday services will enhance the topic scheduled for that month.

Meetings are once a month, lasting about 2 hours, and take place in a location mutually agreed upon among the participants. Our trained facilitators are offering afternoon and evenings for choices, and you are asked at the time of sign-up to provide your preference. We expect the first meetings to take place during the 3rd or 4th week of September and to continue through June.

You may sign up [online](#) or at UUC on Sundays at our table in Elarth Hall.

As you consider this invitation to "go deeper," on your own and with others, please think of the need to make this commitment a part of your life for the next 9 months. Of course "life happens" and that is understood; however, we wish to foster respect for our facilitators and your fellow participants with attention to the written guides and as regular attendance as possible. Such is the nature of covenant.

Questions - contact [Rev. Pam](#) or [Marilyn DuPont](#). We hope to hear from you.



Men's Group

All men are welcome to join us on the 1st & 3rd Sundays of each month, beginning **September 1**, from 11:30 AM–12:30 PM in room 5 on the lower level. We follow a Covenant Group format and start with a check-in, taking turns to talk briefly about the important or everyday happenings in our lives. We have a covenant of confidentiality – nothing said is to be shared – even with those closest to us outside the group. Our key is communication, to speak and listen carefully and respectfully. We do not give advice unless it is requested and avoid crosstalk, interruption, and domination. We encourage openness, freedom and trust. We keep our conversation on a personal level: this is an opportunity to open your heart and speak of that which you might not be comfortable speaking in another setting. It's not a forum for politics or sports. If interested or for more info, contact [Dick Bauman](#).

The NRV Trans* Support Group

is excited to announce that we have been approved by the Board to be a UUC-sponsored group. We are happy to be sharing in the values of UUC and working to create a safe space for everyone to be true to who they are. We are truly grateful for everyone's support in our work.

One group meets on the 2nd & 4th Thursdays of each month at 7 PM in room 3 and provides support for adults who identify as trans. The other group is for anyone under 18 that falls under the trans umbrella, whether they have started their transition or are just questioning their gender. It is aimed to help provide resources, advice, and support for children and their families. These meetings are held every 4th Tuesday of the month at 7 PM in room 5.



Parents' Covenant Group Resumes for Fall

Families with young children gather together for a shared potluck meal after which the children go to the nursery with childcare, and the adults gather for meaningful discussion. The next gathering will be on Saturday, **September 14** at 5 PM. Contact [Anne Hall](#) for more information. New families are always welcome for this fun monthly gathering!

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, **September 9** in room 3. 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 **September 16**. 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 **September 18**.

WVTF Fall Fund Drive



Support public radio, help tell people about UUC, and get a tax deduction for 2019—all with one check! The fall WVTF Public Radio fund drive is underway this month. Contributions made through UUC not only help the station, but also pay for day sponsorship announcements about all four area UU congregations: Blacksburg, Roanoke, Lynchburg, and Charlottesville.

To contribute please make your check out to UUC with "WVTF" on the memo line and put it in the collection basket or mail it to UUC by **October 6**. If you'd like to make a direct pledge to be eligible for drawings for prizes or to have your name announced on the air, please consider splitting your contribution and sending part through UUC.



Unitarian Universalist Congregation Sunday Services September 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 September: Expectation

September 1: Rev. Pam Philips and Worship Associate Kimberley Homer, *Expecting Surprises*. We'll explore how we can become numbed by our routines and what might happen if we were to *expect* to be surprised. Expect to be surprised by this whole family, multi-generational service.

September 8: Rev. Pam Philips and Worship Associate Jim Kern, *Figments of Our Expectations*. We'll mark the opening day of the Religious Education year with a backpack blessing for those who have returned to school and then explore how our beliefs can sometimes give us unrealistic and unhelpful expectations of ourselves and others.

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

September 15: Rev. Pam and Worship Associate Stephen Henninger, *Dashed Expectations*. What happens when our expectations of the world are not realized? What can we do when we're faced with disequilibrium and disappointment?

September 22: *Opening to Possibilities*. Members of the Committee on Ministries (including Korey Mercier, Barbara Taylor, and Margo Walter) and Worship Associates David Lally and Ellen Plummer will lead us into this year's **Possibilities Fair**, a time to learn more about all the ministries of UUC with an eye toward finding new ways to engage.

September 29: Rev. Pam Philips and Worship Associate Hayden Catlett, *Greater Expectations*. We'll explore how we can hold ourselves back by having low expectations and how we might live into our highest and best selves by opening up to greater possibilities.



Second-Sunday Potluck

Everyone is invited to enjoy lunch together following the service on **September 8**. This month, if your last name begins with **Lan-Lis and W-Z**, bring a beverage; **A-Lam** bring a main dish; **Lit-V** 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@uucnrv.org
 P.O. Box 10116, Bburg 24062-0116 URL: uucnrv.org

CALENDAR: September 2019

Staff Office Hours:

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

Administrator: Mondays & Fridays 1- 4

DLFD: Contact for appointment

All times are PM unless noted otherwise

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(All Sundays) ⌘ 10:00 AM Worship Service; Children's RE (no RE September 1) ⌘ 8:00 YRUU (starting September 15)	(All Mondays) 7:00 AM Women's Breakfast & Men's Breakfast at <i>Panera Bread</i> (Bburg)	(All Tuesdays) ⌘ 7:00 Meditation	(All Wednesdays) ⌘ Noon Conversations on Our Faith 5:30 Yoga 7:00 Choir rehearsal			
1 ⌘ 11:30 Men's Group	2	3 2:00 Sages 5:30 Mental Health Justice Ministries meeting	4 6:00 Connection Committee	5 ⌘ 7:00 Transgender Inclusion in the Congregation	6 ⌘ 11:30 AM Women's Lunch Bunch: <i>Outback</i> (Cburg)	7
8 ⌘ 8:30 AM Anti-Racism discussion group ⌘ 11:15 Second-Sunday potluck ⌘ 5:00 YRUU Kick-off	9 ⌘ 6:00 Parent Bereavement support group	10 4:00 Committee on Ministry meeting ⌘ 7:00 Caregivers' Support Group	11 5:45 Finance Comm 7:00 Worship Team	12 7:00 Board meeting ⌘ 7:00 Transgender Support Group	13	14 ⌘ 5:00 Parents' Covenant Group
15 ⌘ 8:30 AM Sunday Circle 11:15 Auction Committee ⌘ 11:30 Men's Group 5:00 YAC ⌘ 6:30 EarthSpirit Sisters Full-Moon Ritual (offsite)	16 ⌘ 6:00 National Alliance on Mental Illness Connections Support Group	17 2:00 Sages	18 ⌘ 6:00 NAMI Family and Friends Support group	19 ⌘ 7:00 Transgender Inclusion in the Congregation	20 ⌘ 11:30 AM Women's Lunch Bunch: <i>Prestons at the River Course</i> (Fairlawn) ⌘ 6:30 Middle School Youth Group	21
22 ⌘ 8:30 AM Anti-Racism discussion group ⌘ 11:00 Possibilities Fair ⌘ 3:00 Concert of Classical and Jazz Duos	23	24 1:30 Creative Writers' Group ⌘ 7:00 Trans Support Group for Youth & Family	25 ⌘ 1:00 Exploring UU Theology	26 4:30 Environmental Justice Team meeting ⌘ 7:00 Transgender Support Group 9:00 October Newsletter Deadline	27	28
29 ⌘ 11:30 AM Adult RE Bridging Conversations: Healthcare	30					

Administrator vacation: through September 8