



# NEWSLETTER

April 2019

Year 54, Issue 4

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## Message from Our Minister Rev. Pam Philips

As we begin a month of considering what it means to be a people of **Wholeness**, I'm reminded of a phrase that's common in opening words to worship—inviting people to bring their “whole selves” when they come to services. Not just the bright and shiny parts, the happy parts, the strong and wise parts—but also the dark and dull parts, the sad parts, the weak and foolish parts. At times, the invitation to bring our whole selves can be especially welcome because it means we don't have to pretend that we have it all together. We don't have to act as if we are happy when life has been hard. I remember one difficult period of my life when I found myself crying almost every week because some reading or song, prayer or sermon touched a particularly raw nerve. And what a relief it was to be able to express my emotions in a safe and loving place.



Where else can we bring our whole selves? In many of the places where we spend time—work, school, clubs, social settings--it isn't encouraged or even safe to acknowledge our weaknesses or fears. We have to put up a good front.

Here at UUC, though, we strive to create compassionate community by “offering celebration in times of joy and compassion in times of sorrow”— the invitation to bring both the good and the bad is explicit. Likewise, our mission calls for us to “strive for transformation by calling forth our best selves.” So what do our *whole selves* and *best selves* have to do with each other? I believe that we cannot *become* our best selves without *acknowledging* and *accepting* our whole selves. None of us is perfect. We have flaws and weaknesses, and sometimes we act in ways that we regret.

At UUC, we encourage each other to grow into our best selves, in part through the covenant to which we commit--*to create a place of respect and kindness by building a spiritual community based on reason and courageous love*. It reminds us how we want to be together—to *listen to one another respectfully, assume good intentions, use the power of our words with care, express gratitude, honor our differences, help one another, welcome all, and communicate directly, honestly, and compassionately*. But it acknowledges that sometimes we fall short, saying, “*When we hurt one another, we will forgive, make amends, and re-connect.*” Not **if** we hurt one another, but **when**.

No one is expected to be perfect here—we can bring our whole selves—but we can expect to hold each other accountable when we behave in ways that break our covenant. We can expect to invite each other back into covenant when we have fallen short. That's how we practice becoming our best selves—by being in community, by bringing our whole selves.

In faith,  
Rev. Pam



## Contact Information

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### Minister Emerita:

Rev. Christine Brownlie



## Staff Office Hours:

### Minister:

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

### Administrator:

Mondays & Fridays, 1-4

### DLFD:

Contact for appointment.

## Message from Our Board

Ellen Plummer, President



**Wholeness.** Our theme for worship during the month of April is the idea of wholeness. As someone who frequently feels less than whole in body and spirit and mind - and any other dimension I might inhabit - I welcome the invitation to consider wholeness.

I'm intrigued by the idea of how - at a personal level - well-being is a dimension of wholeness. Anne Lamott's idea of "radical self-care" is a call to be intentional about taking the time to attend to one's needs in the pursuit of well-being and wholeness. Anne writes, "Radical self-care is the secret of joy, resistance, freedom. When we care for ourselves as our very own beloved - with naps, healthy food, clean sheets, a lovely cup of tea - we can begin to give in wildly generous ways to the world, from abundance." Lamott encourages us to acknowledge the connection between our personal well-being and our ability to love and give freely to our communities and the world.

Professor Laurie Santos at Yale University has gotten attention for offering a course called "The Science of Well-Being". It's offered free and online, and over 225,000 people have taken the 10-week class. Santos' class invites students to deeply consider happiness using science and personal experience for learning about happiness broadly and for oneself. Happiness, a dimension of well-being and wholeness, can be learned. Here are four exercises that Santos encourages her students to practice (adapted from Justin Maiman's March 27, 2019 online article in *Business Insider*):

1. Focus on your strengths - find situations, every day, in which you can use your strengths
2. Invest in experiences - guess what? Purchasing experiences (i.e. entertainment) loses its happiness value upon buying it. What's got more happiness value? Walking, traveling to a new place, visiting with friends. You get the idea.
3. Learn to savor more - stay in the moment. Savor an experience by taking a moment to reflect and relish in its taste, smell, touch, feel, and sight.
4. Express gratitude and spread kindness. Keep a gratitude list and add to it regularly, really. It apparently works (the voice in your head should be saying "...studies indicate..."). Thank people verbally and in writing. And when we buy someone a cup of coffee, our happiness level is boosted (seriously..."studies indicate").

So, here's to Wholeness - well-being and happiness. Practice radical self-care and invest in your happiness value.

And thank you - each of you - for your commitment to UUC and to the many ways in which we love and give freely of 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.

# UUC's 2019-2020 Stewardship Campaign



## Picture the Possibilities: Keeping UU in the Picture

We here at UUC are blessed with terrific programs and opportunities and with great staff and facilities. UUC receives no funding from our denomination and relies solely on our congregants to provide the substantial financial support needed to maintain these programs, staff, and facilities. As we grow, we continually strive to offer more opportunities both within the congregation and out in the wider community.

This year's Stewardship Campaign runs **April 7-28** with a goal of raising **\$340,000**. To achieve this goal, we are asking those who pledged this current fiscal year to consider increasing their pledge by 8%. For those who have never pledged, we hope you will consider how important a role UUC plays in your life and make a pledge.

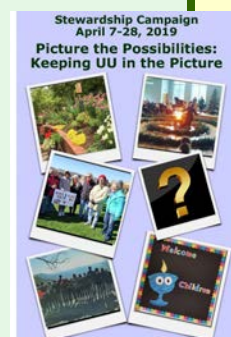
Many, many thanks to those of you who answered the call of our "early bird special" and have already made your pledge. As of this time, 61 of us have pledged \$187,714! Our dedicated stewards will be contacting those who haven't yet pledged to offer the opportunity of a one-on-one meeting or a group meeting to provide you with more information about how our funds are spent and our hopes for the future. It's also an opportunity for you to express your hopes and dreams for our future. Of course, you can also pledge without a meeting. However, keep in mind that these meetings can be very helpful and illuminating, especially to our newer folks who are not familiar with the process.

Check out our [Stewardship webpage](#), the [Stewardship Brochure](#) that provides much information on our many ministries (creating meaningful worship; educating our children, youth, and adults; offering congregational care; promoting social justice and community outreach, supporting our wider mission and purpose; maintaining and enhancing our building and grounds; and reducing our debt) and includes a Giving Guide, and the [FAQ file](#) along with additional information on taxes and charitable giving. Then make your pledge in one of several ways:

1. Via our [online pledge form](#).
2. Via a pledge card obtained from a steward or the foyer table at UUC, or simply download our [online pledge card](#). Cards can be placed in the box on the foyer table, given to our Administrator, mailed to UUC, or placed in the offering basket at a service.
3. Email our [administrator](#) with your pledge.

Pledges can be paid by personal check; via Vanco, our [online service](#); via checks sent directly from your bank, via retirement accounts or other personal investment accounts. Payments can be made monthly, weekly, once annually, or however is convenient for you. Note that our 2019-20 fiscal year runs from **July 1, 2019-June 30, 2020**. If giving a check prior to July 1, please indicate on the memo line if that check is for 2019-20, so it gets properly credited.

We'll celebrate the end of Stewardship with an Ice Cream Social following the service on Sunday, **May 5**. Watch for more information.



# Upcoming Events



## The Fourth Annual UUC Chili Cook-Off

Bring the family on Saturday, **April 13** at 6 PM for a fun night of fellowship and yummy chilis. We'll have hot and mild, vegetarian and

meat, and possibly some you've never experienced. There will also be corn bread, desserts, and other great fixins. Child Care provided in the nursery if your young one needs some space to play.

Taste some or all of the wonderful chilis and then vote for your favorites in several categories.

Please sign up on our [Perfect Potluck webpage](#) indicating what you will bring (chili, beverages, supplemental foods) and/or if you can help with set-up, serving, or clean-up.

## UUC Grounds' Workday

Come out on Saturday, **April 6** from 10:30-2:30 as we've requested 30+ students from VT's Big Event day of volunteering to help us complete major tasks to get our grounds ready for the **July 6 Friends of the Library Garden Tour**. The students can impressively whip through a huge mulch pile in several hours and perform many other tasks on our property. BUT we need congregants to work alongside the students and provide leadership for the work projects. Volunteer to work/lead for 4 hours or whatever time you can give and/or supply food for the hungry workers. As Uncle Sam says, "We need YOU!" Contact [George Lally](#) or [Susan Baker](#) to give of your time, food, or the loan of a wheelbarrow.

## Newcomers' Orientation

Have you wondered how our congregation works? Do you want to know more about Unitarian Universalism? Would you like to get acquainted with other newcomers? Do you want to know what membership entails? Would you like to connect with others who have inquiring minds? The Newcomers' Orientation on Saturday, **May 11**, 9 AM-noon, is just the place to get the answers. We don't pressure anyone to join the congregation - we simply want to share something about Unitarian Universalism and how our congregation works. This is open to newcomers and for people who have been attending for a while but want to know more. If interested in attending, contact [Pauletta Copenheaver](#). Child care provided upon request.



If you are considering membership and wish to vote in the **June 2** annual Congregational Meeting, please meet with Rev. Pam Phillips and sign the membership book by **May 19**.

## EarthSpirit Sisters' Full Moon Ritual



All women are welcome to join in this earth-based celebration of the monthly full moon on Thursday, **April 18** at 6:30 PM at Diane Jackson's home in Floyd. Contact [Diane](#) for directions.

## Women's Lunch

All women are invited to lunch together on the 1st & 3rd Fridays of the month at various restaurants in the area. It's a great way to enjoy good food and fellowship. On **April 5**, gather at *Outback* in Christiansburg at 11:30 AM. On **April 19**, gather at *Sal Jrs.* in Fairlawn at 1 PM (note time change).

## Second-Sunday Potluck

Everyone is invited to enjoy lunch together following the service on **April 14**. This month, if your last name begins with **Cn-Em**, bring a beverage; **Lan-Z** bring a main dish; **A-Cm and En-Lam** bring a side dish or dessert. Don't forget your list of the ingredients in your dish to assist those with food allergies. Please be sure to bring a **LARGE DISH** as there are many mouths to feed and to be considerate of those at the end of the line that are also hungry.

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

# Lifespan Faith Development

## Easter Egg Hunt for HSMC

### Easter Sunday, April 21

Once again, our Easter Egg Hunt is going to the dogs—literally! Join the hunt for treat-filled eggs and other items for our furry friends. All items will be donated to the Humane Society of Montgomery County (HSMC). This event is a congregational favorite, with all the fun of an egg hunt wrapped up in a social action project!

The Egg Hunt will take place immediately following the service on Easter Sunday, **April 21**. Don't miss this fun and worthy event—awarded two paws up by the dogs and cats at HSMC!



*Multi-generational Service Easter Sunday April 21*

### MSYG

#### Friday, April 12, 6:30-8:30 PM

Middle School Youth Group meets this month at UUC for Roaming Gnomes. What adventures will those gnomes have this year? Youth in grades 6-8 are invited to come join the fun. Parents, watch your email for more information.

MSYG meets the 3rd Friday of the month, with meetings at UUC and offsite locations. Contact [dlfd@uucnrv.org](mailto:dlfd@uucnrv.org) to learn more.

[Register online.](#)

### YRUU

#### Sundays, 6-8 PM

Our high school youth group, YRUU, meets on Sunday evenings, with some meetings held offsite. Teens participate in fundraisers, fun activities, social action, and conferences, while forming bonds with other teens.

YRUU is open to youth in grades 9-12. Friends are welcome at meetings. Contact [dlfd@uucnrv.org](mailto:dlfd@uucnrv.org) to learn more.

[Register online.](#)

Fall Recruitment has begun.

Now recruiting all LFD positions.



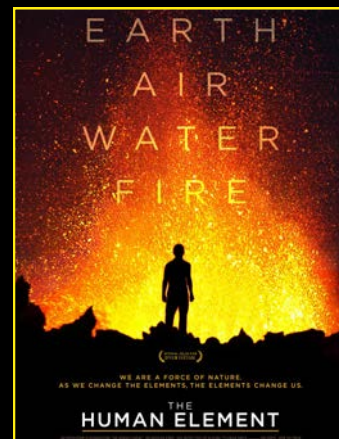
# Social Justice Film Series

UUC shows a different movie on the first Friday of each month on a pertinent social justice topic. The community is welcome—bring a friend!

**Friday, April 5, 6:30 PM in the Sanctuary**

## The Human Element

With rare compassion and heart, *The Human Element* follows environmental photographer James Balog on his quest to highlight Americans on the front-lines of climate change, inspiring us to re-evaluate our relationship with the natural world. A discussion will be facilitated after the movie by Dr. William Baker.



## On-Going Adult RE Programs

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### Sunday Circle

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

**April 7:** Tim Pickering will discuss "Markets – The Original Big Data Algorithm".

**April 21:** Arthur Snoke will discuss "Facts and Beliefs: plate tectonics, climate change, and vaccinations." How do scientists react when new or more precise observations in their field are in conflict with the accepted model? How do other scientists and non-scientists react?

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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](mailto:karen.hager@uuc.org) to join the listserv and receive links to the discussion articles.

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### Meditation Group

*Meets Tuesdays, 7-8 PM*

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



### Conversations on Our Faith

*Meets Wednesdays, 12-1 PM*

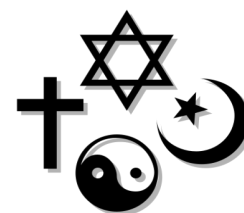
Bring a brown bag lunch and join our conversation as we read our current book, *Sapiens: A Brief History of Humankind*, by Yuval Noah Harari. All are welcome, even if you have not read the chapters of the book under discussion. Group members share their insights and personal experiences, and all thoughts and opinions are welcome. To learn more, contact [Tim Pickering](mailto:tim.pickering@uuc.org).

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### Owning Your Religious Past

*Meets April 4 & 18, 7-8:30 PM*

Join Rev. Pam as we examine and retrieve positive aspects of our past religious connections. Registered participants only, please.



# 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 March recipients were:

**March 3:** UUC's Mental Health Justice Ministry, \$476

**March 10:** Race for ACCE, \$387

**March 17:** Community Health Center of NRV, \$390

**March 24:** UUSC Campaign to Support Migrant Families, \$401

**March 31:** Humane Soc. of Mont. Co., \$261

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@uucnr.org).

## 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 **April 15**. 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 **April 17**.

## 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 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, **April 8** from 6-7 PM at UUC in our library and will continue monthly on the 2<sup>nd</sup> Mondays. For more info, contact [Katherine](mailto:katherine@uucnr.org) or [Lisa](mailto:lisa@uucnr.org).

## March Board Mtg. Highlights

- ◆ The Board approved paying registration for three delegates to attend General Assembly.
- ◆ The congregation will have an opportunity to discuss our purchasing of a large video monitor for the sanctuary. Watch for more info.

The next Board meeting will be held on Thursday, **April 11** 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).



UUA GENERAL ASSEMBLY  
SPOKANE, WASHINGTON | 2019

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association. Attendees worship, witness, learn, connect, and make policy for the Association through the democratic process. The 2019 GA will be **June 19-23** in Spokane, WA.

### The Theme: *The Power of We*

What do we want UUism to be? It is a time when we are asking big questions in our faith, and GA 2019 will be focused on digging into those questions together. It is a critical chance for congregational leaders and passionate UUs to set new goals and aspirations for our religious community. Help begin to reshape our Association and our congregations in new and powerful ways.

**Registration and housing are open at** [www.uua.org/ga](http://www.uua.org/ga).

### Financial Aid Available

The UUA is committed to the goal of making GA accessible to as many attendees as possible. Go to the [GA website](#) to learn about scholarships to support delegates and volunteer opportunities (work in exchange for registration).



Interested? Contact [Ellen Plummer](mailto:ellen@uucnr.org). You can also attend without being a delegate.



## Unitarian Universalist Congregation Sunday Services April 2019

Services at 10:00 AM in the Meeting Hall  
Religious Education Classes and Nursery Care  
All are invited to share coffee & conversation following the service.

### Theme for April: *Wholeness*

**April 7:** Rev. Pam Philips with Worship Associate Hayden Catlett, *The Whole Picture*. We'll kick off our Stewardship Campaign by celebrating all that we do together and picturing the possibilities of what we can do when we keep UU in the picture. UUC's Choir will sing at the service.



**April 14:** Rev. Pam Philips with Worship Associate Earle Irwin, *Missa Brevis Pro Serveto: A Unitarian Universalist Mass*. We'll enjoy a morning of music, celebrating the talents of our own and the UUC Roanoke choirs, joined by a small orchestra. Written by a UU minister, this mass honors one of our Unitarian ancestors, Michael Servetus, and reflects our liberal theology.

All are invited to our monthly potluck following the service.

**April 21:** Rev. Pam Philips with Worship Associate Kimberley Homer, *Resurrecting Hope and Wholeness*. We'll celebrate the most holy of Christian holidays by exploring what we as Unitarian Universalists might learn from the Easter story to help us maintain hope in a sometimes discouraging world. Join us for a multigenerational service that concludes with the annual Easter egg hunt benefiting the Montgomery County Humane Society.

**April 28:** Dr. Brandy Faulkner with Worship Associate Victoria Taylor, *It's Spring Cleaning Time: Four Truths of Holistic Healing*. During this season, many of us are busy deciding what clothes to throw out or which rooms to organize first. But, we should also consider spring cleaning our lives. What does holism look like internally? We'll explore the benefits of taking a season to heal and to reaffirm ourselves and each other.

Dr. Faulkner is a professor in the Dept. of Political Science and is also a faculty affiliate in Africana Studies at VT. As a scholar-activist, she is committed to cultivating community-based approaches to problem solving and serves several state and national organizations dedicated to social justice as well as social, political, and economic change.

### Lay Pastoral Care Ministry "Office Hours"

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







# Unitarian Universalist Congregation

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 P.O. Box 10116, Bburg 24062-0116 URL: [uucnrv.org](http://uucnrv.org)

# CALENDAR: April 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><br>10:00 AM Worship Service;<br>Children's RE <b>No RE on Easter (April 21): multigenerational</b><br>⌘ YRUU 6:00 | <b>(All Mondays)</b><br>7:00 AM Women's Breakfast & Men's Breakfast at <i>Panera Bread</i> (Bburg) | <b>(All Tuesdays)</b><br>⌘ 7:00 Meditation   | <b>(All Wednesdays)</b><br>⌘ Noon Conversations on Our Faith<br>5:30 Yoga<br>UUC Choir rehearsals:<br>6 Children, 7 Adult |   |   |   |
|  | <b>1</b>   | <b>2</b><br>2:00 Sages<br>5:30 Mental Health Justice Ministries                        | <b>3</b><br>6:00 Connection Committee   | <b>4</b><br>⌘ 7:00 Adult RE: <i>Owning Your Religious Past</i>  | <b>5</b><br>⌘ 11:30 AM Women's Lunch Bunch: <i>Outback</i> (Cburg)<br>⌘ 6:30 Social-Justice Film Series: <i>The Human Element</i> | <b>6</b><br>5:00 Parents' Covenant Group                              |
| <b>7</b><br>⌘ 8:30 AM Sunday Circle<br>11:30 Men's Group   | <b>8</b><br>⌘ 6:00 Parent Bereavement Support group  | <b>9</b><br>4:00 Committee on Ministry   | <b>10</b><br>5:45 Finance Comm<br>7:00 Worship Team   | <b>11</b><br>7:00 Board Meeting   | <b>12</b><br>⌘ 6:30 Middle-School Youth Group   | <b>13</b><br>9:00 Worship Associates retreat<br>⌘ 6:00 Chili Cook-off |
| <b>14</b><br>⌘ 8:30 AM Anti-Racism discussion group<br>⌘ 11:15 2 <sup>nd</sup> -Sunday Potluck<br>11:30 Stewardship<br>5:00 YAC        | <b>15</b><br>⌘ 6:00 Mental Health support group  | <b>16</b><br>2:00 Sages<br>5:30 National Alliance on Mental Illness steering committee | <b>17</b><br>4:30 Lay Pastoral Care Ministry<br>⌘ 6:00 Mental Health Support group  | <b>18</b><br>5:30 Leadership Development<br>⌘ 6:30 EarthSpirit Sisters full-moon ritual (offsite)<br>⌘ 7:00 Adult RE: <i>Owning Your Religious Past</i> | <b>19</b><br>⌘ 1:00 Women's Lunch Bunch: <i>Sal Jrs.</i> (Fairlawn)   | <b>20</b>   |
| <b>21</b><br>⌘ 8:30 AM Sunday Circle<br>⌘ 11:00 Easter Egg Hunt<br>11:30 Men's Group   | <b>22</b>  | <b>23</b><br>1:30 Creative Writers' Group  | <b>24</b>   | <b>25</b><br>4:30 Environmental Justice Team mtg<br>9:00 May Newsletter Deadline  | <b>26</b>   | <b>27</b><br>5:00 Volunteer Appreciation<br>Childcare Event           |
| <b>28</b><br>⌘ 8:30 AM Anti-Racism discussion group<br>Noon Volunteer Appreciation Lunch Out   | <b>29</b>  | <b>30</b>  |   |   |   |   |