



# NEWSLETTER

August 2019

Year 54, Issue 8

1301 Gladewood Drive  
Blacksburg, VA 24060  
Website: [www.uucnr.org](http://www.uucnr.org)  
E-mail: [info@uucnr.org](mailto:info@uucnr.org)  
Phone: (540) 552-9716

## Message from Our Minister Rev. Pam Philips

Historically, UU congregations would “shut down” during the summer months, suspending most activities, sometimes even Sunday services, while the minister was on vacation. That was my experience as a new UU in a new town many years ago. But even though I’ve been on vacation and study leave this past month, a look at UUC’s calendar shows that ours continues to be a vibrant and active congregation, even during the dog days of summer. As I look ahead to the month of August, I’m especially grateful to all who made sure that this spiritual community continued to welcome all who came through our doors and walked our grounds—from the worship associates who planned and led services with guest speakers and ministers, the volunteers who led children’s religious education and adult faith development offerings, the greeters and coffee makers, the grounds ministry folks who tended our gardens and lawns (and hosted the garden tour!), and even more behind the scenes folks who provided back-up for staff while we were away. On the Sundays when I was able to participate in worship “from the pews,” I met several newcomers to UUC, and I felt grateful and proud to know how different their experience here was than mine was long ago. Thanks to all.



And while the traditional church year begins in September, when our religious education semester begins, and the children rejoin us in the sanctuary on Sunday mornings, plenty will be going on in August. I’m excited for our Sunday services, starting with a guest speaker who will bring dance into the sanctuary; then my annual auction offering--giving me the chance to work with Avi Shroff—and our annual report and reflections on the UUA General Assembly—giving me the chance to work with Jamie McReynolds and Steve Keighton; and finally, our whole family worship water service. *[Remember to collect a small bit of water sometime between now and then to add to our communal water vessel!]*

I’m excited to meet with our new Board of Trustees for a Saturday retreat to begin setting goals for the year ahead. Keep an eye out for new opportunities for us all to live into our mission and vision.

I’m excited to meet with our choir director, Ella Kromin, and her new co-managers, Valerie Bidwell and Jennifer Thomas, to begin planning for another year of amazing music. If you haven’t sung in the choir yet, consider joining them at their first rehearsal on **August 14** (see page 6 for more info).

I’m excited to meet with people who are concerned about our growing climate crisis and want to work toward sustainable living at a video conference on **August 24**. The conference is being organized by my colleague, Rev. Andrew Millard in Newport News, and it promises to be both educational and inspirational. Consider joining us, either virtually or in person (find more information on page 3.)

And then there are all the community opportunities for fun and engagement—including [Steppin’ Out \(August 2-3\)](#), a community theater version of [The Little Mermaid \(August 8-11 & 15-18\)](#), and the [Dialogue on Race Summer Summit \(August 24\)](#).

It’s still summer, but we’re definitely not shut down. There’s plenty going on. Wishing you excitement and opportunities all August long.

In faith, 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

Nancy Norton, Member-at-large



As we enter August, the dog days of summer (so named, I recently learned, because of the dominance of Sirius, the Dog Star, in the sky) lie before us. Filled with contradictions, we welcome these days of grass parched to straw and temperatures that threaten to keep us housebound as we plan to make the most of this last month of a season associated with fun and vacation from the many vocations of our lives. We also look ahead to a time of beginning. Despite the many, many years that have passed since I thrilled with the anticipation inherent in new school shoes and a new lunchbox, as students of all ages return to school here in the New River Valley, August more than January feels like the beginning of the year for me. Perhaps you feel that, too.

The Board begins its work for the new year this month with a **Board retreat** in addition to our usual monthly Board meeting. We join our new President, Steve Keighton, in welcoming three new Board members, Wayne Neu, Nancy Bodenhorn, and David Hundley. The year ahead will see the renewal of our commitment to be a **Welcoming Congregation**, the enthusiastic continuation of programs we value, and a new look at where we are and want to be as a spiritual community. Steve and Rev. Pam both returned from General Assembly bubbling with excitement over ideas they learned of and programs they experienced that may be a good fit for our congregation.

So sit back with a tall glass of lemonade and enjoy the respite of August as another new year approaches.

## Staff Vacations

Rev. Pam Philips is on vacation and study leave through **August 7** and will respond to emails as time allows. Lisa Evanylo is on vacation **August 28-September 8** and will also respond to emails as time allows.

## 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

## Green Living and Congregational Sustainability Workshop

Want to learn more about environmental responsibility—from individual and congregational perspectives—but don't want to enlarge your ecological footprint? Then join Unitarian Universalists here in the NRV and across the Commonwealth in a video conference on **August 24** from 9:30 AM - 2:30 PM.

We will gather in Elarth Hall to hear presentations on green living and congregational sustainability from folks representing [GreenFaith](#), [Living the Change](#), and [Interfaith Power & Light](#). We'll also eat lunch together—either brown bag or potluck depending on the desires of the group. *If you are interested but cannot join us at UUC, you are also welcome to participate by yourself from any location, using the sign-up link below.*

Use this [link](#) to sign up for the workshop, indicating that you are participating as part of a group and that Rev. Pam ([revpam.uuc@gmail.com](mailto:revpam.uuc@gmail.com)) is the group contact. Hope to see you there, either in person or virtually!

## EarthSpirit Sisters' Lammas and Full Moon Celebrations

All women are invited to this Earth-based celebration of Lammas on Saturday, **August 3** at 6:30 PM in our picnic/firepit area, Elarth if raining. Lammas is a celebration of the beginning of the harvest.

All women are also welcome to celebrate the full moon on Thursday, **August 15** at 6:30 PM at UUC.

Contact [Susanne](#) for more info about either event.



## Annual Goods & Services Auction Update



Save the date for UUC's 2019 Service Auction on Saturday, **October 26** at 5 PM.

While some are enjoying the last 2018 Service Auction event, the *You Make It Foil Dinner* on **August 24**, others are busy planning what they will offer for the **2019 Goods & Services Auction (our 28th!)**, *our Fall Fundraiser!* This is the major FUNdraising event that our community holds each year and has a 2019 goal of raising \$18,500, which is easily achieved if everyone (that includes **YOU!!!**) participates first as a donor and later as an attendee and buyer at **5 PM on Saturday, October 26**. Childcare is available for those 3 and under and a fun-filled party for those PreK-5<sup>th</sup> grade. The [auction website](#) is **now open**, so begin entering your exciting, community-enhancing offerings. Need ideas on what to donate? You can see past years' offerings by clicking on either **Catalog Grid** or **Catalog List** and then clicking on one of the earlier years. You do not need to log in to see the catalog information.

Questions? Want to help? Contact the auction co-chairs, [Molly McClintock](#) and [Irene Peterson](#), [Joe](#) and [Linda Powers](#).

## 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 **August 2**, we gather at *Big Belly*, 1048 Memorial Dr., Pulaski, and on **August 16**, we gather at *Parkway Grille*, 227 N. Locust St., Floyd.

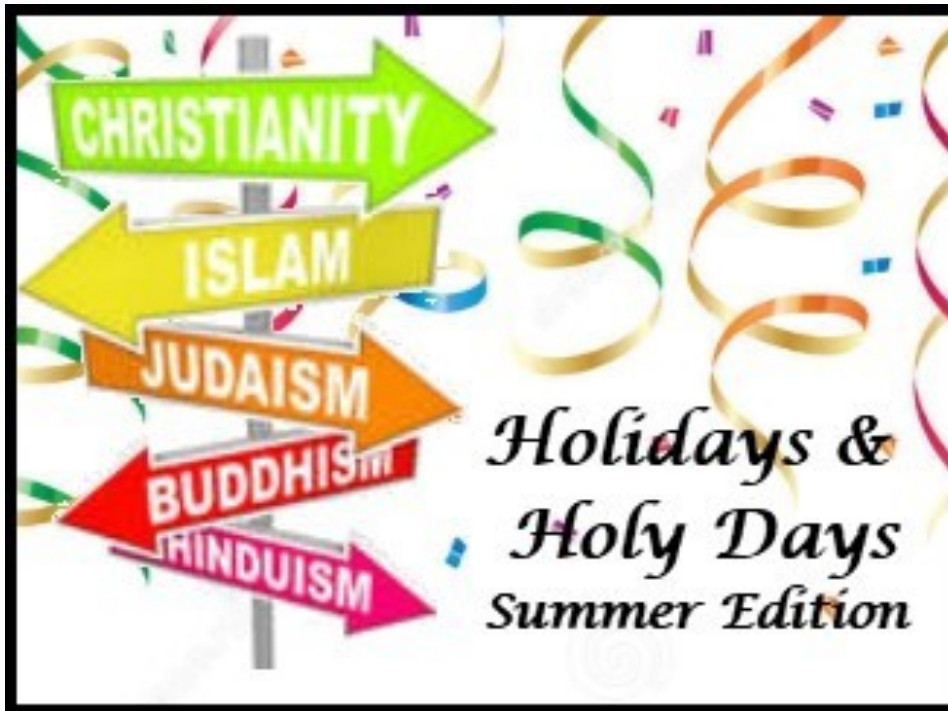
For both lunches, we'll carpool from Lowes leaving at 11 AM. Contact [Cynthia Luke](#) if you plan to carpool and/or plan to attend the lunch.

## Second-Sunday Potluck

Everyone is invited to enjoy lunch together following the service on **August 11**. This month, if your last name begins with **Har-J**, bring a beverage; **Lan-Z** bring a main dish; **A-Hap and K-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



August	
4	Friendship Day
11	Tanabat/Qixi Festival
18	Krishna Janmashtami
25	No RE

## Summer RE on Sundays at 10 AM—Grades K-5

Celebrate a different holiday or holy day each Sunday this summer!

*Please note that children do not go into the sanctuary first during the summer.*

---

## PreK Sunday Funday

Preschoolers have their own RE program each Sunday morning. Bring a toy to share as we play together and enjoy a story. Ages 3 - rising kindergarteners.

*Those moving to the PreK room this fall are invited to join Sunday Funday this summer to begin the transition. Parents are welcome to stay as needed to help with the transition.*



[Register for Fall Children's & Youth Programs](#)



### Join our conversation on Sunday, August 18 at 11:45 AM.

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

Join us Sunday, **August 18** at 11:45 AM in the Sanctuary for our conversation on *Status & Privilege*.

We joke about “keeping up with the Joneses” — but there’s real competition in our society for status and the accompanying privilege. How do we decide what we most value that bestows this status? While our country seems to favor wealth, there are other forms of status and privilege. What privilege do each of us enjoy? And how does that correspond with our status? This conversation examines our own status and how we use our status in everyday life. From education to wealth to gender to race, let’s talk about what we have...and what we desire.

# Ice Cream Social

Sunday, August 18 after the service



## On-Going Adult RE Programs

---

### Anti-Racism Discussion Group

*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 your lunch and join our conversation as we read our current book, *The Second Mountain* by David Brooks. 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 July recipients were:

**July 7:** UUSC campaign to support migrant families, \$293

**July 14:** Lawyers for Good Government—Project Corazon, \$372

**July 21:** NRV Diaper Pantry, \$194

**July 28:** Church of the Larger Fellowship, \$197

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](#).

## Support a Sick Day Standard in Virginia

The Virginia Interfaith Center for Public Policy, of which UUC is a member, is working to create a paid **sick day standard** in Virginia and needs your help. All workers need paid sick days to take care of themselves and their family members when they are ill. However, in Virginia, there is no law requiring employers to offer paid sick days, and 1.2 million workers have no paid sick days or paid time off (PTO).

Low-wage workers are hardest hit because they are forced to go to work sick or send their children to school sick because they cannot afford (or are not allowed) to take an unpaid day off from work. Lack of paid sick days also puts the public's health at risk as many food service and child care employees are forced to work while sick, which spreads disease.

**Here's what you can do:** [Read the fact sheet](#) and [sign the petition](#) to support paid sick days.



## July Board Mtg. Highlights

- ◆ Hayden Catlett and Erika Grafsky requested that the NRV Trans Support Group become officially sponsored by the UUC designate. For more info on this or to contact the Board with your input, email [president@uucnr.org](mailto:president@uucnr.org).
- ◆ Another request was made to increase the pianist's salary. The Board will discuss further in August.
- ◆ Registration for **Soul Matters Covenant Groups** begins in August. Watch for info.
- ◆ The Board will hold its annual retreat on **August 10** at an offsite location. A major focus will be Long Range Planning.

The next Board meeting will be held on Thursday, **August 8** 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).

## Sunday Coffee Makers Needed

Join a friendly group of volunteer UUC coffee makers. There is a need for substitute coffee makers and a regular 3<sup>rd</sup> Sunday coffee maker. No experience necessary for this easy and non time-consuming way to help at UUC. To volunteer or for more information contact [Pauletta Copenheaver](#).



## UUC Choir Seeking New Voices

If you enjoy singing, we want you! Come and join the UUC Choir. We rehearse every Wednesday from 7-8:30 PM and perform at the 1st and 3rd Sunday services of the month. All are welcome, whether you read music or not. Our first rehearsal of the year is on **August 14** in the sanctuary. Our program is led by Ella Kromin with Jared Gibbs as our pianist. We also have the Chalice Children, a singing group for younger folks. Please contact [Jennifer Thomas](#) for more information.



## RenUUal 2018 at Camp Alta Mons Labor Day Weekend

Come to the 24th annual UU RenUUal Retreat at [Camp Alta Mons](#) in Shawsville and meet fellow UUs from Roanoke and the NRV. Enjoy camping, hiking, exploring, cook-outs, campfires, and singing at this fun, laid-back weekend. Start camping at 4 PM on Friday, **August 30** and enjoy a potluck dinner at 6:30 PM. The retreat continues until Sunday at noon, but attendees are welcome to come for as little or as much time as desired. No need to pre-register – just show up. The campsite costs \$2.50/person/night. If planning to come just for the day or the campfire, a small donation would be appreciated.

Bring camping equipment, cooking and eating utensils, food, drink, musical instruments, sports equipment, swimwear (splashing in the creek or at the waterfall), hiking boots, bicycles, a good book and a penchant for fun.

Follow this [link](#) for directions. When you enter the facility, turn right at the Camp Post. Follow the gravel/dirt road to the camping area. You'll have to ford a small stream (Purgatory Creek). No tent? You can sleep on bunk beds in "[The Hut](#)". For more info, contact [Jim Kern](#) or [Carol Kern](#).

### 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 **August 19**. 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 **August 21**.

### 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, **August 12** in room 5. For more info, contact [Katherine](#) or [Lisa](#).

## Round the Grounds

Whew! The *Friends of the Library Garden Tour* is in the past, so ground's work is now in the PFWM stage (prune, fertilize, water and maintain). Many UUs helped on the tour date with responsibilities such as instructing how to make bird house predator guards, greeting and directing garden tourists, and keeping the picnic area and Elarth neat for those who ate lunch at UUC. We had over 300 guests visit our grounds, and many asked if they could return for a more leisurely tour of our grounds; we have seen some do so.

Three big projects remain for the summer and fall:

- ◆ Completion of the memorial walk in the lawn area near Hardwood Dr. This memorial will have signage to honor UU martyrs as well as famous UUs. George Lally has burned many calories and spent hours constructing a concrete block wall that is an integral part of the path.
- ◆ Enlarging one of the two mulched areas in the playground to accommodate new age-appropriate playground equipment. This process involves building a concrete retaining wall on one side of the playground and filling in the area to make it level. Our budget includes some funds for the equipment, but additional funds would enable us to purchase sturdier and multi-purpose equipment that will hold up for years and be enticing for our children. Maybe there is a "playground angel" out there...
- ◆ Some of the trees that are close to the building need heavy pruning.



Maintaining our grounds is rewarding, and we are grateful for those who have given muscle-power to help out:

Lloyd Colburn	Bob Stimson	Joe Powers	Earle Erwin	Katherine Allen
Walter Pirie	Valerie Bidwell	Dick Bauman	Tim Pickering	Isabel Berny
Bill Conk	Dean Mook	David Warner	David Baker	Bill Baker
Kimberly Homer	Brandi Lemmon	Derek Rountree	Jill Kiecolt	Rich Gandour
Dick Luke	Crosby Houston	Jon Thomas		

We love having congregants, their friends, and our neighbors enjoying UUC's grounds.



## Unitarian Universalist Congregation Sunday Services August 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.

**August 4:** Katie Wells with Worship Associate Victoria Taylor, *Dismantling Descartes: Embodying the Spirit*.

Katie teaches Somatics, Modern Dance, and Dance Appreciation at Radford University and is the founder of Interweave®, a movement meditation practice. Since earning degrees in Dance from Columbia College Chicago and the University of Colorado at Boulder, she has been certified in Spiritual Embodiment from the Realization Process and is currently training to be a teacher in Mindful Self-Compassion. Katie has led opening ceremonies and workshops for both Floydfest and Yoga Jam; as well as leading ecstatic dance and Goddess Retreats in the SWVA community.

**August 11:** Rev. Pam Philips with Worship Associate Earle Irwin, *Sources of Our Self Worth*. Rev. Pam will explore how we determine who we are in the world and how we measure our worth in a sermon inspired by auction-winner Avi Shroff, who was in turn inspired by an essay written by her daughter, the author Leeya Mehta, who was inspired by a collection of essays by Toni Morrison.

All are invited to our monthly potluck following the service.

**August 18:** Rev. Pam Philips with Rev. Jamie McReynolds and Steve Keighton, *The Power of We*. This year's annual gathering of Unitarian Universalists at General Assembly in Spokane, WA explored "The Power of We." Rev. Pam will be joined by UUC delegates Rev. Jamie McReynolds and UUC president Steve Keighton to share their experiences and explore how we might live into our own power at UUC.

**August 25:** Rev. Pam Philips with Worship Associate Stephen Henninger, *Holy (Whole We) Waters* (a whole family worship service). Join us for whole family worship as we celebrate the uniquely UU water ritual. Everyone is invited to bring a small portion of water to pour into a communal vessel symbolizing how our individual offerings mingle together to create compassionate community.

### 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

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: August 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 ( <b>no RE on August 25</b> )	<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	<b>1</b> 10:00 AM Introduction to Temple Style Tai Chi	<b>2</b> ⌘ 11:30 AM Women's Lunch Bunch: <i>Big Belly</i> (Pulaski)	<b>3</b> ⌘ 6:30 EarthSpirit Sisters Lammas Ritual
<b>4</b>	<b>5</b>	<b>6</b> 2:00 Sages 5:30 Mental Health Justice Ministries meeting	<b>7</b> 6:00 Connection Committee	<b>8</b> 7:00 Board meeting	<b>9</b>	<b>10</b> 9:30 AM Board Retreat
<b>11</b> ⌘ 8:30 AM Anti-Racism discussion group ⌘ 11:15 Second-Sunday potluck	<b>12</b> ⌘ 6:00 Parent Bereavement support group	<b>13</b> 4:00 Committee on Ministry meeting	<b>14</b> 5:45 Finance Comm ⌘ 7:00 Choir rehearsal 7:00 Worship Team	<b>15</b> ⌘ 6:30 EarthSpirit Sisters Full-Moon Ritual	<b>16</b> ⌘ 11:30 AM Women's Lunch Bunch: <i>Parkway            Grill</i> (Floyd)	<b>17</b> 8:30 AM Fall RE Teacher Training
<b>18</b> ⌘ 11:00 AM Lifespan Faith Development Ice Cream Social 11:15 Auction Committee ⌘ 11:45 Adult RE: Community Conversations 5:00 YAC	<b>19</b> ⌘ 6:00 National Alliance on Mental Illness Connections Support Group	<b>20</b> 2:00 Sages 5:30 National Alliance on Mental Illness NRV meeting	<b>21</b> 4:00 Lay Pastoral Care Ministry meeting ⌘ 6:00 NAMI Family and Friends Support group 7:00 Choir rehearsal	<b>22</b> 4:30 Environmental Justice Team meeting 9:00 September Newsletter Deadline	<b>23</b>	<b>24</b> ⌘ 9:30 Green Living and Congregational Sustainability workshop
<b>25</b> ⌘ 8:30 AM Anti-Racism discussion group ⌘ 10:00 Whole Family Worship Water Service 11:30 Community Service Team meeting 5:00 LFD Family Kickoff cookout	<b>26</b>	<b>27</b>	<b>28</b> 7:00 Choir rehearsal	<b>29</b>	<b>30</b>	<b>31</b>

**Minister vacation** through August 7

**Administrator vacation** August 28 through September 8