



UNITARIAN UNIVERSALIST CONGREGATION

# NEWSLETTER

## July 2022

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### Message from Our Minister Rev. Pam Philips



I write these words during a break in the action of this year's UUA General Assembly in Portland, Oregon. It was a delight to spend time with old friends and colleagues and to listen to inspiring worship and keynote addresses during Ministry Days – two days prior to the beginning of GA when ministers meet. It has been good to share that we have all faced unexpected challenges in the past years and to acknowledge that we are tired and need rest (one speaker suggested a six-month nap!). I'm mindful that ministers are not the only ones who have over-functioned through the pandemic, taking on new, different, and more tasks than they usually do. No matter what your vocation or family roles, chances are good that you are tired, too, and could use a good nap. My wish for all of us is that we find the time and space for rest and rejuvenation. A pause to take a breath and acknowledge all the good things we've done in the past year – in our work, in our families, and in our congregation. A list of all of you who have volunteered your time and energy to UUC would take up this whole newsletter, so trust that we know and appreciate all you have done to keep this spiritual community going.

By the time you read this newsletter, General Assembly will have ended, and your delegates will have voted on new UUA Board members and business issues, attended inspiring workshops and worship, and created a connection to the larger UU movement. We'll share some of our experiences and report on new initiatives and opportunities we have to live our values in the world during the **July 31** service. Everyone at UUC can experience the GA Sunday worship service on **July 3**, when we'll share the sermon and other pieces of our annual UU "Megachurch." I encourage you to attend worship that day, either in the sanctuary or on Zoom to see what it's like to worship with thousands of other UUs.

Also, by the time you read this newsletter, I will have started my own time of rest and rejuvenation – first by visiting our beloved family cabin in the Columbia River Gorge and then traveling to California to visit family and friends and attend Jamie's high school reunion. UUC worship services will be ably led by UU seminarians, Adam Short and Brenna Clanton, on **July 10 and 17**; it will be good to hear new, up-and-coming voices. While Jared is on a well-earned vacation, musicians, Mary Louise Hallauer and Brian Peters, will share their musical gifts during worship.

Finally, by the time you read this newsletter, our new administrator, Ericka Kelly, will be on her own after a packed month of training with retiring administrator Lisa Evanylo. Likewise, the amazing Lifespan Faith Development team of Sara Catlett, Brandie Lemmon, and Alyssa Short will have turned over the reins to new Director of LFD, Rachel Craine. We acknowledge with gratitude their service to UUC and welcome them back to being simply members. When members of a congregation take on staff roles, it is a great gift but also a loss. Working for a congregation is not the same as being a member of one, requiring a different relationship and responsibility to the organization. In a sense, one loses the fullness of their spiritual home. On the other end, when one STOPS being staff and returns to member status, there is a period of adjustment. It is different. Expectations are hard to change without intention.

As much as we all need rest—even a six-month nap—after these years of pandemic, our outgoing staff need time for rest and rejuvenation from their UUC responsibilities. Let us be intentional in making sure we give them that time and space (and our gratitude). And our new staff members need our support and respect as they move into their new roles. I trust that we as a congregation will help all these folks make good transitions. We won't expect former staff to be anything other than members, and if we slip, we'll accept with grace, "That's not my job anymore, ask Ericka/Rachel." We won't compare new staff to former staff, understanding that they bring their own gifts from which we will all benefit. We are so blessed to have such amazing people serve our congregation. Let's do all we can to show our appreciation and our care.

In faith, Rev. Pam

## Contact Information

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## Staff Office Hours:

Minister:  
On vacation through July 15, then hours by appt.

Administrator:  
Sundays 9:30-Noon  
Other times by appt.

DLFD:  
Hours by appt.

## Message from Our Board

Nancy Bodenhorn, Board President



I am honored, excited, and humbled to be embarking on my year of presidency service to UUC. I have been a member since landing in the New River Valley in 2001 and have benefitted in so many ways in the last 20 years from our beloved community. I hope to be able to continue the leadership legacy that I have witnessed over the years and want to express my deep appreciation and respect for Bob Stimson, our outgoing president. This will be my fourth year on the Board, and I want to continue what impressed me most early on— that this is a board that actually gets things done!

We are in a great situation as we start the fiscal and administrative year. Thank you to various search committees who found us wonderful new staff and to the stewardship community for all the work of the last year to establish a solid base fiscally. I also want to thank and recognize the various volunteers who stepped in to replace key committee members who had to step down.

In the next two months, the new Board will be meeting with three purposes in mind: getting to know each other in order to work as a respectful and cohesive unit, continuing the regular work of the Board, and establishing our 22-23 goals and mission. I attended UU General Assembly (GA) as a delegate and will come back with some ideas to help us move forward. You will hear more about GA at the **July 31** service and about the Board goals and mission in the September newsletter.

## June Board Mtg. Highlights

- ◆ Board reviewed activities and accomplishments of the past year
- ◆ The annual Board retreat will be on Saturday, **August 27**

**Annual meeting:** The congregation approved the proposed budget and nominees for 22-23

The next Board meeting will be hold on Thursday, **July 14** at 7 PM. The [minutes and reports](#) of meetings for the past two calendar years are available.

**Questions, Ideas, Complaints for the Board:** Send an email to [adresstheBoard@uucnrv.org](mailto:adresstheBoard@uucnrv.org).



# Upcoming Events and Community News

## Rev. Pam Away

Rev. Pam will be on vacation through **July 15**. If you are in need of pastoral care during this time, contact [Jennifer Mercier](#). For all other needs,

## Newsletter Calendar Page Discontinued!

For the most current list of events at UUC, please use our live online [Calendar](#).

Calendar is printable! Contact [Ericka](#) if you have questions or need help.

## UUC Piecemakers

The Piecemakers, a UUC quilting and fiber craft group that makes our paraments (those colorful pieces which cover the podium and the candle table) and quilts for any congregant in need of a tangible item of comfort welcomes newcomers of all skills. The group meets in Elarth on the 1<sup>st</sup> Thursday of each month (**July 7**) at 6:30 PM and the 3<sup>rd</sup> Saturday of the month (**July 16**) at 10 AM.



## Are you between the ages of 18 and 25?

The **NEW Unitarian Universalist Young Adults Group (UUYA)** meets every Tuesday in Elarth Hall from 6:30 to 8:30 PM to play games, engage with the community, and support our congregation. Once a month they hope to have an event away from UUC. For more information, contact [uuya@uucnr.org](mailto:uuya@uucnr.org).



## Ride Your Bike to UUC

Every 4<sup>th</sup> Sunday through September is **Bike Sunday**. Ride your bike to UUC, save gas, help the planet, get exercise, and be part of the biking movement.

Bike parking at UUC is available at the bike rack in the parking lot and by the Crescent Garden. Questions –contact [Susan Baker](#).

## Parents' Covenant Group

Parents of young children are invited to join in the fun on Saturday, **July 9** from 5-8 PM in UUC's picnic area (weather permitting) or Elarth Hall.

This is a monthly support group for UUC parents with younger kids (younger than teen). Enjoy a potluck dinner followed by playtime for kids and support group discussion for parents. We also have social gatherings throughout the year. If you're wanting a friendly group of like-minded parents, contact [Deb Dickerson](#).

## Update on 1/2-Plate Donations

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

**June 5:** Blacksburg Farmers Market, \$163

**June 12:** New River Abortion Access Fund, \$271

**June 19:** Christiansburg Institute, \$236

**June 26:** Grow PUNK Gardening Collective, \$171

Watch the weekly announcements and website for the coming weeks' 1/2-plate recipients. Have a suggestion—email [Ericka](#).

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

## July Food Pantry Donations

Our Community Service Team is collecting food in the bins located near the accessible entrance to UUC. Suggested donations for July are ground coffee, tea, and boxes of mac & cheese. Thanks for helping to feed the hungry in our area.





## Around the Grounds

We are happy to introduce our newest Grounds Ministry volunteer. Ulysses Forte is a student at Virginia Tech and studies English and creative writing. A longtime Gladewood

Dr. resident, he has always enjoyed wandering the gardens at UUC. As a grounds team volunteer, he hopes to spend more time outdoors nurturing his passion for horticulture and helping to maintain a space that is deeply meaningful to him and many others in Blacksburg. Please welcome him if you happen to see him around the grounds.

## Weekly Gatherings

### Women's & Men's Breakfasts

All women and men are invited each Monday at UUC for coffee, breakfast (bring your own), and conversation with the men gathering from 7-9 AM and women from 7:30-9:30 AM. The two groups meet separately. Join in when you are able.

### Women's Lunch

All women are welcome to join together for lunch on Fridays at 11:30 AM at local restaurants or noon at UUC. Check [online calendar](#) for locations and times for the following weeks.

### Sages

Join us on the 1st & 3rd Tuesdays of the month at 2 PM at UUC for stimulating conversation on topics that affect older adults and more. If you choose not to meet in person, you can still join us on Zoom via this [link](#). All ages welcome.

### Yoga

Join this free weekly group at UUC on Wednesdays at 5:30 PM. Bring a mat if you have one. To get on the email list for the weekly status of class, contact [Lori](#).

## Monthly Support Groups at UUC

### Parent Bereavement Support

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 (**July 11**) from 6-7 PM to help one another on our journeys. For more info and the Zoom link, contact [Katherine](#) or [Lisa](#).

### Caregivers Support

UUC hosts a monthly support group for caregivers to share their experiences and challenges. The group meets on the 2<sup>nd</sup> Tuesdays of each month (**July 12**) from 7-8:30 PM via this [Zoom link](#). Questions or concerns - contact [Rev. Pam](#).

### NAMI Support

**Connections Support:** Persons living with a mental illness are welcome to join this NAMI support group on the 3rd Monday of each month (**July 18**) from 6-7:30 PM. Contact [Kimberley](#) for the Zoom link or for more info.

**Family Support:** Family and friends of persons living with a mental illness are welcome to join this NAMI support group on the 3rd Wednesday of each month (**July 20**) from 6-7:30 PM. Contact [Kristine](#) for the Zoom link or for more info.

### Transgender Support

NRV Trans Support is a peer-led organization whose mission is to offer support, resources, and social activities to all transgender and gender non-conforming individuals in the NRV in a supportive, anonymous and affirming environment. To learn more, visit their [website](#). Two different support groups meet monthly, and both groups are sponsored by UUC.

The **NRV Trans Adult Group** meets on 1st Thursdays (**July 7**) from 7-8:30 PM and 3rd Saturdays (**July 16**) from 1-2:30 PM and welcomes all adults who identify under the trans umbrella or are questioning their gender. For more information about these meetings, contact [nrvtrans@gmail.com](mailto:nrvtrans@gmail.com).

The **Youth & Families Group** meets on the 4th Tuesdays (**July 26**) from 6:30-8 PM and is for anyone under 18 who identifies under the trans umbrella or who is questioning their gender. The group is also for parents who have trans or gender non-conforming children. Parents are welcome with or without their children. The group provides resources, advice, and support for children and their families. For more information about these meetings, contact <https://heshezewe.org/contact/>



# Lifespan Faith Development

## Children's RE

**Summer RE is shining!** Summer session will run through August 14 (no classes on July 3). Classes will take place outdoors on the UUC grounds, weather permitting.

Families should continue to check-in with LFD staff in the downstairs lobby between 9:45-10:00 a.m. *Children do NOT go into the sanctuary before classes.*

**PreK:** Our preschool class is engaging in free play on the UUC playground throughout the summer.

**Grades K-5:** Our kindergarten through fifth graders are learning about *Holidays & Holy Days*. The curriculum, adapted to take place outdoors, explores a variety of religious festivities and emphasizes how Unitarian Universalists draw from different sources for inspiration and wisdom.

**Grades 6-8:** Middle school is on summer break.



Welcome  
Rachel Craine,  
new DLFD!

Rachel can be  
reached at  
[dlfd@uucnr.org](mailto:dlfd@uucnr.org)

## HOGWARTS IS HIRING!



Do you have a passion for potions? A powerful patronus you would like to share with young wizards? Hogwarts is hiring! Sign up to teach in the fall RE program – we promise it will be *magical*.

We have teaching opportunities from PreK all the way up through the rewarding experience of serving as a YRUU advisor. Sign up to explore our eight principles through the lens of Harry Potter, picture books, art making and other fun activities, and as always lively discussions with UUs of all ages.

You do not need to be a parent or grandparent to serve as a teacher. This is a wonderful opportunity for congregants of all generations to connect with our youngest spiritual explorers.

To learn more, email [Rachel Craine](mailto:Rachel.Craine@uucnr.org).

## The UUC Nursery Is Open

Nursery care will be offered every Sunday (with the exception of July 3) throughout the summer. The nursery is open to infants and toddlers who have not reached their third birthday by September 1. Nursery care is filled with play and storytelling in a warm and nurturing atmosphere. It is supervised by one or two experienced, paid childcare providers, depending on the number of children.

# On-Going Adult RE Programs

## Anti-Racism Group

Meets second and fourth Sundays, 1-2 PM via this [Zoom link](#).

All are welcome to join our ongoing group addressing white privilege and racism. Contact [Barbara Taylor](#) for meeting topics. Email [administrator@uucnrv.org](mailto:administrator@uucnrv.org) to join the listserv to receive links to the discussion articles.

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## Meditation Group

Meets Tuesdays, 5-6 PM via this [Zoom link](#).

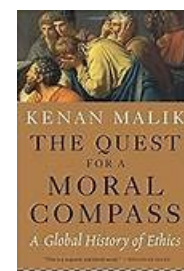
Our meditation group meets weekly for those interested in starting or deepening their meditation practice. Our format is drop-in, so you need not attend all sessions. Open with centering words and basic instruction followed by sitting practice. Meditators from all traditions and all levels of experience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



## Conversations on Our Faith

Meets Wednesdays, 12-1 PM via this [Zoom link](#).

Join our conversation as we read the book, *The Quest for a Moral Compass: A Global History of Ethics* by Kenan Malik. All are welcome, even if you have not read the chapters of the book under discussion. To learn more, contact [Tim Pickering](#).



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**Sunday Circle and Community Conversations will resume in September**





## Unitarian Universalist Congregation Sunday Services July 2022

Services are now in person at UUC and virtual via [Zoom](#) at 10 AM.  
We welcome you to join us.

**Join our dual-platform service each Sunday at 10 AM  
both in person at UUC or via this [Zoom link](#).**

**July 3:** *The Deal on Those Days*, Worship Associate Victoria Taylor. This year's UUA General Assembly Sunday morning worship explores the role of local congregations in this time. Join Victoria Taylor in viewing our annual UU Mega-Church service led by some gifted UU worship leaders, including Rev. Gretchen Haley and Rev. Shari Halliday-Quan. This will be a morning of celebration, witness, and future-visioning for the already and not yet power of local UU congregations.

**July 10:** *Widening the Circle at the Margin*, Adam Slate and Worship Associate TBA. A congregation tends to think of itself as a single cohesive community but is actually made up of smaller distinct groups, each with a different history, set of concerns, and level of access. A healthy, loving, and justice-minded congregation continually looks outside its core membership, not just inviting people into the center but expanding to meet people where they are. Adam will help us explore what it means to widen the circle of one's church community at the margin.

Adam Slate holds spiritual dual citizenship in the Unitarian and Unitarian Universalist traditions. He is a member of New Unity London and the Unitarian Universalist Congregation of Charlottesville and is pursuing a Master of Divinity degree at Phillips Theological Seminary. Adam is committed to building connections within and between congregations, to racial equity and justice work, and to sharing Unitarian and Unitarian Universalist values with a world that desperately needs them.

**July 17:** *Step Inside This House: Sharing Our Stories*, Brenna Clanton and Worship Associate TBA. Telling our story can be a very powerful way to connect with others and to connect with ourselves. By integrating our family's story, we can show up more authentically in all the work we do. Questions and journaling exercises can both offer entry points into our story. When we bring our findings to share with another person, an empathetic listener, we get to show up differently and move towards greater healing for everyone.

Brenna Clanton lives in Northern Virginia and is a member of Accotink UU Church. She currently works as an attorney and is attending Meadville Lombard Theological School. Starting in the fall, she will be a ministerial intern at UU Congregation of Rockville in Maryland. She has been attending SUUSI since 2007.

**July 24:** *Got Soul?* Rev. Pam Philips and Worship Associate Heather Nicholson. Cultures through time and around the world have some concept of Soul – but what is it and how might it affect how we see ourselves and our place in the world? We will explore Soul – brought to you by Frank DuPont who purchased the sermon in this year's service auction.

**July 31:** *Meeting the Moment: Reimagining Radical Faith Community*, Nancy Bodenhorn, Rev. Jamie McReynolds, Ellen Plummer and Rev. Pam Philips. UUC's delegates to this year's General Assembly in Portland will report back to the congregation on their experiences. Join us to learn what inspired them and how we might reimagine UUC as a faith community.

### 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.