



Unitarian Universalist Congregation

Newsletter

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Spring 2024

I'm writing on a rainy spring-like day, mindful that the weather often fools us into thinking winter is over and gives us a blast of cold and even snow mid-March. The little yellow flowers outside my office have bloomed, and the daffodils are halfway to full height, so I'll go ahead and declare myself ready for Spring. As I consider the natural world AND the activities around UUC, this is certainly a time to explore the spiritual theme and value **Transformation**.



We are preparing for some major transitions. The Administrator Search Team has been reading resumes and letters in preparation for interviewing candidates to replace our beloved Administrator. Ericka will stay to train the new administrator, but then we'll have to say goodbye. We'll soon be saying goodbye to Anna Tulou, our Ministerial Intern, as she is preparing for graduation and ordination and the next leg on her journey in ministry.

Several initiatives are also underway. The Ministry Discernment team is exploring outward facing ministries we might undertake as a congregation. The Environmental Justice/Climate Change team is preparing for Earth Day celebrations. After an overwhelmingly positive response from the congregation, the Board has approved the petition to engage in public witness to preserve and strengthen democracy in the face of all that threatens it. Now comes the hard work of finding ways to turn our thoughts and words into actions. In the midst of this election year, the Voting Rights and Reproductive Justice teams have much to do. With Spring, our Grounds are coming alive, and we'll be having several work days to [help get them in shape](#). The Committee on Ministries is still looking for feedback from congregants and hope those who could not attend a feedback group to fill out this [survey](#).

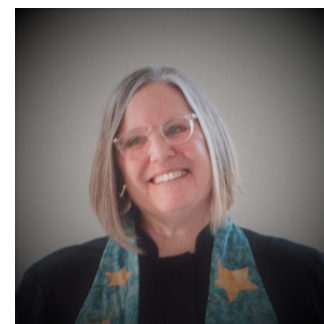
Our Lifespan Faith Development programs continue apace with the usual classes for children, youth, and adults. We'll be considering the UUA Common Read – [On Repentance and Repair](#) – in both the Wednesday Conversation on our Faith Zoom meetings and a special Lunch and Learn on **March 24th**. Rev. Jamie McReynolds is offering a six-session Introduction to Mindfulness starting April 4th. Also in April, we'll begin a four-session workshop on taking a deep dive into the [proposed Article II](#) language.

All of this activity marks the vibrancy of this community, and the need for us to commit our support. This [year's Stewardship Campaign](#) promises to give us new and fun ways to celebrate who we are and who we are becoming as a religious community.

In this time of Transformation, I encourage us all to consider the Gifts of Transformation associated with UUC – how we have transformed the congregation through our time, talents, and treasure; how we have been and could be transformed by being part of UUC; and how we as a congregation might still *“Transform our community and the world through courageous love.”*

In faith and love,

Rev. Pam



Contact Information

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Staff Office Hours

Minister:
Tues-Thurs 9:00-1:00pm by appointment

Administrator:
Sundays 10:00-Noon
Other times by appt.

DLFD:
Hours by appt.

If you need access to the building, please give 24 hours notice by emailing Ericka

Message From The Board

Yes, it's budget time again. We don't like to talk about money much but, I'm the treasurer. It's my job to watch the money and I have to talk about it. I'm going to talk A LOT about it in this column. So, here's the lowdown.

The board has approved a target budget this year totaling about \$422,000 which will require \$379,000 in pledges to meet. As we tried to do last year, we hope to be able to raise our staff's compensation to the fair wage levels recommended by the UUA for a congregation of our size at our area's cost-of-living level. Last year's pledge total was \$345,000 so we are looking for about a 10% increase in pledges over what was pledged last year.

There are a few other minor thrusts in the proposed budget (including boosting the administrator's hours from 25 to 30 per week) but you will hear about them from the Stewardship Committee ([see the website here](#)). The biggest increase in the proposed budget, by far, is bringing our minister, DLFD and administrator compensation up to recommended levels. Payroll expenses are overwhelmingly the largest part of our budget. In fact, if we add payroll, our mortgage payments, utilities, routine building maintenance, and other administrative costs – things we have no choice but to pay – this represents 88% of our budget. Other items we are loath to cut, including our religious education program, our UUA dues, landscaping, mowing and snow removal make up another 7%. Everything else, all the other programs we choose to fund, now makes up less than 5% of our budget. You can see that when we fail to make our pledge goal, we have little choice other than to back off on staff salaries.

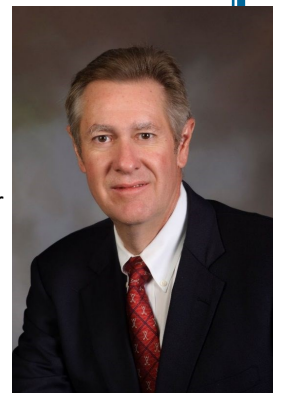
So, we're trying again to pay our people justly. Inflation makes that goal a moving target. Last year our pledge target was \$376,000. We didn't get there and the full increase in pay didn't happen. Why is raising the pledge total so difficult? One thought is that the early-bird pledging we have been doing has actually encouraged a large number of us to simply pledge the same as the previous year without fully understanding what the need is. Perhaps, because we were late in publishing a pledge goal last year, many folks had pledged even before the goal had been announced. In any event, our income has not kept pace with the rapidly rising cost of doing business over the last couple of years.

We can do better! We have done it in the past. During the stewardship pledge drive to fund the 2021-2022 fiscal year, our pledges increased 9.3%. The pledge total that year was \$347,800 and we actually exceeded our goal by \$2800. Note that last year's pledge total of \$345,000 was the same amount as that year's goal. Our pledge total has actually gone down over the last two years!

Our minister, DLFD, and administrator do a fantastic job for us. Each are working as hard as they can and they deserve to be paid fairly. They work for you and me and we are the ones who need to pay them. I've seen how generous our congregation has been in the past. This year, we need everyone to know what our pledges are needed for – our hardworking staff. We need everyone to think about how much they can raise their pledge. We all know that there are those among us who already give as much as they can and can't raise their pledge by 10%. If you are one of the ones who can easily raise by more than 10%, please do. Maybe it's not so easy but, think about what you can do. Please just don't default to the same pledge as last year. That's actually going backwards. Please think about what these people do for you. I know that together we can finally reach our goal of fair compensation for them.

This year, we will have a special pledging event on **Sunday, March 17th**. I encourage you to give serious thought to coming to that party prepared to hand in your generous pledge. It will make you feel good and our staff feel valued.

Wayne Neu, UUC Treasurer





Events & Community News



Second Sunday Potlucks

Everyone is invited to stay and enjoy a potluck after the service on Second Sundays. Bring your family and friends, and a dish to share (enough for eight), to enjoy a delicious meal together. Please include a small card with the ingredients for those with allergies. If you're interested in helping with potlucks, please contact [Franklyn](#) for additional information.

Spring ½-Plate Donations

Thanks to your generosity, UUC continued its practice of helping others in both our community and beyond.

- December 3: MCEAP, \$286.99
- December 10: Woodchucks, \$282.34
- December 17: To Our House, \$241.15
- December 24: UNICEF Gaza, \$141.15
- December 31: Unitarian Universalist Church of Valdosta, \$226.43
- January 7: Side With Love, \$231.38
- January 14: Christiansburg Institute, \$259.04
- January 21: Women's Resource Center, \$196.28
- January 28: Blacksburg Interfaith Food Pantry, \$266.79
- February 4: Daily Bread (Fairlawn), \$288.85
- February 11: Southern Poverty Law, \$240.59
- February 18: Samuel H. Clark Scholarship Fund, \$269.91
- February 25: WVTF, TBD

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

It's coming!! It's coming!! VT BIG EVENT & UUC GROUNDS WORKDAY

Saturday, April 6, 10:30-1:30 p.m.

This is the big-push, spring workday to get the grounds ready for another season of use.

We'll be doing maintenance and improvement projects while working alongside Virginia Tech student volunteers (They have lots of energy!). Sign-Up Genius will soon be available to capture your enthusiasm and availability to be part of the workday. Signing up in advance is helpful to the organizing, but walk-ins are very welcome.

Besides needing YOU, we need project leaders, pick-up trucks with drivers, wheelbarrows, hay forks and cookies (lots of "cookie monsters" will be participating).

What's the bonus?! Working alongside some of the nicest and hardest working VA Tech students and enjoying a pizza lunch with all the helpers (including YOU). We think the donut fairy will show up with donuts for the early UUC arrivals.

Please put the Big Event workday on your to-do schedule: Saturday, April 6, 10:30-1:30. Be on the look-out for the Sign-Up Genius. YOU ARE APPRECIATED!!

UUC Staff Position Available

UUC is accepting applications for an administrator. A description of responsibilities and duties, requirements, and qualifications for the position can be found at this [link](#).



Events & Community News



Newcomers' Orientation

New or not so new to UUC and interested in learning more about our congregation and Unitarian Universalism in general? Want to meet other newcomers? Come to our Newcomers' Orientation on Saturday, **April 27** at 9:30 AM for conversation, coffee and refreshments followed by the orientation from 10 – noon and get your questions answered. Members of our Connections Committee and Rev. Pam will be there with much information and fun activities. Email [Pauletta Copenheaver](mailto:Pauletta.Copenheaver@uuc.org) by **April 24** if you can attend. Need childcare – let Pauletta know by **April 20**.

Annual UUC Chili Cook-Off

The spicy event will be hosted by UUYA on **Friday, March 8 at 5:30**. There will be categories for vegetarian chili, meat chili, wackiest/nontraditional chili, spicy chili, and corn bread! Sign up [here](#).



UUC Directory

Due to security concerns the directory has been removed from the website. If you would like a copy to download, please fill out this [form](#).

FREE TRAINING:

How to do CPR

(cardiopulmonary resuscitation)

How to use an AED

(Automated External Defibrillator)

March 23, 10:00 am Elarth Hall

Survival from cardiac arrest outside the hospital is below 10% in most of the United States. Research suggests survival rates could triple and tens of thousands of lives could be saved if bystanders started CPR promptly and applied an AED when available, rather than waiting for the paramedics to arrive.

This training is being offered through the Compress and Shock Foundation, a Roanoke-based 501c3 non-profit organization, whose mission is to provide free and equitable CPR/ AED education to communities all over Virginia. Their motto: "Every Heart Deserves a Chance."

The training takes less than 90 minutes. You will learn compression-only CPR (no more mouth-to-mouth!), how an AED works and how to apply it, with time to do hands-on practice with a manikin. It's simple enough for a 12-year-old to do. You will not get a certificate, but you will learn (or re-learn) skills that could save a life. And if we get 35 or more learners to take the training, the Foundation will donate an AED to the UU congregation! This is a tremendous opportunity to learn together how to take care of each other and to get a valuable piece of medical equipment for our community.

[Sign up here!](#)

Stewardship 2024: Love at the Center

Plans for the 2024 stewardship campaign are underway. We are excited to announce that the Stewardship Committee will be hosting a Pledging Party brunch that will take place during the service on March 17, 2024! Although the 2024 campaign will occur through the entire month of March, we are encouraging congregants to come to the Pledging Party prepared to submit their pledge on that day if they have not already done so.



Our goal with the 2024 pledge drive is to provide ongoing support of our mission to inspire, create, and transform by fairly compensating our staff and maintaining our buildings and grounds. Fair compensation is an ongoing topic that was raised at the end of last year's pledge drive. In addition to supporting our current staff and programs, our building mortgage, and our building and grounds maintenance, this year we hope to:

- Support increasing the administrators position from 25 to 30 hours to be more in sync with the duties expected of that position and additional responsibilities supporting IT and the LFD program.
- Support all staff salaries to meet the fair wage recommendations of the UUA.

The Board has recommended a total budget of \$422,000, which will require a pledge total of \$379,000 to meet these goals. This pledge total is a 10% increase over the total of pledges we received last year. While this is a rather large increase, we are more than capable of meeting this goal and showing our staff that we value them enough to pay them at the UUA's fair wage recommendations.

At the March 17 Pledging Party, there will be several different ways to submit your pledge, including via paper or online. Attending via Zoom will still be an option. Those who attend in person will be treated to a lovely brunch while participating in some fun activities that the Stewardship Committee has planned for the event. So, come one, come all to the pledging party service/brunch on Sunday, **March 17!**

Developing a Right Relations Policy for UUC

An ad-hoc committee has been working this year to develop a Right Relations Policy for UUC. This development was requested by the COM (Committee On Ministries) and approved by the Board last year. The ad-hoc committee is made up of Nancy Bodenhorn, Molly Lazar, Rami Steinruck, Alison Armstrong, and Jane Hundley.

The [UUA](#) describes a Right Relations Team and role:


"Right Relations Teams are lay leaders entrusted to help the congregation practice faithful communication and creative conflict based on values of mutuality and consent.

Their roles can include:

- Tending to the covenant by articulating and modeling its practice.
- Provide training and other learning opportunities around the tensions needed for creativity in congregations
- Model and coach communication processes that promote mutuality and consent (i.e. small group ministry, discernment circles).
- Model and coach creative conflict.
- In low level conflict, create brave spaces where people can move from defensiveness toward resolution.
- When conflict does become more heated, they also can offer opportunities for deep listening and restorative processes.
- Create low-anxiety/high-learning experiences for the congregation around conflict and covenant."

The committee will hold a meeting for the UUC community on our progress and draft policy on **March 24 at 11:30** after the service in the library. Please join us in person or on zoom.

MONTHLY SUPPORT GROUPS AT UUC

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|---|---|
| <p style="text-align: center;">Surviving Spouses Support Group</p> <p>Surviving Spouses will meet at 2:00 pm in the UUC Library on the 2nd & 4th Tuesday of the Month. If you have lost a spouse or partner and would appreciate a group with whom you can share and learn, please join us. Contact Rev. Pam for more info.</p> | <p style="text-align: center;">Caregivers Support</p> <p>UUC hosts a monthly support group for caregivers to share their experiences and challenges. The group meets on the 2nd Tuesdays of each month from 7-8:30 PM via this Zoom link. Questions or concerns - contact Rev. Pam.</p> |
| <p style="text-align: center;">NAMI Support</p> <p>Connections Support: Persons living with a mental illness are welcome to join this NAMI support group on the 1st and 3rd Monday of each month from 6-7:30 PM. Contact Kimberley for the Zoom link or for more info.</p> <p>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 from 6-7:30 PM. Contact Kristine for the Zoom link or for more info.</p> | <div style="text-align: center;">  </div> <p style="text-align: center;">Parent Bereavement Support</p> <p>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 help one another on our journeys. For more info and the Zoom link, contact Katherine or Lisa.</p> |

WEEKLY GATHERINGS

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.

UUYAs

If you're between the ages of 18 and 25, the UUYAs (Unitarian Universalist Young Adults) meet every Tuesday in Elarth Hall from 7:00 to 9:00 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.

Women's & Men's Breakfasts

All 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.

UUC Choir

UUC Choir: All are welcome to join every Wednesday in the sanctuary from 7 to 8:30 pm. No experience is necessary. Please contact [Ella Kromin](#) to RSVP or to find out more.

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. All ages welcome.

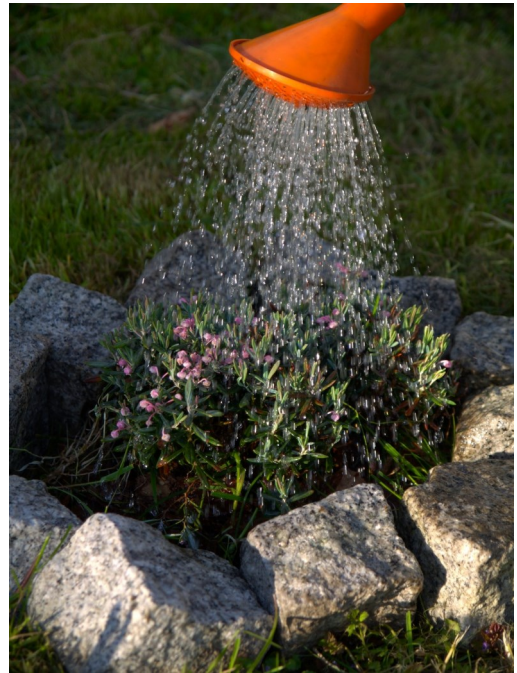
Yoga

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](#).

FRESH OFF THE PLANNING BOARD!!

Casual after-church grounds workdays will begin **March 31** and continue thereafter on the first and fourth Sunday of each month (with the exception of April 7). Start time is 11:30 so you'll still have time to enjoy coffee and conversation after the church service. The casual workdays provide opportunities to get to know other UUC congregants within a fun, working environment and to help our grounds workers catch up on miscellaneous tasks. Where to get started? Meet outdoors by the side entrance to the church (by the crescent shaped garden).

Amanda Morgan will be looking for you and will have task options for you. NO signup or experience needed for casual work days – JUST SHOW UP WITH A SMILE.



Social Justice at UUC

One way we can live our UUC principles is through participating in the activities of our four UUC Social Justice Teams: Anti-Racism, Environmental Justice/Climate Change, Reproductive Justice, and Voting Rights. If you are interested in any of these social justice areas, we invite you to join us. We welcome your ideas, suggestions, energy, and involvement as we learn and act together.

Voting Rights Team

With the Presidential and Congressional candidates on the ballot this November, 2024 is a major election year. Early voting is already underway in the Presidential primary which takes place on March 5. During this critical election year, the voting rights team will continue to provide nonpartisan voter information, encourage all congregants to vote and will continue to participate in community wide get out the vote efforts.

If you are interested in voting rights, consider attending our next team meeting on **Mar. 13 at 1:30** via zoom at this [link](#) or stop by the voter information table periodically located in the UUC front lobby. For more information and/or to offer your ideas, please contact [Sara](#).

Reproductive Justice Team

Are you interested in or concerned about reproductive justice? If so, please consider joining us in one of our UUC Reproductive Justice team meetings which are held via zoom. We follow the Sister Song definition of reproductive justice which is “the human right to maintain personal bodily autonomy, have children, not have children, and parent the children we have in safe and sustainable communities.” Our next scheduled meeting will be held via zoom on **April 1 at 7PM**. To join the meeting click this [link](#).

For questions or to offer suggestions, please contact [Sara](#). Your participation is welcome whether for a one-time activity or ongoing involvement.

Lifespan Faith Development

Religious Education (RE) Teachers Wanted!

No Experience Necessary!

We need YOU to help make our programming successful! Now recruiting teachers for Summer and Fall of 2024.

As a Fall semester RE teacher, you are part of a 4 person teaching team, and commit to teaching/assisting about 8 classes over the course of the semester. All lessons and preparation are done for you. This is a great way to learn and have fun alongside our children and youth.



Our summer RE teachers sign up for one or more days to teach, again all lessons are prepped and ready for you. This is an excellent opportunity to see if teaching is for you!

Interested in Volunteering? Contact [Rachel](#)

Young Religious Unitarian Universalists

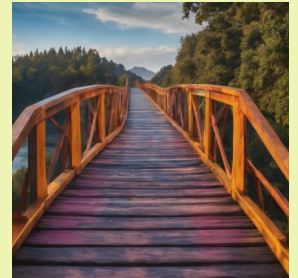
YRUU will be hosting a Youth Conference here at the UUC March 22-24! We are excited to invite other high school youth from neighboring states to join us for a weekend of fellowship and fun.



Don't miss the YRUU Bridging Service

Sunday, May 12

as our graduating seniors join the ranks of UUYA
(Unitarian Universalist Young Adults)



Middle School Youth Group

MSYG meets once a month on a Friday night for youth in grades 6-8. Upcoming meetings:

March 15—Escape Room and Pizza. *Meeting at UUC, 6:30-8:30pm.*

April 19—Game Night at Shadowlake. *Meeting at Shadowlake 6:30-8:30pm.*

May 17—Bonfire and S'mores. *Last meeting of the year, welcoming rising 6th graders. Meets at UUC from 6:30-8:30.*

Parent Covenant Group—*Meets third Fridays from 6:00-8:00 p.m.*

Join other parents for a potluck followed by guided discussion. Discussion topics are loosely based on the *Soul Matters* theme, but with emphasis on topics relevant to parents. Childcare provided.

Sign up for ***This Week in LFD***—the newsletter for all our Religious Education Programming. Every Monday, get the news of all the events happening in Adult and Children's Religious Education, as well as special events. *Not on the mailing list?* [Sign up here.](#)

Easter Service and Egg Hunt

Sunday, March 31

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. Donations will be distributed to the Cats of the Humane Society of Montgomery County and the Dogs of the Montgomery County Animal Care and Adoption Center. This event is a congregational favorite, with all the fun of an egg hunt.

The Egg Hunt will take place after a special, multigenerational Easter service on Sunday, March 31. Don't miss this fun and worthy event—awarded two paws up by the dogs and cats of Montgomery County!



Bring your donations of dog and cat supplies to the UUC by Sunday, March 31.



Spring Programs for Adults

Proposed Article II Spiritual Reflection

Take a deep dive into the Article II proposed by the UUA. This is a four-part workshop designed by UU Wellspring, which emphasizes spiritual deepening. Gather in person and on Zoom with other UUC congregants to explore together. We'll meet on Thursday evenings from 7:00 - 8:30 on April 4th, 18th, 25th and May 2nd. If you are interested but unavailable at these times, please contact [Rev. Pam.](#)

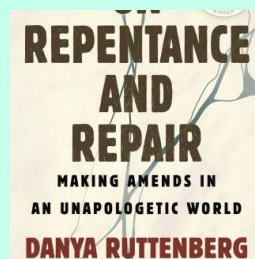
[Register](#)



UUA Common Read Discussion Group: *On Repentance and Repair: Making Amends in an Unapologetic World* by Rabbi Danya Ruttenberg (Beacon Press, 2022).

On Repentance and Repair invites readers of any faith to explore practices for accountability that can bring us into wholeness and really make a difference in our personal, community, and national relationships. The book will be discussed during Conversations on Faith starting in March. There will also be a Lunch and Learn open discussion on March, 24 from 11:45am -1:00pm. To purchase a copy at a discount, contact [Rachel.](#)

Learn more about the UUA Common Read at <https://www.uua.org/read>.



Introduction to Mindfulness

This six session course begins with an *Introduction to Mindfulness*: defining mindfulness, experiences of different mindfulness practices, discussion of how they are relevant to everyday life, and the importance of regular practice. Other sessions include: *Be Right Where You Are*, *Our Storytelling Minds*, *Cultivating Kindness*, *Willingness to Be with Things as They Are*, and *Moving Forward*. For more info, contact [Jamie](#). Meets Thursdays from 3:00 to 4:30 pm in the Library, April 4th to May 16th. *No class on April 25th.* [Register](#)

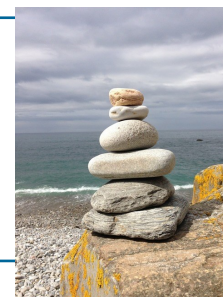
Building Bridges for Adults—This class will continue to explore world religions. Classes are held at UUC from 6:30-8pm on select Mondays. This spring: *Christianity, March 4*; *Quakers, March 18*; *New Religions of the 1800's and Cults, April 15*; *Humanism, Atheism, Agnosticism, April 22*; *Unitarian Universalism, May 6*. Contact [Rachel](#) for more information.

On-Going Adult Programs

Anti-Racism Discussion Groups—Meets the second Sunday 1:00-2:00 PM, but will meet on the 17th in March. Topics are announced via email. Email dlfd@uucnrva.org to join the listserv to receive links to the discussion articles. [Zoom link](#).

Meditation Group—Meets Tuesday 5:00-6:00 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. [Zoom link](#).



Conversations on Our Faith—Meets Wednesdays 12:00-1:00 p.m.

Bring your lunch and join the conversation, as we discuss a book that deepens our spiritual journey. All are welcome, even if you have not read the chapters being discussed. Group members share their insights and personal experiences and all thoughts and opinions are welcome. Meets Wednesdays at noon, in person or on zoom. To learn more, contact [Tim Pickering](#). [Zoom Link](#)

Sunday Circle—Meets 1st and 3rd Sundays, 8:30 or 11:30 AM, in Library and on [Zoom](#)

March 3 : Why do dogs do that? With Carol Kern. Understanding dog behavior to improve the human animal bond with our beloved canine friends. We will discuss common dog behaviors and some nuisance behaviors of dogs with time for some discussion and questions. 8:30-9:30 AM

March 17: Images and Musings of Our Cruise to Scotland and Norway. Nancy Bodenhorn will discuss some cultural/social issues that they learned about while on the trip, including the impact of large cruise ships in fragile ecological areas and the Norwegian penal system. 11:30 AM-12:30 PM

April 7: Soulless Creativity with Mindy Quigley. If you've ever undertaken a creative endeavor, you may have found yourself gazing heavenward, praying for the Muses to descend and guide your guitar pick, your paintbrush, or your pen toward inspiration. But I've found another way to foster creativity. A better way. I deadened my soul. I became a simple machine, churning out art widgets at the art factory. This Sunday Circle will illuminate how disconnecting from your emotions can be a useful tool for would-be artists. 8:30-9:30 AM



April 21: Principles of Permaculture Design. Seneca Haynes presents a quick overview of the principles of permaculture design, highlighting some of the philosophical foundations of each principle as well as some initial explanations of their practical application. 11:30 AM-12:30 PM

May 5: Seeking Justice: A Virginia Slave's Freedom Suit with Dan Thorpe

Slaves in Virginia could sue for their freedom, and the largest such suit in Virginia history began in Christiansburg in 1825. The case involved 45-50 enslaved individuals, ran for 30 years, and reached the state supreme court twice before it was finally resolved. 8:30-9:30 AM

Around the Grounds

By Susan Baker

Welcome to the signs of spring!



The yellow beauties (by the church front door) and two hellebores (in the Crescent Garden) are the first plants to bloom in February. Each week brings new discoveries of emerging life in the UUC gardens. Buds are starting to swell, bees are emerging from the hives on warmer days, and birds are taking up residence in the bird houses – all harbingers of spring. Yippee!

Members of the Grounds Ministry are organizing in preparation for the VT Big Event. Our own UUC volunteers (hopefully that will include you) will team up with about 25 VA Tech students to get major projects and maintenance completed on Saturday, **April 6**. Be on the lookout for a Sign-up Genius opportunity.

Joe Powers has the lawn mowers ready to mow; the wood chip pile is, at the moment, fully used, and the picnic area has a new look. Work on the grounds is year-round. We are fulfilled when we see people walking on the grounds and enjoying the peacefulness, beauty and walking opportunities on the Meditation Path and in the labyrinth.

Now that we are closer to the full-speed-ahead mode for use of the UUC grounds, we are looking for occasional and/or frequent helpers: For example, volunteers to water the potted plants (easy-peasy), sweep the sidewalk on the side of the church, mowing selected areas, shrub and tree trimming, raking leaves, weeding, straightening up the picnic area; etc. Grounds is an equal opportunity outfit so there is a place for you regardless of age, gender and/or experience. Interested? Please contact [Susan Baker](#).

Thank you to the individuals who participated in the discussion groups regarding the UUC grounds. The Grounds Ministry members will be reviewing the input and weighing in on the input.

Unitarian Universalist Congregation

Sunday Services

Spring 2024

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

March 3: Collective Transformation, Rev. Pam and Victoria Taylor

Proposed language for the UUA Bylaws Article II says, “We covenant to collectively transform and grow spiritually and ethically.” We’ll explore our collective transformation as a congregation as we kick off this year’s stewardship campaign.

March 10: The Transformational Power of Call Anna Tulou and Adam Magee

We may well question how calling works, who or what is calling, and who is being called. In the midst of all these questions, one thing is certain, accepting a call is an invitation to transform and to be transformed.

March 17: We’re Having a (Pledging) Party! Rev. Pam and Denise Martin

Come to what promises to be the most festive service of the year, complete with a delicious brunch, delightful music, and inspirational words. We’ll celebrate all that we love about this religious community by committing our support for the year ahead. Please come ready to make a pledge and to have a good time!

March 24: Conflict Transformation, Rev. Pam, Gretchen Luke and members of the UUC Right Relationship Team

Conflict is an inevitable facet of relationships and communities and can lead to growth and transformation. We’ll explore how we can practice conflict transformation so that we might be transformed as individuals and as a congregation.

March 31: Spiritual Transformation, Rev. Pam and Cynthia Baute

What can we learn of spiritual transformation from this most holy day of Easter?

Go to the [Upcoming Services](#) page on our website later this spring to learn what we’ll be exploring around the Gifts of **Interdependence** (April) and **Pluralism** (May). You may also enjoy participating in a 4-workshop series Thursday evenings in April and early May that will give us a chance to discuss these and the other values in the Proposed Article II. Read more about it [here](#).

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.