

NUUs letter

Unitarian Universalist Congregation of Lynchburg

A Welcoming Congregation

Sunday Services



Minister Column



Friends,

September 3 10:30 am, "Toward a Global Ethic" What can religions accomplish when people of faith work together? Reflections from the Parliament of the World's Religions. Rev. Terre

September 10, 10:30 am, "Gathering our Spirits" Sharing Water from our Journeys and Blessing our Path into the Future. During this service we will observe a water communion with water we brought home from places we visited, whether the water is from other parts of the world or our backyards. We will also share a blessing of our bags—book bags, computer bags and whatever bags we take with us to work, school or play. Courtney Sinha, Rev. Terre

September 17 10:30 am, "The Jewish High Holy Days: Shaving in the Shower, Artificial Intelligence, and Love" Rev. Kirk Ballin. Rosh Hashanah commemorates the creation of the world and marks the beginning of the Days of Awe, a 10-day period of introspection and repentance that culminates in the Yom Kippur Holy Day, also known as the Day of Atonement. Humanity and the Biosphere are at existential risk and the only hope is Love.

Rev. Ballin has been a UU Minister for 31 years and served 3 UU Congregations: Meadville, PA (1984-1987); Roanoke, VA (1987-1999); Lynchburg, VA (1999-2003). He worked as a Trauma Unit Chaplain with Carilion Health System, and Executive Director of the National Conference for Community-Roanoke and Justice - Roanoke Region. Currently, Kirk is Program Coordinator of AgrAbility Virginia, a joint USDA funded project of Virginia Tech and Easter Seals UCP NC/ VA, serving farmers and ranchers with disabilities in the Commonwealth of Virginia. He lives with his wife, Robin Poteet, a Salem, VA artist and teacher.

September 24, 10:30 am, "What Might Emerge: Embracing the Tapestry of Accountability". "Because I am in love with the America that does not yet exist," and that's how Unitarian Universalism is also. I'm in love with the Unitarian Universalism that does not yet exist. - Rev. Natalie Maxwell Fenimore. As Unitarian Universalists, we are called to be the weavers of a Tapestry of people. To be such a weaver takes courage. Join us and invite the Resistance. What might emerge when we do? Will we find the truth of history? Will you hear a Spirit of God in what is shared? Let us embrace the Resistance and see what happens when we do.

roddy bell-shelton biggs uses they/them pronouns and is a

(Continued on page 2)

Many of us have blown around on the winds of summer and now are settling back into our routines. Seasons are beginning to shift, and the Halloween stores are opening. September brings us new opportunities. This month our theme is **WELCOME**, which provides us the opportunity to consider what new ideas, experiences and people we might welcome into our lives in the next few weeks.

After many years, we are breaking with tradition and will have a Sunday service on the first Sunday in September. Our traditional work day will be held in October so stay tuned for that date. On that Sunday, I look forward to sharing some of my experiences at the Parliament of the World's Religions.

Ingathering and Water Communion will take place on September 10. Remember to bring some water to the service from a place you visited, whether it was far away or from your backyard. Along with the water, you might wish to bring your child's backpack, your computer bag, or lunch bag so that we can bless them for the adventures that lay ahead. We will also have a board dedication to honor our leadership.

For those of you who are exploring Unitarian Universalism or have been around for awhile but want to consider UUism more deeply, I welcome you to participate in our New to UU class. We will gather in UHouse on September 10 and October 1 to share our personal experiences of religion and spirituality; what brought us to Unitarian Universalism; the history of UUism; as well as our own UUCL history and ways to get involved. JOIN US!

This month we will also hear from two guest ministers, Kirk Ballin and roddy bell-shelton biggs, as they share their wisdom with us. After the service on the 24th, roddy will lead a seminar on ways to use social media to welcome people into our congregation.

There is a great deal to look for to! Join us as we play and think and grow together.

Blessings, Terre

(Sunday Services, continued from page 1)

Queer, BIPOC, Nonbinary seminarian, and aspiring Public Theologian. roddy is a two-year part-time intern minister for the UU Fellowship of Fredericksburg, VA. At the same time, they continue and seek to complete their seminary education at Meadville Lombard Theological School. Owning both the Christian faith and the spiritualities of their ancestors, roddy is grounded in UU faith communities by choice. roddy is called to lead radical love, care, and sanctuary movements, simultaneously disrupting patriarchy and all systems of oppression plaguing our world. When roddy is not working or studying, they love being out in nature, traveling, eating good vegan/ vegetarian food, and all things theater.



Zoom NOTE FROM ZOOM ADMINS

Here are the ways to connect with us on Zoom!

Weekly Sunday Service

Time: 10:00 AM Eastern Time (US and Canada).

Every week on Sunday.

Join Zoom Meeting:

<https://us02web.zoom.us/j/86315352706?pwd=S1M1eFZVd1ZBKORJbJlp2dnN5WEc1UT09>

Meeting ID: 863 1535 2706

Passcode: 318498

Discussion Group:

Link: [https://zoom.us/j/955583755?](https://zoom.us/j/955583755?pwd=YTFFbm01MlpYdjY1UkdCYU8yT0YyQT09)

[=YTFFbm01MlpYdjY1UkdCYU8yT0YyQT09](https://zoom.us/j/955583755?pwd=YTFFbm01MlpYdjY1UkdCYU8yT0YyQT09)

Dial-in: (301) 715-8592

Meeting ID: 955 583 755

Password: 040542

Alliance, BookwUUrms, and one time programming

Room: Rachel Carson Room

Link: <https://us02web.zoom.us/j/85658301039>

Dial in: +1 309 205 3325

Meeting ID: 856 5830 1039

Other meeting links:

Available from the relevant group upon request.

President's Corner

Betty Corbin

On **Saturday, September 23rd** a leadership workshop will be held at the Yoders. This event was rescheduled from August 5th. Please see event details in this newsletter. Committee and working group participants will reflect on past successes and challenges as well as set goals for the upcoming church year. The board and minister have noted the following areas we'd like the congregation to work on this coming year:

- Improve our web-site, social media, PR messaging and policies
- Integrate new members into congregational life with opportunities to develop and deepen adult spirituality
- Revamp a safe congregation policy
- Review facilities for sustainability and usability
- Increase participation in Sunday Services
- Other ideas are welcomed.

Other Upcoming activities include:

- Social Media Presence Workshop - Sunday, September 24th
- Workshop on Becoming Better Allies for Black Lives
- Saturday, October 7th - All hands Make Light work day
- Sunday, October 15th - 110th anniversary celebration

While we meet over the summer months, many of our friends travel for pleasure and to visit family and friends. So for me, September always feels like the start of a new church year. We break with our tradition of cleaning and weeding on the first Sunday of September. Instead this year we will hear from Rev. Terre about the Congress of World Religions she attended in August. We will spiff up things closer to our 110th anniversary party on the 15th of October. One tradition we will continue is our annual water service. At this service, each of us can bring water to add to our communal bowl. The water may be from your tap; backyard; or some place more distant that you visited. Wherever the water arose from, it gives us time to hear each others stories and to reflect on the precious gift safe, potable water is. What water source to you live near? Where does it arise from and where does it flow to? Little possum creek flows through our property and into possum creek before heading to the James River and the Chesapeake Bay. What I do in my yard and garden affects the people who live downstream.

Blessed be, Betty Corbin, President

DISCUSSION GROUP

September 10th, 17th, 24th

We will be meeting in **UHouse at 9:30 am** and hope that participants will attend in person. However, Zoom will be available for those who are unable to attend due to mobility limitations or other reasons.

Discussion Group Link: <https://zoom.us/j/955583755?pwd=YTFFbm01MlpYdjY1UkdCYU8yT0YyQT09>
Dial-in: (301) 715-8592
Meeting ID: 955 583 755
Password: 040542



Pat Bower, Generosity Sunday team

In July, our generosity sent **\$779.33** to the Boys and Girls Club of Greater Lynchburg. We thank everyone who contributed to this total.

On **September 17**, Stephanie Andrews, Chief Executive Officer of the YWCA of Central Virginia, will bring us an update from that organization. The YWCA is dedicated to empowering women, eliminating racism, and promoting peace, justice, freedom, and dignity for all. Their primary programs include the Domestic Violence Prevention Program, the Sexual Assault Response Program, and their residential program.

We hope you will make a contribution in September to help support the YWCA. You may:

- Place cash or a check in the offering basket anytime in September when you are with us in person for a service.
- Click the DONATE button on uulynchburg.org.
- Mail a check to the church at 818 Court St., 24504. The check may be made out to YWCA or to Unitarian Universalist Church of Lynchburg with YWCA in the memo line.

ATTENTION: OCTOBER NUUSLETTER INFORMATION

If you are going to submit content for the October nuusletter, please submit it **no later than** September 20th. Jane (nuusletter editor) will be out of the country after September 26th. Any content submitted after that date will **not** be published in the October nuusletter.

Thanks very much!

BookwUUrms Wednesday, Sept. 20 3:00 pm on Zoom

BookwUUrms will meet at 3:00 pm on September 20 via Zoom. We're looking into also meeting in person, so stay tuned. We'll discuss "Yellow Wife" by Sadeqa Johnson. Amazon has this description: Called "wholly engrossing" by New York Times bestselling author Kathleen Grissom, this harrowing story follows an enslaved woman forced to barter love and freedom while living in the most infamous slave jail in Virginia.

MUUvies that Matter Tuesday, Sept 12 "Chasing Carbon Zero"



September's MUUvie that Matters is an interesting and hope-filled documentary, "Chasing Carbon Zero," from PBS NOVA.

The U.S. recently set an ambitious climate change goal: zero carbon emissions by 2050. And to achieve that, slash emissions in half by 2030. Is it possible? And what kind of technology would it take? In this documentary we will meet scientists and engineers who are convinced we can achieve carbon zero in time to avoid the biggest impacts of climate change!

We will have a time for discussion following the movie.

If you would like to join us, let us know and we'll send you the Zoom link. You can also watch the movie on your own on PBS NOVA and then join us on Zoom for the discussion time. Contact Bob and Makaanah Morriss, revs2uu@aol.com

New to UU

**New to UU class
Sunday Sept 10 &
Sunday Oct 1**

Considering joining UUCL? Do you want to get to know some of the new folks who are with us? Join us on **Sept. 10 and Oct. 1** for a New to UU class when we will share our religious story with others, learn about UU history, and our congregation. Best of all we will get to know others who are exploring membership.

If you are interested in participating, please email Rev. Terre at tbalof@gmail.com.



CARING & SHARING



In Our Thoughts

Don't hesitate to contact the Care Coordinator of your Community Group if you need help or have a concern.



Alliance News

**Thursday, September 14
11:30 am**

Lunch at Westminster Canterbury

The Alliance will meet at Westminster Canterbury for lunch with our friends there. You may buy your lunch in the cafeteria or bring it with you, if you prefer.

**Thursday, September 28
11:00 am**

Homestead Creamery and Booker T. Washington Monument

We will meet up at Ace Hardware at 11:00 am to carpool to Homestead Creamery, followed by a visit to nearby Booker T. Washington National Monument.

We'll have lunch at Homestead Creamery and, of course, ice cream. They have a good selection of sandwiches and salads for purchase, or you can bring your own. We'll eat on their porch or picnic tables.

Join us! All are welcome.

Building A Better World
WHAT ROLE WILL YOU PLAY?

JOIN US NOW!

Learning through Role Play Gaming (RPG) for 5th-8th graders

Starts September 17, 2023 | Sunday Mornings 10:30 am

Unitarian Universalist Congregation of
Lynchburg

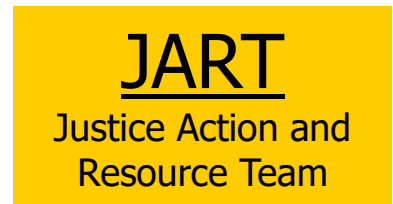
818 Court Street, Downtown Lynchburg

FOR MORE INFORMATION:
courtney.sinha@gmail.com www.uulynchburg.org



**EFFECTIVE USE OF
SOCIAL MEDIA**
roddy bell-shelton biggs
Sunday Sept. 24
2:00 pm

Interested in helping us enhance our social media presence? Many of us would like to help folks who are searching for a liberal religious community to find us. Join our guest speaker roddy biggs at 2:00 pm on Sunday, September 24 for a session on how to effectively use social media to help folks find our congregation. For more information, please see Courtney Sinha or Rev. Terre



Tuesday, September 5 at 7 pm on Zoom

Important meeting! We'll be reviewing the results of our congregational survey and discussing our possible participation in the "100% Voting Congregation" program.

Pat Bower will moderate the meeting and Jim Barton will be the note-taker. Email bowerpatricia2@gmail.com if you need to Zoom link. It will be sent on the morning of September 5.

Leadership Workshop
Saturday, September 23rd 9:00 am to 1:00 pm
The Yoders, 430 Wiggington Road, Lynchburg 24502
Rain Location will be Drysdale Hall

Please **note the new date**. Board, committee, and working group members are encouraged to attend this goal-setting workshop. Child care will be provided. Please check your email the evening before and morning of the workshop for location if there is rain. The schedule for the day:

- 9:00 am - Social time over coffee and pastries
- 9:30 - Team Building exercise
- 9:50 - Committee/working group check-in as to what went well this past year
- 10:15 - Continued check in - what needs help/attention
- 10:35 - Break
- 10:45 - Goal Setting
- 11:30 - Takeaways & Action Steps
- noon - Lunch
- 1:00 pm - Clean up and adjourn

Please note: anyone interested in helping with the work of congregational life is welcome. You do not need to be a long-time member or friend to help set and realize our goals. Contact either Betty Corbin or Stacy Yoder for additional information.



NPR Fall Fund Drive!

The NPR fall fund drive is about to begin!

Consider channeling your National Public Radio donations through our church. We pool our funds with several other UU Churches in the region to purchase NPR ads on WVTF/Radio IQ, throughout the year. Hopefully you've heard our ads lately, as we're finally back on air!

You can use the '**Donate**' button on our church website; you can **mail a check** payable to Unitarian Universalist Congregation of Lynchburg; or drop it in the **offering plate** (put a note in the memo line marking it for NPR).

Please keep the effort going so folks that may be looking for us can find us. Thanks!

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Children and Youth Religious Education Offerings in September

- The Children and Youth RE Committee does not meet this month. We will see you in October! Please reach out to DLE Courtney Sinha if you are interested in learning more about this committee.
- Multigenerational Water Service on September 10.
- Virtual Parent Group resumes September 12.
- RE Fall Term starts September 17!



Multigenerational Offerings in September

- Watch your email and announcements for any upcoming special events!

What's Happening in Your Community Group?

- All Community Groups will have an in-person gathering in September or October. Watch your email for the date and time of your gathering!
- Drop me a line to let me know what's happening in your group so we can feature it here next month!



Thanks to everyone who helps to make coffee hour possible this year by bringing healthy snacks and especially by helping with clean-up!

How do you know who shares "your" Sunday? Or another Sunday, in case you are looking for someone to trade with?

Check the online **Directory of Members and Friends**. It is available via the email you receive each month which announces that the new nUUsletter is available, with a link to past nUUsletters and to the directory. Usually they both are in the second line of text. Just click on the link!

This month's volunteers are:

September 3 D-M
September 10 N-Z
September 17 A-C
September 24 D-M

Our weekly Sunday Services nourish our minds, souls, and spirits. Our Coffee Hours provide connections, conversations, and fellowship. Our Coffee Hour is a ministry of hospitality that we all offer and share with each other.

Thank you for participating.

Please label snacks that contain any form of nuts, or other allergens, for those with nut sensitivities / allergies.

UNITARIAN
UNIVERSALIST
CONGREGATION
OF LYNCHBURG



WE WELCOME YOUR
YOUTH AND CHILDREN TO
JOIN US IN RELIGIOUS
EDUCATION PROGRAMMING
AND FUN SOCIAL ACTIVITIES

For more information contact
our DLE, Courtney Sinha

COURTNEY.SINHA@GMAIL.COM
OR 434-509-5821



COMING SOON

Religious Education - Sept. '23-May '24

An engaging, encouraging Sunday morning educational experience featuring hands-on activities, whole body movement, and lots of fun as we learn more about our collective UU values, principles, and sources. Preschool-4th grade will be doing the new session of Soul Matters. 5th-8th grade will have a blast with a brand new curriculum, exploring how to Build a Better World through a gaming lens. Nursery is always available for our youngest children.

OWL (Our Whole Lives) - Fall/Winter '23

A comprehensive, lifespan sexuality education curricula from a liberal faith perspective. This year covering: Kindergarten-2nd Grade

Growing UU Families - October 2023

What does it mean to be a UU family? Bring the whole family and learn more about the UU faith, traditions, and values in a fun, interactive, hands-on opportunity. Family meals & infant child care available.

Current Offerings

Sunday Mornings 10:15-11:45

Infant Nursery: Newborn-2 years

Lower RE: 3 years - 4th Grade

Studying - Soul Matters: Values

Upper RE: 5th-8th Grade

Studying - Building a Better

World: RPG (Role Play Gaming)

Family Opportunities

Fun & Fellowship - Gatherings for the whole family - about once per month, watch for announcements

Community Groups - Contact the DLE to receive your location-aligned community assignment and enjoy social gathering opportunities for the whole family

FOR THE PARENTS

Parent Support Group - Virtual Offering 2nd

Tuesday of Every Month, 7:00 pm

Parents Night Out - Leave the kids with loving, familiar caregivers for fun while you enjoy a night out. Offered about once per quarter.

Dear friends,

Happy September! I am looking forward to cooler days of autumn and the wonderful events and activities that happen in our area this time of year. Our family will be sharing some special times with friends in the congregation through the upcoming months with items from the Auction Fundraiser in June. We're looking forward to cookouts and apple picking and pumpkin patches and backyard campfires. I hope your family has ways of making special memories through the upcoming season.

As we talk about changing seasons, I am also excited for this time of year in the church, especially in Religious Education. We officially kick off our new church year on September 10 with our Ingathering Water Service. This is a multigenerational service, so all ages will be in the sanctuary together. Starting September 17, our Children and Youth programming will be in full swing for the Fall/Winter term.

This year on Sunday mornings, our Preschool to 4th grade students will be using the Soul Matters curriculum again, as we do a deep dive into the values proposed by the Article II committee. Soul Matters is a hands-on, exploratory curriculum. We use multiple learning modalities including books, music, movement, arts and crafts, sensory experiences, and shared experiences to learn the values in this curriculum. The value we will be exploring in September is Welcome. We look forward to learning more about being Welcoming and creating a Welcoming space by studying:

- The Work of a Wider Welcome
- Welcoming Change
- Welcoming in the Work of Apology and Forgiveness

Our 5th to 8th graders will be trying out an exciting, hands-on, brand new curriculum called Building a Better World, a gamer-based curriculum that explores a world built on UU values and principles, from an RPG perspective. If you have a 9th grade+ youth, let's chat about options for them. Our infant nursery is available at all times.

We are currently looking for RE teachers, both volunteers and paid staff. If you are interested in learning more about what either of these options would look like (for either Lower or Upper RE), please reach out to DLE Courtney Sinha to discuss this further.

There will be new programming for adults this fall as well. A new Soul Matters cohort will be starting in September for in-person gatherings. Soul Matters Small Groups meet once per month. If you are interested in joining the in-person cohort, reach out to DLE Courtney Sinha for more information. There is also likely to be openings in one or more of the online cohorts as well, if that format works better for you. Reach out and we can talk about it further! Also in September, we will be offering a New to UU class. Beginning in October, we have an adult theology building class.

Finally, an all-ages Growing UU Families will start in October. This is an opportunity to learn more about what UU in the home can look like. We will touch on UU in the media, rituals, family activities, and more. Children are welcome and invited to participate alongside their adults.

Blessings, Courtney

Director of Lifespan Engagement Contact Info

courtney.sinha@gmail.com

(434)509-5821 text or call

Office Hours:

Sunday mornings you will find me around church, usually in the RE spaces.

I am off on Mondays and Saturdays.

Tuesdays: 9:00 am - 3:00 pm and 6-9 pm.

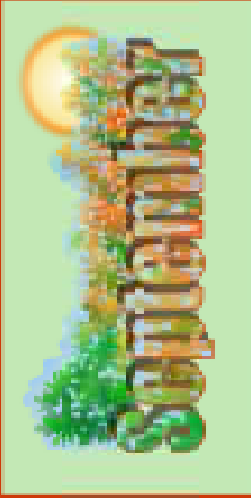

Wednesdays and Thursdays: 9:30 am - 3:00 pm

Fridays: By appointment only.

Adult Religious Education Offerings in September

- Adult RE Committee does not meet this month. We will see you in October! Please reach out to DLE Courtney Sinha if you are interested in learning more about this committee.
- Discussion Group meets on Sunday mornings at 9:30 am.
- Soul Matters Small Group resumes this month. In-Person date: TBA. If you are already in an online group, check with your facilitator to find your start date. If you wish to join an online group, reach out to DLE Courtney Sinha.
- The Young Adults will meet on September 12 at 7 pm.
- Alliance usually meets on Thursdays and for special events. Watch your email and announcements for September dates and events.
- MUUvies that Matter will meet on September 12 at 7 pm.

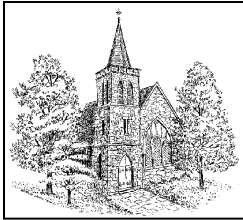
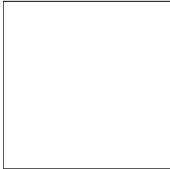
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>10:30 am Service "Toward a Global Ethic" Rev. Terre [see p.1] Religious Education</p> <p>11:30 am COFFEE HOUR</p>	<p>7:00 pm Committee on Ministry</p>	<p>7:00 pm JART meeting [see p.5]</p>	<p>7:00 pm Connections Committee</p>			
<p>9:30 am Discussion Group</p> <p>10:30 am Service "Gathering Our Spirits" Rev. Terre, Courtney Sinha [see p.1] Religious Education</p> <p>11:30 am COFFEE HOUR</p> <p>12:00 pm Sunday Services Committee</p>	<p>7:00 pm RE Committee</p>	<p>7:00 pm Young Adult Group</p> <p>7:00 pm mUvies that Matter [see p. 3]</p> <p>7:00 pm Virtual Parent Support Group</p>	<p>6:30 pm Board Meeting</p>	<p>11:30 am Alliance [see p. 3]</p>		
<p>9:30 am Discussion Group</p> <p>10:30 am Service "The Jewish High Holy Days: Shaving in the Shower, Artificial Intelligence, and Love" Rev. Kirk Ballin [see p.1] Generosity Sunday Religious Education</p> <p>11:30 am COFFEE HOUR</p>	<p>7:00 pm Parent Support Group</p>		<p>NUUSLETTER DEADLINE</p> <p>3:00 pm Bookw/Urums [see p. 3]</p>			<p>9:00 am – 1:00 pm Leadership Workshop [see p. 5]</p>
<p>9:30 am Discussion Group</p> <p>10:30 am Service "What Might Emerge: Embracing the Tapestry of Accountability" roddy bell-shelton biggs [see p.1] Religious Education</p> <p>11:30 am COFFEE HOUR</p> <p>2:00 pm Effective Use of Social Media [see p.5]</p>			<p>6:30 pm Briana's Soul Matters Group</p>	<p>11:00 am Alliance [see p. 3]</p>		

Unitarian Universalist Congregation of Lynchburg

818 Court Street
Lynchburg, VA 24504

RETURN SERVICES REQUESTED



THIS MONTH: • Effective Use of Social Media, 9/24; p.5
• Leadership Workshop, 9/23; p.5 • New to UU; p.5

Church Staff

Rev. Terre Balof.....Minister
TBDAdministrative Assistant
Courtney Sinha Director of Lifespan Education

Ernest Berry Sexton

Church Officers

Betty CorbinPresident
Stacy YoderPresident Elect
Matt CanningSecretary
Finis Southworth Treasurer
Stef Nichovich.....Past President

Trustees

Audrey DeJarnette (2024)
Jim Barton (2025)
Miles Dolihite (2026)

Nominating Committee

Joan Lewis-Yoder (2023)
Makanah Morriss (2024)

Committee on Ministry

Briana Valone

Endowment Committee

Joan Lewis-Yoder (2023)

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**Content Deadline
for the October nUUletter:
Wednesday September 20th**

Submit Info at:

<https://uulynchburg.breezechms.com/form/20746f>

Jane Pianowski, Editor

Directions: The Church and Sanctuary may be accessed from the top of Monument Terrace steps. Unitarian House is at 818 Court Street. If the steps are a problem, handicapped parking spaces can be reached by driveways on either side of the Unitarian House. Once on the lower level, enter the Addition, where there is an elevator to access the Sanctuary level.

Notes: For files, please submit as Word document. Submissions prepared on Apple computers should be submitted as text within the body of the Breeze message.

If you would like your name to be removed from the nUUletter mailing list, please leave a message at (434) 528-0744 or email office@uulynchburg.org.