

NUUs letter



Unitarian Universalist Congregation of

A Welcoming Congregation

Sunday Services



Minister Column

Friends,

June 2, 10:30 am, "Building Our Own Theology" Our Building Our Own Theology topic is focused on meaning in life when life involves suffering? Do we have to suffer? How do we find meaning in the midst of suffering? Rev. Terre

June 9, 10:30 am, ANNUAL PICNIC There will not be a service in the sanctuary today. Join us at the Riverside Park Pavilion for good food and conversation. WE WILL DO OUR BEST TO HAVE ZOOM UP AND RUNNING AT 10:15 am! Please bring a dish to share and your own plate, utensils and napkin so we can have a minimal footprint!

June 16, 10:30 am, "Trust" How do we live with trust in the midst of our world? This Multigenerational service will help us explore our lifelong need to trust and be trusted. Courtney Sinha, Rev. Terre

This is also a Generosity Sunday for Park View Community Mission.

June 23, 10:30 am, "Love That Lets Go" There is so much going on in the big and little picture of our lives. We do not know how it all turns out. Many things are very hard and many things are possible. We'll explore how love can be the gravity that guides us as we let go of certainty and ride the waves of life as it emerges. Rev. Elizabeth Nguyen.

The Rev. Elizabeth Nguyen roots for the Wisconsin Badgers, lives in Boston, and is learning all the time about liberation, solidarity, courage, and cowardice. She is a community minister and part of the Boston Immigration Justice Accompaniment Network. She serves on the Beantown Society advisory board and the Unitarian Universalist Community Cooperatives board. Singing at the Sanctuary Boston, cooking, and remembering to pray are some of her spiritual practices.

June 30, 10:30 am, "Call-to-Action" Recent updates to Title IX have sparked a conservative backlash over expanded protections for LGBTQ+ students, including recognition of gender identity and sexual orientation as categories protected from discrimination. Members of City Council have urged the Lynchburg School Board to disobey the updated regulations, and the School Board seems ready to acquiesce to Council's demands. This morning's message is a Call-to-Action for our congregation to hold the LCS Board accountable and promote a safe, inclusive environment for LGBTQ+ students. Kim Sinha.

Welcome to June! I hope everyone's schedule is slowing down a bit or at least shifting. It's PRIDE month! It is a month full of opportunities. Mark your calendar for our annual picnic at Riverside Park. We will meet there rather than the sanctuary. Bring a dish to share and your own plate, utensils, and napkin (let's be green!). For those of us on Zoom, we will do our best to get online by 10:15 am with a short meditation at 10:30 am.

There is another holiday for our nurturers: Father's Day. Additionally, Juneteenth comes 4 days later. There are so many important ways to celebrate our human family.

I want to give a big shout out to our board members who have rotated out of their positions. Audrey has been on the board since I arrived and it has been a pleasure to work with her. Special thanks to our outgoing President Betty Corbin, who has been tireless in her work for our congregation (and to Michael for being her behind-the-scenes helper). Stacy Yoder steps in as our fearless leader, while Matt Canning moves from being Secretary to President-elect. Welcome Betty Chambers to the board as a Trustee; Theresa O'Dell as Secretary; and Tina Barnes on Endowment/Planned Giving. We are happy that Finis, Miles, and Jim will continue in their positions. Of course, we all owe a great debt of gratitude to Courtney Sinha (and her helpers Kim and Nora), who always goes above and beyond in her wonderful work for our congregation. It has also been a gift this year to now have Maile Shaye-Mountain as our office staff. Emily Yap Chua continues to enrich our lives through her music.

This time of year, as we look back over the activities and adventures of our congregational year, let's take time to express our gratitude to all those who have helped in such an amazing array of events and simple activities. From facilitating to cleaning tables, from soup making to social time goodies, working on committees to gardening, greeting to teaching. These are just a smattering of the many ways you have nurtured our congregation and each other.

I am so grateful for our amazing community.
Blessings,
Terre



Stacy Yoder

Our congregation does not ask people, in advance of the service, to help with taking up the offering. This used to give me a feeling of being unprepared, but over time, my view on this has changed. I now see it as an expression of faith. A small one, but very important. We have faith that two people will get up from their seats and get the baskets. Sometimes they come from the front rows, sometimes from the back. Sometimes it is partners, sometimes two people who may not have much of a relationship.

These are times when we can look at the world, and our faith in humanity seems ill-placed. If we have faith in others, does that lead to complacency or prevent us from doing as much as we could to live love in the world? It is possible, but the alternative of losing faith in humanity seems a far worse choice to make.

You have placed faith in me for the next 12 months; I am appreciative and humbled. In turn, I am placing my faith in you that when there is a need or concern in our congregation or community, you will continue to speak to it and take action to be a part of the solution. I look forward to the growth we will achieve and the love we will live in the world over these next 12 months: growth as individuals, as friends, as families, and as a congregation.

JART
Justice Action and Resource Team

Tuesday, June 18 at 7:00 pm on Zoom.
Becky Piatt will lead the meeting and the note taker is TBD.

Email Pat Bower at bowerpatricia2@gmail.com if you'd like to be added to our email list. The Zoom link will be sent out on the morning of May 21.

DISCUSSION GROUP
June 2, 9, 16, 23, 30

We will be meeting in the UHouse at 9:20 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=YTFFbm01MlpYdjY1UkdCYU8yTOYyQT09>
Dial-in: (301)715-8592
Meeting ID: 955 583 755
Password: 040542

BookwUUrms

BookwUUrms will be taking a summer snooze in June and July. In August, we will meet up for lunch and social time - no book discussion, though. Details will be sent out later. Enjoy your summer!

Zoom
NOTE FROM ZOOM ADMINS
Here are the ways to connect with us on Zoom!

Weekly Sunday Service
Time: 10:30 AM Eastern Time (US and Canada).
Every week on Sunday.
Join Zoom Meeting:
<https://us02web.zoom.us/j/86315352706?pwd=S1M1eFZVd1ZBK0RjBlp2dnN5WEc1UT09>

Meeting ID: 863 1535 2706
Passcode: 318498

Discussion Group:
Link: <https://zoom.us/j/955583755?pwd=YTFFbm01MlpYdjY1UkdCYU8yTOYyQT09>
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.



Pat Bower, Generosity Sunday team

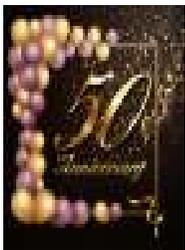
In April, our congregation collected **\$994.79** for One Voice One Community. We thank everyone who contributed to this generosity.

On **June 16**, we will welcome Heather Gibson, Director of Food for Families at **Park View Community Mission**, to bring us an update on the work of Park View. Their six programs are extensive and include: the Food for Thought backpack program for students; the Park View Café; the Clothing Connection; the Community Resource Center; and the Life Skills Institute; in addition to Food for Families. The motto of Park View is Help, Healing, Hope.

To make a Generosity Sunday offering in June, you may

- Place cash or a check in the offering plate when you are with us in person
- 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 Park View Community Mission or to Unitarian Universalist Congregation of Lynchburg with Park View in the memo line.

The Generosity Sunday team includes Barbara LaFleur, Finis Southworth and Molly McClenon.



50TH ANNIVERSARY PARTY

Steve Glenn and his wife Nita are celebrating their 50th wedding anniversary at a picnic (catered dinner) in Taughanock State Park on **August 17th**

hosted by their son, Matthew and his wife. They have planned other possible activities for folks traveling a distance. Enjoy a respite from Virginia's summer heat in the Finger Lakes area of upstate New York. Follow the wine trails or visit the natural and historical places. Matthew and his wife run a CSA. Steve is a member of our congregation and a former co-director of RE with Tina Barnes. He and Nita retired to Trumansburg, NY to be nearer their son and his wife who run a CSA. If you are interested in attending, please contact

Steve who will email you all the details.
Email: Stevenglenn612@gmail.com or
(607) 237-5203 (cell)



MUUVies that Matter Tuesday, June 11 at 7:00 pm Zoom

Our June MUUVies that Matter will focus on the PBS Nature documentary, **"Saving the Animals of Ukraine."**

In the midst of violence and war, Ukrainian citizens are coming together to rescue animals that have been left behind by those forced to flee. Witness a moving view into the effects of war on animals, and the humans who help them.

We hope you will join us on Zoom or you may choose to watch the film directly on PBS and then join us for the discussion following.

This is a film that offers an often unseen view of the price of war.

Contact Bob/Makanah Morriss at revs2uu@aol.com for the Zoom link.

Alliance News

Westminster Canterbury
June 13 at 12:00 pm

The Alliance will meet at noon on June 13 at Westminster Canterbury for lunch with our friends there. Lunch can be purchased in the cafeteria there or you can bring your own.

We will send out a list of options for at least one more gathering in June. We hope there will be things to tempt a lot of you. If you would like to be added to the email list for information about our activities, let Molly McClenon know at m.mcclenon@comcast.net



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 nUUletter is available, with a link to past nUUletters and to the directory. Usually they both are in the second line of text. Just click on the link!

This month's volunteers are:

- June 2 N-Z**
- June 9 A-C**
- June 16 D-M**
- June 23 N-Z**
- June 30 A-C**

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.

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.



Kroger Community Rewards: Fundraising at No Cost to You

If you're a member or friend of our church, and you do some grocery shopping at Kroger, we hope you will join their **Community Rewards** program and designate your "rewards" (a tiny percentage of your purchases) to **The Alliance of First Unitarian Church**. It's such an easy way to contribute to the work of the church and the Alliance because half of the proceeds go to the church operating budget and the other half stays with the Alliance to be available for special church projects.

The KCR program has changed a great deal over the years and it used to be a lot easier to tell you how to join! I can't give exact instructions that will apply to everyone – it depends if you already have an account, whether Kroger has your current email address, etc. To apply for membership in KCR, I would go to one of these websites and follow the instructions from there:

www.Krogercommunityrewards.com (<https://www.kroger.com/i/community/community-rewards>)

Organization name: Alliance of First Unitarian Church
Organization number: FL228

For questions, the Kroger Customer Service number is 1-800-576-4377. Their agents in the Live Chat have been helpful. I'll be glad to help if I can: Pat Bower, bowerpatricia2@gmail.com or (434) 386-3944.

Dear Friends,

Welcome to June and the beginning of Summer! I wish for you all great sunshine, plenty of air conditioning, and the delight of a new season as summer life blooms all around us. We've spent the past month exploring the many ways that **pluralism** influences our faith and our beliefs. We have enjoyed talking about the many paths of UU, recognizing many voices, and making sure everyone is included and respected. We've enjoyed exploring this theme through games, art, stories, and the beauty of gardening.

A special note: We are actively looking for volunteers for our Sunday morning RE class. We need volunteers, effective immediately. Please contact DLE Courtney Sinha if you would like to find out more about the ways you can get involved in children's religious education.

Now, as we jump into June, we prepare to embrace a new path in RE. This will be a month of changes and we are excited for the variety this month will bring! We will spend one week wrapping up our Soul Matters journey for the year, with a look at the theme of **renewal**. We will spend some time on June 2 talking about the many ways in which we can work to renew our spirits for the journey ahead.

Here is a glance at what else you can expect in the month ahead:

June 2: Soul Matters Renewal

June 9: **Join us for our church picnic! All ages welcome - bring your friends!**

June 16: Multigenerational Service - All Ages in the Sanctuary, **No child care or RE this day.**

June 23, 30: Welcome to Summer RE! We kick off with a brand new curriculum this week. This summer, we will be learning about our UU values, explored through the lens of Lego! These first two weeks will be spent on Covenant and getting to know the curriculum.

We look forward to the month ahead and all the wonders it holds in store. May it be a time of learning, connection, and profound discovery for us all.

Thoughts on Renewal

"You who are broken hearted,
Who woke today with the winds of despair
Whistling through your mind,

Come in.

You who are brave but wounded,
Limping through life and hurting with every step,

Come in.

You who are fearful, who live with shadows
Hovering over your shoulders,

Come in.

This place is sanctuary, and it is for you.

You who are filled with happiness,
Whose abundance overflows,

Come in.

You who walk through the world
With lightness and grace,
Who awoke this morning with strength and hope,
You who have everything to give,

Come in.

This place is your calling, a riverbank to channel
The sweet waters of your life,
The place where you are called by the world's need.

Come in.

Here we offer in love,
Here we receive in gratitude,
Here we make a circle from the great gifts
Of breath, attention and purpose.

Come in."

– This Place is Sanctuary, by Kathleen McTigue

Just like the changing seasons bring a sense of renewal, our Religious Education program aims to provide a nurturing and inclusive environment where you and your whole family can grow and flourish spiritually. If you ever have any questions or would like to get more involved, please don't hesitate to reach out.

Blessings,

Courtney

Director of Lifespan Engagement Contact Info courtney.sinha@gmail.com

(434) 509-5821 text or call

Office Hours: By appointment only through the summer months! Please text, call, or email if you would like to make time to stop by. Thanks!

Adult Religious Education Offerings in June

Discussion Group meets on **Sunday mornings** at 9:30 am.

Soul Matters Small Groups meet at various times, in-person and online. If you wish to join us, reach out to DLE Courtney Sinha.

The **Young Adult Social Group** (ages 18-35) will meet on **June 4 and 18**. Check with Rev. Terre to confirm meeting information before attending.

Alliance usually meets on the **2nd and 4th Thursdays** and for special events. Watch your email and announcements for June dates and events.

MUUVies that Matter will meet on **June 11** at 7 pm via Zoom.

Silent Book Club - 3rd Thursday of the month (meets **June 20**) at 6:30 pm. Please see flier for details and talk to DLE Courtney Sinha if you have any questions or need more info.

Children and Youth Religious Education Offerings in June

Our new Lego ValUes curriculum is targeted towards PreK-5th grade. Older youth are welcome to join us!

Find more information about our new Youth Group on the website! This is for 6th grade and up. We will meet on **June 30** this month!

Multigenerational Offerings in June

June 9 - Church Picnic! Please join us for this wonderful tradition at Riverside Park. Burgers and hot dogs provided; please bring a side dish or dessert to share. Child care will be on site to engage with the children. Please bring swim attire for playing in the sprayground. Don't forget sunscreen, bug spray, your chair, your picnic items, and your drinks!

Love in This Very Moment by Sarah Pirtle

"It is essential to allow yourself to know what you know, instead of driving yourself to be"
—Grandmother Rita Pitka Blumenstein, Yup'ik Elder and first certified traditional doctor in Alaska

I washed my hands carefully before entering the Neonatal Intensive Care Unit where my newborn son fought for his life. He weighed only two pounds and was born three months early. I kept vigil by spending the whole day alongside him. He rested inside an isolette but I could extend my arms and contact him through two small holes. When I arrived and paused to wash my hands, I used that moment to pray and notice I was entering sacred ground.

An infant, lying on a bed and swaddled in a blanket, has their hand held by an adult. Their hands and part of their torso are all we see.

Machines whirred and brought air through tubes. The first day I'd watched parents trying to stroke their child's arm through the opening. It was too much. The baby flared in self-protection, and they felt pushed away. How could I do this differently?

As I extended my hands into his isolate, I sensed what kind of touch he could receive. It changed from moment to moment. Could I cradle his head? Or was that too much. Could I offer a pinky finger for him to grip? Would it be helpful to scoop my hand and gently cup his feet? That kept his legs flexed. Some days any touch at all felt invasive so I listened closely to what he needed.

There was a phrase that I repeated to orient me: "What will say love to you today?"

One night he developed a raging infection. In grief, I waited for a new strong medicine to arrive at the hospital by truck from the airport. Standing helpless, I asked what would say love. Right then it meant to stay by his side late into the night. I spoke to him through the glass, "If you can, please choose to stay here. The medicine is coming soon." He swiveled his head, and our eyes met.

That was back in 1984. Today he's a strong man in his thirties. Throughout his childhood, and still today, that same phrase travels with us. I've used it as a compass when I want to come through with real support—when he was a toddler in tears, during rocky times, even bringing him to college. It also comes up now in day to day living. If we're preparing to take a walk because there's something pressing on his mind, I want to get the right balance of listening while giving space. So I ask inwardly beforehand, "What will say love to you today?"

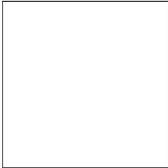
Source: WorshipWeb

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|-----------|-------------------|
| <p>2</p> <p>9:30 am Discussion Group 10:30 am Service "Building Our Own Theology" Rev. Terre [see p.1] Religious Education 11:30 am COFFEE HOUR</p> | <p>3</p> <p>7:00 pm Committee On Ministry</p> | <p>4</p> <p>7:00 pm RE Committee 7:00 pm Young Adult Group</p> | <p>5</p> <p>7:00 pm Connections Committee</p> | <p>6</p> | <p>7</p> | <p>1</p> <p>8</p> |
| <p>9</p> <p>9:30 am Discussion Group 10:30 am ANNUAL CONGREGATIONAL PICNIC 12:00 pm Sunday Services Committee</p> | <p>10</p> | <p>11</p> <p>7:00 pm mUUVies that Matter [see p. 3]</p> | <p>12</p> <p>6:30 pm Board Meeting</p> | <p>13</p> <p>12:00 pm Alliance [see p. 3]</p> | <p>14</p> | <p>15</p> |
| <p>16</p> <p>9:30 am Discussion Group 10:30 am Service "Trust" Courtney Sinha, Rev. Terre [see p.1] Generosity Sunday Religious Education 11:30 am COFFEE HOUR</p> | <p>17</p> | <p>18</p> <p>7:00 pm Young Adult Group 7:00 pm JARI meeting [see p.4]</p> | <p>19</p> | <p>20</p> <p>NUUSLETTER DEADLINE</p> <p>6:30 – 8:30 pm Silent Book Club</p> | <p>21</p> | <p>22</p> |
| <p>23</p> <p>9:30 am Discussion Group 10:30 am Service "Love That Lets Go" Rev. Elizabeth Nguyen [see p.1] Religious Education 11:30 am COFFEE HOUR</p> | <p>24</p> | <p>25</p> | <p>26</p> <p>6:30 pm Soul Matters Group</p> | <p>27</p> | <p>28</p> | <p>29</p> |
| <p>30</p> <p>9:30 am Discussion Group 10:30 am Service "Call To Action" Kim Sinha [see p.1] Religious Education 11:30 am COFFEE HOUR</p> | | | | | | |

Unitarian Universalist Congregation of Lynchburg

818 Court Street
Lynchburg, VA 24504

RETURN SERVICES REQUESTED



THIS MONTH: • ANNUAL PICNIC, 6/9; p.1
• JART meeting; 6/18; p.2 • Muuvies that Matter, 6/11; p.3

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Rev. Terre Balof.....Minister
Maile Shay-MountainAdministrative Assistant
Courtney Sinha Director of Lifespan Engagement

Ernest Berry Sexton

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Stacy YoderPresident
Matt CanningPresident Elect
Theresa OdellSecretary
Finis Southworth Treasurer
Betty CorbinPast President

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Bettye Chambers (2027)

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Gretchen Morgan (2025) Elizabeth Farnsworth (2026)
Rick Barnes (2027)

Endowment Committee

Bob Morriss (2025) Tom Morgan (2026)
Tina Barnes (2027)

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**Content Deadline
for the July nUUletter:**

Thursday, June 20th

Submit Info at:

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

Jane Pianowski Fagiano, 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.