

NUUs letter



Unitarian Universalist Congregation of

A Welcoming Congregation

Sunday Services



Minister Column

Friends,

July 7, 10:30 am, "Some Thoughts on Independence"

With another July 4th having passed, Garry will share some of his thoughts about the meaning of independence in our public life. Garry DeVol.

July 14, 10:30 am, "Readers Theater: Winnie The Pooh"

"Christopher Robin Leads an Expedition to the North Pole". Just the thing for a midsummer Sunday morning. Everyone is invited to bring a Pooh or other stuffed animal. Some of our children have asked for a "wear pajamas to the service" Sunday and why not! So, come as relaxed as you feel comfortable with, bring your stuffed animal, and enjoy a story and some deeper thoughts. Rev. Terre and friends

July 21, 10:30 am, Jer Bryant. Jer Bryant will be speaking.

July 28, 10:30 am, "Some Thoughts on Mortality". As time passes, we all come closer to our eventual demise. Does this knowledge help or hinder?

DISCUSSION GROUP

The Discussion Group will not meet in the months of July or August, but will resume meeting on September 8.



Somehow we have arrived at midyear. The solstice has past and now the days are becoming shorter. We can't really tell it yet, but the rhythm of the year will soon shift. I hope that in this middle time, we are creating space for us to find respite—balancing hot days with refreshing periods.

July is a month when we do not have a Generosity Sunday. However, several folks in the congregation feel it is important to have an international focus for our giving this month. Our concern for the welfare of the Palestinian people grows as starvation and death haunt the entire region. At a JART meeting, members of the committee decided to support the humanitarian aid given to refugees by the United Nation Relief and Works Agency for Palestine Refugees in the Near East. On July 14 we will have a pulpit commentary explaining the work of UNRWA with the hope our members and friends will give generously to their humanitarian work. Please read more about UNRWA below.

On July 14 we will take time during the service to reflect on great literature. We will have a reader's theater of "Christopher Robin Leads an expedition to the North Pole". Just the thing for a midsummer Sunday morning. Everyone is invited to bring a Pooh stuffed animal or other special creature. And at the request of some of our young people, everyone is invited to wear pajamas that Sunday. Come relaxed. ALSO, if you would like to read a part in the story, please contact me. No memorizing, just a bit of fun and reflection on a summer Sunday morning.

Blessings,
Terre

President's Corner

Stacy Yoder

We live in a world that, with its phones, tablets, computers, etc., makes it difficult to be present in the moment. I chose to be present this week by taking Huw to the theater to see, on back-to-back-to-back nights, the digitally remastered, extended cut, 4k versions of The Lord of the Rings trilogy.

Disclaimer for fact checkers: The following statements are based on the three films, not Tolkien's books. Please don't banish me to Mordor over discrepancies.

Frodo remained present by resisting the One Ring, even though its siren song was greater than that of any cell phone. The One Ring pulled at Frodo, attempting to distract him and lead him to self-centeredness. The path Frodo traveled was hard, particularly after the Fellowship split and only Sam accompanied Frodo. The easy way would have been for Frodo to put on the ring, disappear, and avoid the hard path ahead.

Merry and Pippin remained present by smoking long bottom leaf and eating salted pork after Treebeard and the Ents defeated the Orc and Uruk forces at Isengard, trapping Saruman and Grima Wormtongue in Orthanc. There was still much to be done after Isengard fell, but Merry and Pippin took time to enjoy pleasures they had been long denied after leaving the Shire. Aragorn, Legolas, and Gimli come upon them eating and smoking and Gimli expresses his frustration with them until he realizes there is salted pork.

I hope you will choose to be present this month, however that may be. Avoid the siren song of shiny things that distract or lead to self-centeredness. Make time to restore yourself, even if there is still much to be done. Or go to a movie that ends after midnight and split a large popcorn and drink, even if you must get up early and go to work the next day.

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.



JART

Justice Action and Resource Team

No meetings scheduled for July and August. Next meeting Tuesday, Sept. 17 with Bob Morse moderating and the note taker 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 Sept. 17.



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=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.

Alliance News

**Westminster Canterbury
July 11 at 12:00 pm**

The Alliance will gather at Westminster Canterbury at 12:00 on July 11 to have lunch with our friends there. You can buy your lunch in the cafeteria or bring it with you.

Notices about other interesting activities will be sent out during the month. All are welcome to join us!
m.mcclenon@comcast.net



Pat Bower, Generosity Sunday team

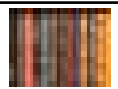
In May, our congregation contributed \$912.87 to Camp Kum-Ba-Yah. We thank everyone who participated.

Generosity Sunday will be on vacation in July. Look for the program to resume in August.

The team includes Barbara LaFleur, Molly McClenon, and Finis Southworth



BookwUUrms



BookwUUrms will not meet in July

UU Congregation of Lynchburg

THE ALLIANCE
Is sponsoring an IOA donation project,

Home Sweet Home Drive

During July & August, please join us in donating new and/or lightly used items, for those in our local community who desperately need home goods. Collection boxes are located in Drysdale Fellowship Hall.

Kitchen
Cookware, bakeware, utensils, and hand can openers;
Silverware, beverage glasses & cups; and toddler dishes, utensils & cups.

Bedroom
Sheet sets, blankets, bedspreads and comforters or quilts.

Bathroom
Toilet paper; towels & washcloths; and personal hygiene supplies ~
toothpaste, toothbrushes, soap, shampoo & conditioner,
and liquid hand soap.

Household
Paper towels and cleaning products.



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:

- July 7 A-C**
- July 14 D-M**
- July 21 N-Z**
- July 28 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.



MUUVies that Matter
Tuesday, July 9 at 7:00 pm on Zoom
"The Big Oyster"

We hope you can join us for our Tuesday, July 9, for "MUUVies that Matter" at 7:00 pm via Zoom. This month we will be viewing the PBS Nature series **"Wild Hope: The Big Oyster"**. This documentary offers some unexpected alliances and hope for responding to the climate change challenges which New York City faces:

"New York Harbor was a haven of incredible underwater biodiversity—until centuries of pollution turned it into a cesspool. Today, an alliance of architects, restaurateurs, scientists, and high school students is working to restore the harbor and protect the city from climate change. At the heart of the effort is a tiny creature with an outsized talent for cleanup: the extraordinary oyster."

We'll have a time for good conversation following the film. You can join us on Zoom for the movie and conversation, or you may choose to watch the movie on your own and link with us following the film.

Contact Makanah and Bob Morriss, revs2uu@aol.com for the Zoom link.



Hello, RE Families and Happy July!

This past year has been a wonderful exploration of UU values using the Soul Matters curriculum. We have used art, play, games, stories, and movement to learn more about what it means to be UU and how we can live that out in our everyday lives. Now, we move into our summer session, where we will take a deeper dive into the UU values with a brand new, hands on, fun LEGO-based curriculum.

Through the month of July, we will take a look at the values of: Pluralism, Generosity, and Justice. In addition, we will take a break from our LEGO classes on July 14 for a fun multigenerational service day. There will be no RE or nursery available this day - we will all worship together in the sanctuary. We will enjoy a special service on Winnie-the-Pooh - don't forget to wear your favorite pajamas!

We aim to ensure that our Religious Education program remains an inviting and inclusive environment where everyone feels valued and accepted. Whether you're a familiar face or a newcomer, we are thrilled to share this journey with you. Together, we will encourage curiosity, nurture empathy, and build a community rooted in love and understanding. Should you need any support to get better connected or have questions or suggestions about any of our program opportunities, please don't hesitate to reach out to me.

We look forward to the month ahead and all the wonders it holds in store. May it be a time of building our values, new friendships, a welcoming space, and many LEGO designs!

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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](mailto: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!

**Come, Gather Light to Build**

“Come together, again  
Gather in Love  
Light the fire of Hope  
Build the foundation

A blue flame emitting red sparks  
Commit together, again  
Gather in Truth  
Light the fire of Freedom  
Build the entryways

Continue together, again  
Gather in Community  
Light the fire of the Future  
Build the shelter”

Author: Kiakiali Bordner

## **Adult Religious Education Offerings in July**

**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 a couple of times this month. 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 July dates and events.

**MUUVies that Matter** will meet on **July 9** at 7 pm via Zoom.

**Silent Book Club** - 3rd Thursday of the month (meets **July 18**) 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 July**

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

Youth Group will meet at the church this month for a pizza and game night! Youth can be dropped off at the church starting at 5 pm. We will have pizza, snacks, and a variety of board and card games. Youth are encouraged to bring games to share if they have a favorite. Pickup at 8 pm. YG meets **July 28** this month.

## **Multigenerational Offerings in July**

**July 14** - Ice Cream Social and Games Fellowship! Escape the heat and come socialize with friends on July 14 from 1:30-4 pm for a make-your-own Sundae Bar and enjoy games and good times. Ice cream and toppings provided. Please talk to DLE Courtney Sinha if you can help with set-up or clean-up!



Our JART Committee members recommended that in July (a month when we do not have a Generosity Sunday) we focus on the plight of Palestinian Refugees in Gaza. The organization we support for their humanitarian aid is to Palestine refugees registered with UNRWA across its five fields of operation. It is committed to advancing the human development of Palestine refugees through the achievement of the following five strategic outcomes.

Strategic Outcome 1: Refugees' rights under international law are protected and promoted

Strategic Outcome 2: Refugees' health is protected and the disease burden is reduced

Strategic Outcome 3: School-aged children complete quality, equitable and inclusive basic education


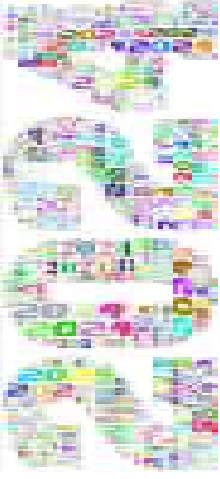
Strategic Outcome 4: Refugee capabilities strengthened for increased livelihood opportunities

Strategic Outcome 5: Refugees are able to meet their basic human needs of food, shelter and environmental health

Strategic Outcomes reflect the Agency's commitment to the achievement of the Sustainable Development Goals.

UNRWA is confronted with an increased demand for services resulting from a growth in the number of registered Palestine refugees, the extent of their vulnerability and their deepening poverty. UNRWA is funded almost entirely by voluntary contributions and financial support has been outpaced by the growth in needs.

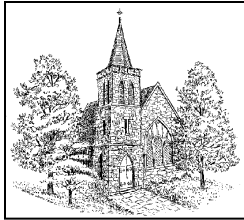
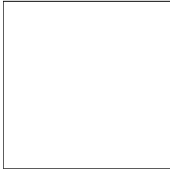
We hope you will give generously during July for the important work on UNRWA.

| SUNDAY                                                                                                                                                                                                                                                                  | MONDAY                                        | TUESDAY                                                            | WEDNESDAY                                     | THURSDAY                                                                            | FRIDAY    | SATURDAY                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------------------------------|-----------|---------------------------------------------|
|                                                                                                                                                                                      | <p>1</p> <p>7:00 pm Committee On Ministry</p> | <p>2</p> <p>7:00 pm RE Committee<br/>7:00 pm Young Adult Group</p> | <p>3</p> <p>7:00 pm Connections Committee</p> | <p>4</p>                                                                            | <p>5</p>  | <p>6</p>                                    |
| <p>7</p> <p>9:30 am Discussion Group<br/>10:30 am Service "<b>Some Thoughts on Independence</b>" Garry DeVol [see p.1]<br/>Religious Education<br/>11:30 am COFFEE HOUR</p>                                                                                             | <p>8</p>                                      | <p>9</p> <p>7:00 pm mUvies that Matter [see p.4]</p>               | <p>10</p> <p>6:30 pm Board Meeting</p>        | <p>11</p> <p>12:00 pm Alliance [see p.3]</p>                                        | <p>12</p> | <p>13</p>                                   |
| <p>14</p> <p>9:30 am Discussion Group<br/>10:30 am Service "<b>Readers Theater: Winnie The Pooh</b>" Rev Terre and friends [see p.1]<br/>Religious Education<br/>11:30 am COFFEE HOUR<br/>12:00 pm Sunday Services Committee<br/>2:00 pm Ice Cream Social [see p.6]</p> | <p>15</p>                                     | <p>16</p> <p>7:00 pm Young Adult Group</p>                         | <p>17</p>                                     | <p>18</p> <p>6:30 – 8:30 pm Silent Book Club</p>                                    | <p>19</p> | <p>20</p> <p><b>NEWSLETTER DEADLINE</b></p> |
| <p>21</p> <p>9:30 am Discussion Group<br/>10:30 am Service "<b>Jer Bryant</b>" [see p.1]<br/>Religious Education<br/>11:30 am COFFEE HOUR</p>                                                                                                                           | <p>22</p>                                     | <p>23</p>                                                          | <p>24</p>                                     | <p>25</p> <p>12:00 pm Alliance [see p.3]</p>                                        | <p>26</p> | <p>27</p>                                   |
| <p>28</p> <p>9:30 am Discussion Group<br/>10:30 am Service "<b>Some Thoughts on Mortality</b>" Garry DeVol [see p.1]<br/>Religious Education<br/>11:30 am COFFEE HOUR</p>                                                                                               | <p>29</p>                                     | <p>30</p> <p>7:00 pm Young Adult Group</p>                         | <p>31</p> <p>6:30 pm Soul Matters Group</p>   |  |           |                                             |

**Unitarian Universalist Congregation of Lynchburg**

818 Court Street  
Lynchburg, VA 24504

RETURN SERVICES REQUESTED



**THIS MONTH:** • Home Sweet Home Drive; p.3  
• Alliance, 7/11; p.3 • Muuvies that Matter, 7/9; p.4

**Church Staff**

Rev. Terre Balof.....Minister  
Maile Shay-Mountain .....Administrative Assistant  
Courtney Sinha ..... Director of Lifespan Engagement  
  
Ernest Berry ..... Sexton

**Church Officers**

Stacy Yoder .....President  
Matt Canning .....President Elect  
Theresa Odell .....Secretary  
Finis Southworth ..... Treasurer  
Betty Corbin .....Past President

**Trustees**

Jim Barton (2025) Miles Dolihite (2026)  
Bettye Chambers (2027)

**Nominating Committee**

Stef Nichovich (2025) Courtney Sinha (2026)  
Betty Corbin (2027)

**Committee on Ministry**

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 August nUUletter:**

**Saturday, July 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.