

# NUUs letter

August 2024

Volume 30 Issue 8

Unitarian Universalist Congregation of

**A Welcoming Congregation**

**Sunday Services**



**Minister Column**



Friends,

**August 4, 10:30 am, "Self-Questions: What I Have Learned from the Bhagavad Gita"**

Stephen Dawson, Associate Professor Philosophy & Religious Studies, University of Lynchburg

Self-questions is my phrase for the radically subjective questions we ask about our vocation—that which provides our life with meaning, purpose, and a felt sense of genuine happiness—and our identity. In this talk, I share some of my own spiritual inquiry and seeking with special reference to a Hindu sacred text, the Bhagavad Gita.

**August 11, 10:30 am, "Alliance"** Members of the Alliance will go over their highlights from the years of the Alliance

**August 18, 10:30 am, "Thoughts About General Assembly"**

Participants in General Assembly will share their thoughts and experiences related to this year's workshops, speakers, discussions, and votes.

This is also a Generosity Sunday.

**August 25, 10:30 am, "Finding a Balance Between Individuality and Community"**

As we begin a new church year, it is important to consider how our individual needs are balanced with the needs of living together in community. Rev. Terre

**DISCUSSION GROUP**

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



I remember as a child that August was a hot, humid, lazy month in Mississippi. It is hotter now, which I why I couldn't understand a few years ago when the Georgia school year began on August 1. This is the South! Yet August does seem to be a month of transitions. For many folks, the last vacations are taken, school supplies are purchased, summer begins to gradually shift to autumn. Prior to the advent of digital communications, congregational staff would be busy copying curricula for classes, gathering supplies for the new church year and making sure structures and volunteers were in place. Thankfully, we can now save reams of copy paper since we can easily read documents online, yet August is still a transitional month for many of us.

This month our congregation will be shaped by preparations as well as continuing projects such as improvements to our website and re-searching another vendor for our database. And of course, August is a time when many people are in transition, moving to new places. This gives us the opportunity to welcome folks into our congregation and perhaps help them get settled into their new place.

August is also a time to look back on the summer and reflect on what we learned over the summer. This month some of our members who attended our General Assembly. There is so much wisdom shared at that event that folks return with hearts and minds full and stretched with new insights.

As we prepare to engage in a new congregational year, I look forward to exploring together the concepts of individualism and community. Individualism can hamper the healthy growth of community. Each of us needs to explore how to find a balance between getting our needs met and becoming a meaningful part of something greater than we are. An interesting exploration of life in the US.

Have a safe, engaging and peaceful month!  
Terre

## President's Corner

Stacy Yoder

President's Corner this month is making me glad I'm not a minister, as I can't come up with a topic to write about once a month, much less every week. Therefore, I'm going to make a list of things I'm thankful for (list making is fundamental to engineering).

I'm thankful for the people I interact with who have different views than I do. Otherwise, I might think I was always right.

I'm thankful that I can usually recognize my anxiety. Otherwise, I might think that's the way things will always be.

I'm thankful I can recognize and give voice to my imposter syndrome. And I'm thankful for supportive people around me who listen to me and say, "You are not being nice to yourself right now."

I'm thankful for leaders who can see past themselves and grasp that they sometimes need to change their plans. (I'm typing this line a little after a big national announcement around 2:00 pm on Sunday, 7/21/2024.)

I'm thankful for those who are great at music and painting and writing and other art forms that I am not. They bring joy and positive energy to our lives.

I am thankful for you being part of our loving congregation and greater community. You make them both better places.

I am thankful for writing this list; it has improved my outlook on the day. And I'm thankful for you reading this far. I hope reading it has helped you think of things you are thankful for.

## 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 is **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 August 8 at 12:00 pm

Alliance will meet on August 8 at 12:00 pm at Westminster Canterbury to have lunch with our friends there. We will meet on the 3rd floor bridge.

We'll buy lunch in the cafeteria or you can bring your lunch. We'll go over our highlights from the years of the Alliance in preparation for our Sunday Service on August 11th.

Other opportunities to get together at other times during the month will be sent out via email.



Pat Bower, Generosity Sunday team

In June, we collected \$ 905.06 for Park View Community Mission. Thanks to everyone who contributed!

On **August 18th**, Ansley Bean, Director of Development for **Lynchburg Daily Bread**, will be with us to update us on the organization. Daily Bread serves lunch every day of the year, including weekends and holidays. Everyone is welcome to come, no questions asked. In the last decade they have expanded to 20 meals outreach locations in the Greater Lynchburg area.

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](http://uulynchburg.org)

- Mail a check to the church at 818 Court St. 24504. The check may be made out to **Lynchburg Daily Bread** or to **Unitarian Universalist Congregation of Lynchburg** with **Daily Bread** in the memo line.

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



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.



## BookwUUrms August 21 at 11:30 am Charley's

BookwUUrms will ease back into our normal routine by gathering for lunch at Charley's at **11:30 am on August 21**. This will be a social event without a book discussion but, if you want to get started on the book for September, it will be "Before We Were Yours" by Lisa Wingate. It's a historical fiction novel based on a real-life scandal that took place at an orphanage in Memphis.





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:

- August 4 D-M**
- August 11 N-Z**
- August 18 A-C**
- August 25 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.*



**MUUVies that Matter**  
**Tuesday August 13 at 7:00 pm via Zoom**  
**"Human"**

For August MUUVies that Matter, we will look at the episode entitled "**Human**" from the PBS series "A Brief History of the Future", a unique six-part documentary series about our futures and how we can reimagine them. Hosted by renowned futurist Ari Wallach, the show invites viewers on a journey around the world that is filled with discovery, hope, and possibility about where we find ourselves today and what could come next.

In this particular episode, Ari explores the human ability to increase empathy and compassion, what values we are instilling into artificial intelligence technologies, and the need to create both a better world and a better humanity for life to flourish on this planet.

We hope you can join us **Tuesday, August 13 at 7:00 pm** via Zoom to watch the documentary and for a lively discussion following. Alternatively, you may prefer to watch the documentary on your own (go to PBS, look for "A Brief History of the Future" and click on Episode 4 "Human") and then join our discussion.

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



Welcome to August in Religious Education and Engagement!

Wow, it feels like we were just starting summer and now here we are, nearly at the end. I hope you all have had a fun summer full of adventure, wonder, and friends. In Religious Education, we have had a lot of fun learning about the UU Values of Pluralism, Generosity, and Justice. The LEGO curriculum has been engaging and thoughtful. We have learned a lot and had a great time together.

Now, as we move into August together, we will continue learning about the ValUUes, as we wrap up our summer together. This month we will be exploring the ValUUes of: Equity, Transformation, Interdependence, and how they all tie together with Love. We will continue to use LEGO to dive deeper into our learning, along with crafts, games, movement, and friendship. Come join us!

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!



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!

## Adult Religious Education Offerings in August

**Discussion Group** is on hold through the summer. We will see you in September!

**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 August dates and events.

**MUUVies that Matter** will meet on **August 13** at 7 :00 pm via Zoom.

**Silent Book Club** - 3rd Thursday of the month (meets **August 15**) at 6:30 pm. Please see flier for details and talk to DLE Courtney Sinha if you have any questions or need more info.

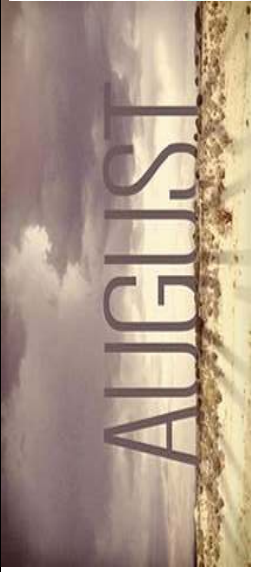
## Children and Youth Religious Education Offerings in August

Our summer Lego ValUUES curriculum is targeted towards PreK-5th grade. Older youth are welcome to join us! Youth Group will meet this month on **August 25**. Time and event TBA - watch Facebook and your email for updates.

## Multigenerational Offerings in August

We had a great time gathering together in July. We had wonderful fellowship over several gatherings as we worked together to complete our Winnie-the-Pooh puzzle. Stop by the new puzzle table in Drysdale Hall anytime this month to see the new puzzle offering.

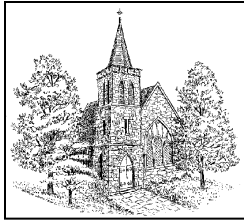
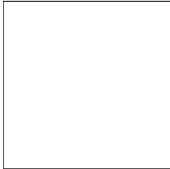


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><b>10:30 am</b> Service "<b>Self-Questions: What I Have Learned from the Bhagavad Gita</b>" Prof. Stephen Dawson [see p.1] Religious Education</p> <p><b>11:30 am</b> COFFEE HOUR</p>	<p><b>7:00 pm</b> Committee On Ministry</p>	<p><b>7:00 pm</b> RE Committee</p>	<p><b>7:00 pm</b> Connections Committee</p>	<p><b>12:00 pm</b> Alliance [see p. 3]</p>		
<p><b>10:30 am</b> Service "<b>Alliance</b>" Members of the Alliance [see p.1] Religious Education</p> <p><b>11:30 am</b> COFFEE HOUR</p> <p><b>12:00 pm</b> Sunday Services Committee</p>	<p><b>7:00 pm</b> Young Adult Group</p> <p><b>7:00 pm</b> mUUVies that Matter [see p. 4]</p>	<p><b>6:30 pm</b> Board Meeting</p>		<p><b>6:30 – 8:30 pm</b> Silent Book Club</p>		
<p><b>10:30 am</b> Service "<b>Thoughts About General Assembly</b>" GA Participants [see p.1] Religious Education</p> <p><b>11:30 am</b> COFFEE HOUR</p>		<p><b>NUUSLETTER DEADLINE</b></p> <p><b>7:00 pm</b> Young Adult Group</p>	<p><b>11:30 am</b> BookwUUrms [see p. 3]</p>			
<p><b>10:30 am</b> Service "<b>Finding a Balance Between Individuality and Community</b>" Rev. Terre [see p.1] Religious Education</p> <p><b>11:30 am</b> COFFEE HOUR</p>		<p><b>7:00 pm</b> Young Adult Group</p>	<p><b>6:30 pm</b> 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, 8/8; p.3
- Muuvies that Matter, 8/13; p.4
- BookwUUrms lunch, 8/21; p.3

**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)

**Office Phone:**

**(434) 528-0744**

**Email:**

**office@uulynchburg.org**

**Website:**

**www.uulynchburg.org**

**Content Deadline  
for the September nUUletter:**

**Tuesday August 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.