

NUUs letter

September 2024

Volume 30 Issue 9

Unitarian Universalist Congregation of

A Welcoming Congregation

Sunday Services

September 1, 9:00 am, ANNUAL CONGREGATION CLEAN-UP DAY. This year, we are returning to our long-held tradition of having a clean up day the first Sunday of September. Join us as we prepare for another congregational year. Folks on Zoom will have a chance to have an extended "Zoom coffee hour".

September 8, 10:30 am, "Annual Ingathering and Water Communion". Today we celebrate coming together for another congregational year. During our service we will honor the waters that we enjoyed over the summer and the bodies of water that are the Lifeblood of the Earth. If you have some water to contribute to our communal bowl, wonderful. If you are holding waters in your mind or heart that you want to honor, there will be a pitcher of water for you to use to contribute to our shared water. Join us! Courtney Sinha, Rev. Terre

September 15, 10:30 am, "Creating Theology Together" Members of the two CTT classes will share their personal discoveries and how they might impact our congregational thinking.

This is also a Generosity Sunday, benefitting the Boys and Girls Club of Greater Lynchburg.

September 22, 10:30 am, "Leaving "either/or" behind to lean into "both/and"; embracing non-dualism as a way of life." Reflecting on the importance of adopting a non-dualistic approach to the personal and the political, the social and the spiritual, family ties and friendship bonds.

Anne Gibbons is a retired college chaplain currently spending much of her time helping care for her three grandchildren. Anne is also involved with peace and justice issues in the Richmond community as well as in Haiti and Palestine.

September 29, 10:30 am "Inviting Controversy" The message this week explores the importance of engaging in dialogue across divergent views. It emphasizes the value of open-mindedness, respect, and curiosity when encountering differing opinions. The message encourages individuals to see controversy not as a barrier, but as an opportunity for growth, deeper understanding, and strengthening the community. By fostering conversations that honor diversity and challenge our perspectives, we can create a more inclusive and compassionate world.
Corey Barnes



Friends,

Minister Column



This month we begin another congregation year exploring a theme each month. Our September theme is INVITATION. This month is filled with a variety of Sunday services and social offerings to help our folks and newcomers deepen our spiritual exploration and enrich our relationships among one another. This year, we are returning to our long-held tradition of having a clean up day the first Sunday of September. This tradition began when we didn't have air conditioning in the sanctuary, so the congregation took the summers off. It remains a reminder that this is a time of year when we welcome new folks, reminding us that it takes us all to create and maintain our community. So, join us on September 1 as we prepare for another congregational year. Folks on Zoom will have a chance to have an extended "Zoom coffee hour".

The next Sunday, September 8, is our Ingathering after busy summers, journeys, and days full of fun. Our ritual revolves around the waters that are part of our lives, those we have visited as well as the waters around the globe that are disappearing or vulnerable to human pollution and mismanagement. So, bring a bit of water from a favorite place you visited this summer or share with us your wonder and awe at the grandeur of bodies of water that give life to all living beings.

During 2024, two groups of folks have participated in a Creating Theology Together class. Through the sessions, folks have explored their key values and the core of their Unitarian Universalist beliefs—the theology we create together. On Sunday, September 15, members of the CTT class will share their personal discoveries and how they might impact our congregational thinking.

Another invitation this month is to participate in a New UU class on September 22 and 29 (Sundays) in Unitarian House. This is a great opportunity for folks who are new to UUism to learn more about our faith and for those considering membership. The class will be held from noon to 2:30. Lunch will be provided and childcare is available upon request. This is such an enjoyable opportunity to get to know some other folks who are also newish to UUCL.

We are fortunate to have two guest speakers this month. Anne Gibbons will offer a service on September 22 and Corey Barnes will speak on September 29. It is always a pleasure to have Anne and Corey share their wisdom with us.

This will be a wonderful month to be part of UUCL!
Blessings, Terre

President's Corner

Stacy Yoder

As I write this, we are still close to a month away from the official end of summer. But as someone who's lived with a public school teacher and public school student(s) continuously for close to 25 years, for all intents and purposes, summer ends when school starts back. In my primary and secondary education years, summer ended the day after Labor Day due to our proximity to Richmond and Kings Dominion. Now, summer typically ends in early to mid-August.

I truly enjoy living in central Virginia for the ability to experience all four seasons. Generally, when a season is over, I'm ready to experience the next one. Summer is a little different as it also signifies the end of a version of "freedom" as vacations/trips during fall, winter, and spring aren't really options with all the school responsibilities, particularly for teachers. This year I'm trying to see the positive and enjoy the "best of both worlds" in the combo summer/fall month from now until September 22nd. Evenings spent in the yard playing ladder ball or Foxtail, slipping 'n' sliding, or hanging out with friends. Mornings spent working in the yard or going for a run and not sweating until the cows come home (the week of August 18-25 helped with this one).

It's not always possible, but when it is, here's hoping we can all view a time of change as the chance to enjoy two things.

JART

Justice Action and
Resource Team

**Tuesday September 17th
7:00 pm on Zoom**

Next meeting is Tuesday, September 17 at 7:00 pm on Zoom with Bob Morse as the moderator and the note taker TBD.

I am pleased to report that our congregation raised \$733 for UNRWA, the United Nations Relief and Works Agency, for humanitarian aid to Palestinian refugees in Gaza

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.

DISCUSSION GROUP September 8, 15, 22, 29

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.

Dial-in: (301) 715-8592
Meeting ID: 955 583 755
Password: 040542

CARING & SHARING



In Our Thoughts

Please contact the Church office if you or anyone you know needs help or has a concern.



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?_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.



Pat Bower, Generosity Sunday team

There was no Generosity Sunday in July. We will report on August next month.

On **September 15**, Scott McCurley, CEO of the **Boys and Girls Club of Greater Lynchburg**, will be with us to report on their important work. Their daily mission is "to provide programs and foster community for Greater Lynchburg youth that will make a lasting impact on their future". Their programs cover areas of sports and recreation, education, the arts, health and wellness, workforce readiness, character, and leadership.

We hope you will make a contribution in September to help support Boys and Girls Club. You may:

- Place cash or a check in the offering basket when you are with us in person
- Click the DONATE button on u Lynchburg.org
- Mail a check to the church at 818 Court St. 24504. The check may be made out to Boys and Girls Club or to Unitarian Universalist Congregation of Lynchburg with Boys and Girls Club in the memo line.

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



UUCL Workday
Sunday, September 1
9:00 am - 1:00 pm
Rain or Shine

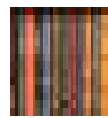
Come and stay as long as you can, to help with various yard and cleaning projects. We will end with grilled hot dogs and shared covered dishes. There is no organized child care or service in the sanctuary. Children are welcome to work with and under their parents supervision. Please bring yard hand tools, buckets, and shop vacs. Yard work includes light and heavy weeding. A detailed list of projects will be available on Workday.

Alliance News

Westminster Canterbury
September 12 at 12:00 pm

The Alliance will meet at 12:00 on September 12 at Westminster Canterbury to have lunch with our friends there. Either bring your lunch or buy it in the cafeteria. We will meet up outside the cafeteria on the 3rd floor.

Emails will be sent about other activities. If you have questions or would like to be added to the email list, let Molly McClenon, Becky Piatt, or any Alliance member know. All are welcome!



BookwUUrms
September 18 at 3:00 pm
U House



BookwUUrms resumes book discussions on September 18. At 3:00 pm, we'll discuss "Before We Were Yours " by Lisa Wingate. We'll meet in person at U House and attempt to also connect via Zoom. If you have questions or want to be added to the list to get email notifications, let Becky Piatt know at beknwoods@yahoo.com.



NO MUUvies that Matter
in September

We will NOT be offering MUUvies that Matter in September as we have been experiencing some technical challenges in sharing documentaries via Zoom. We will be trying to resolve these challenges and return in October. Thanks. Makanah and Bob Morriss



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 8 N-Z**
- September 15 A-C**
- September 22 D-M**
- September 29 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.



NEW TO UU
September 22, 29
12:00 –2:30 pm

Join us for **New UU!** If you are new to Unitarian Universalism or are considering becoming a member of our congregation, you are invited to participate in a two-session **NEW TO UU** class. It will meet on September 22 and 29 from noon to 2:30. Lunch will be provided and childcare will be provided upon request (please give us at least a week notice to arrange childcare)

During this class we will explore what it means to be a member of a UU congregation, some history of Unitarian Universalism, programs and activities at UUCL. In addition, we will get to know some folks we may not yet know. Join us!

For more information or to register, please contact Rev. Terre tbalof@gmail.com or Courtney Sinha Courtney.sinha@gmail.com.



2024 NPR Fall Fund Drive Is Here!

The on-air fall fund drive is underway. If you're planning to make a pledge to National Public Radio, consider channeling your donation through our Church. You still get your tax deduction and we continue to purchase NPR advertisements on WVTF/Radio IQ, to let folks know where to find us.

To donate, go to **uulynchburg.org**, click the yellow 'Donate' button and choose the 'Other' option. Use **PayPal** or a credit card. Under the amount is a place where you can **note your donation is for NPR**; or make your check out to: Unitarian Universalist Congregation of Lynchburg, write NPR on the memo line, and mail it the Church office at 818 Court Street, Lynchburg, VA 24504.

We pool our funds with several other UU Churches in the area to buy NPR ads throughout the year, on WVTF/Radio IQ. Our spring 2024 drive was successful, and spots are currently running. Please keep the effort going. Thanks!



Dear Friends and Families,

Happy September and the start of Autumn!

We had a wonderful time together this summer learning all about the valUUes that make us UU's. Exploring with LEGO's was a fun and different way of learning that we all enjoyed. I hope your children learned a lot this summer and had a great time!

Now, with a new school year upon us and the changing of the seasons, we step into September with vigor and enthusiasm. We will be returning to our Soul Matters curriculum for the 2024-2025 year, but supplementing with LEGO Learning opportunities, based on what we learned this summer.

The Soul Matters theme for September is ***Invitation*** and it is a delight to invite you all in to explore this theme with us. We are always looking for volunteers and helpers in the RE room. If you would like to join us, please reach out and let me know.

We will not be having RE (or child care) on September 1 or 8. The 1st is our traditional Labor Day Work Day where we spruce up our spaces and work together in love and fellowship. There is something for all ages and every skill and ability level. Please bring the whole family and join us. On September 8, we will join with the rest of our community in our Annual Water Communion Multigenerational Service. There will be something for everyone in this sweet time of renewal and gathering.

We kick off our RE year September 15! Here is a peek at what we have to look forward to this month:

September 15 - Inviting Reconnection
September 22 - Inviting in Spiritual Practice
September 29 - Inviting in People and All Things New

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 our creative spirits!

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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: Monday, Tuesday, Wednesday 9:30 am - 1:30 pm

## Adult Religious Education Offerings in September

**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. **NEW In-Person Cohort starting in September!**

The **Young Adult Social Group** (ages 18-35) meets 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 September dates and events.

**MUUVies that Matter** will meet on **September 10** at 7 pm via Zoom.

**Silent Book Club** - 3rd Thursday of the month (meets **September 19**) at 6:30 pm.

## Children and Youth Religious Education Offerings in September

On Sunday mornings, we learn all about being UU's with the Soul Matters curriculum. This month, we will have RE on September 15, 22, and 29. This curriculum is best suited for PreK-5th grade.

We offer an infant nursery on days when we are not having multigenerational services. This month, the nursery will be available on September 15, 22, and 29.

Youth Group will meet this month on **September 29** from **5-8 pm**. YG is for 6th grade plus. We do not have a Sunday morning class for this age group, but they are welcome to join the Soul Matters group on Sunday mornings. YG this month will be meeting for an Escape Room and Dinner. More information to come.

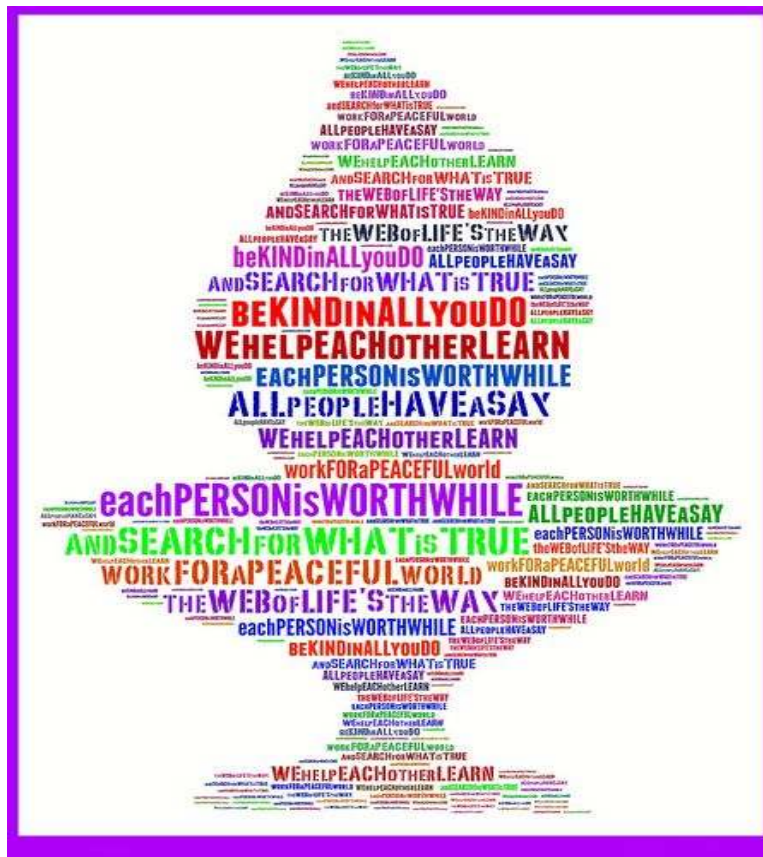
## Multigenerational Offerings in September

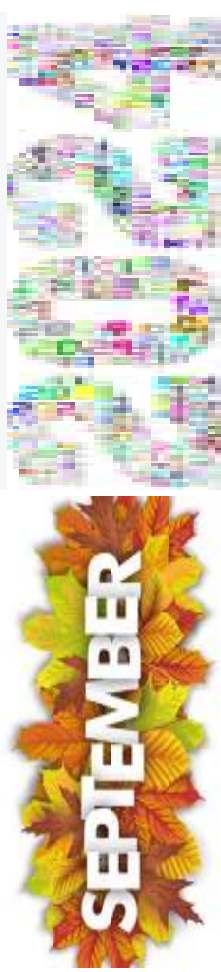
There is a new puzzle for solving on the puzzle table in Drysdale. If you work a few pieces, make sure to put your name as one of the solvers on the clipboard next to the puzzle!

Please join us for Labor Day Work Day in lieu of service on September 1!

We have our multigenerational Water Communion Service on September 8!

Watch your email and Facebook updates for any other multigen offerings this month.

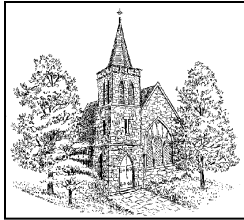
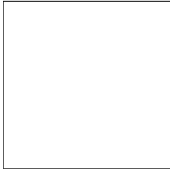


| SUNDAY                                                                                                                                                                                                               | MONDAY                                    | TUESDAY                   | WEDNESDAY                                                                            | THURSDAY                           | FRIDAY                           | SATURDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|---------------------------|--------------------------------------------------------------------------------------|------------------------------------|----------------------------------|----------|
| 1<br><b>9:00 AM ANNUAL CONGREGATION CLEAN UP DAY</b> [see pp. 1, 3]                                                                                                                                                  | 2<br>7:00 pm Committee On Ministry        | 3                         | 4<br>7:00 pm Connections Committee                                                   | 5                                  | 6                                | 7        |
| 8<br>9:30 am Discussion Group<br>10:30 am Service " <b>Annual Ingathering and Water Communion</b> " Rev. Teire, Courtney Sinha [see p.1]<br>Religious Education<br>COFFEE HOUR<br>12:00 pm Sunday Services Committee | 9<br>7:00 pm Young Adult Group            | 10                        | 11<br>6:30 pm Board Meeting                                                          | 12<br>12:00 pm Alliance [see p. 3] | 13                               | 14       |
| 15<br>9:30 am Discussion Group<br>10:30 am Service " <b>Creating Theology Together</b> " Members of CTT classes [see p.1]<br>Generosity Sunday<br>Religious Education<br>COFFEE HOUR<br>11:30 am                     | 16<br>7:00 pm JART meeting [see p. 2]     | 17                        | 18<br>11:30 am BookwUUrms [see p. 3]                                                 | 19                                 | 20<br><b>NEWSLETTER DEADLINE</b> | 21       |
| 22<br>9:30 am Discussion Group<br>10:30 am Service " <b>Leaving 'either/or' behind</b> " Anne Gibbons [see p.1]<br>Religious Education<br>COFFEE HOUR<br>12:00 pm New to UU Class                                    | 23<br>6:30 pm Briana's Soul Matters Group | 24                        | 25                                                                                   | 26                                 | 27                               | 28       |
| 29<br>9:30 am Discussion Group<br>10:30 am Service " <b>Inviting Controversy</b> " Corey Barnes [see p. 1]<br>Religious Education<br>COFFEE HOUR<br>11:30 am<br>12:00 pm New to UU Class                             | 30                                        | 7:00 pm Young Adult Group |  |                                    |                                  |          |

**Unitarian Universalist Congregation of Lynchburg**

818 Court Street  
Lynchburg, VA 24504

RETURN SERVICES REQUESTED



**THIS MONTH:** • ANNUAL CLEAN UP DAY, 9/1; pp.1, 3

• New to UU Class, 9/22, 9/29; p.4 • JART, 9/17; p.2

**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 October nUUletter:**

**Friday September 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.