

NUUs letter

October 2024

Volume 30 Issue 10

Unitarian Universalist Congregation of

A Welcoming Congregation

Sunday Services

October 6, 10:30 am, "This I Believe". Our Unitarian Universalist fourth principle calls for a free and responsible search for truth and meaning. Join us this Sunday for one of our most popular service topics – This I Believe – when some of our members will be sharing their personal spiritual beliefs and the journey that led them there.

October 13, 10:30 am, "Varieties of Religious Experience" As UUs we honor the wide diversity of spiritual and religious beliefs. What are some of those Religious Experiences and how do they differ from our personal beliefs. In light of Pope Francis' statement that "there is only one God", how do we experience beliefs that may or may not include the belief in a Higher Power. Rev. Terre

This is also a Generosity Sunday, benefitting The Lighthouse.

October 20, 10:30 am, "Sustaining our Vision for the Future" Join us to hear from our board and search committee the priorities we believe to be most important for us as we prepare for a new congregational year. President Stacy Yoder, the Search Committee, Treasurer Finis Southworth, Financial Support Betty Corbin and Rev. Terre

October 27, 10:30 am, "When Indian Philosophers and Unitarian Transcendentalists found common understandings and beliefs " 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. Rev. Terre



Friends,

Minister Column



Our theme for October is **Deep Listening**. This month offers us so much to learn as we watch and listen to the life stories of friends, old and new. As we move into Fall, we are called to listen and observe the changes in Nature. As the season changes, we are also called to change and evolve, to be shaped by the challenges and beauty around us.

This October, we are aware of the tensions around our nation over the upcoming presidential and local elections. Our hopes for a better future for all the people in our nation rest, in part, with the choices made on November 5. No amount of anxiety or worry will make a difference. But our actions, our campaigning, and our votes CAN make a difference. Deep listening involves action too. As we get closer to the election, I am aware of how important it is for me to be part of a community of people whose values and beliefs are grounded in the well of love and hope that is part of Unitarian Universalism.

Part of our Deep Listening in October involves deciding the priorities that we will fund for our 2025 fiscal year. As you know, next summer I will be leaving my post. I have LOVED being your minister and you have loved and supported me. Now it is time for you to call and support another minister. The decision about the amount of professional ministry UUCL will have following my tenure will be decided based on our generous and committed financial and volunteer gifts. We create and sustain this community which is our spiritual and religious home. You will learn and hear more about our needs and goals during October, especially on October 20, when our search committee and financial officers offer their assessment of our proposed budget needs.

Wow, this is a full month! Lots of good, challenging and rich opportunities in which we can engage with our UUCL community and friends.

Blessings, Terre

President's Corner

Stacy Yoder

It's officially fall, a time when more energy starts being devoted to surviving as opposed to flourishing. Leaves die and fall off, animal coats become thick and shaggy and less "photogenic," and some prepare for hibernation. But not UUCL, we have exciting times ahead as our Congregation devotes energy to celebrating our beloved minister and beginning our search for another minister!

The last five years have contained experiences I think few of us would have expected to live through prior to 2020. Things such as social distancing, trying to help a kindergartener write words with a computer touchpad, and virtual services ("Hi, Zoomies!") were all new to me. Thanks, COVID! But 2020 also brought us Terre. Let us use these coming months to talk to ourselves and one another about how this transition feels and what we need as individuals and a congregation to make it a positive transition.

What we offer to and need from a new minister also requires our energy in the coming months. I am very grateful that Sarah Ball, Tina Barnes, Ashe Kirkwood, Barb Lafleur, Joan Lewis-Yoder, and Stef Nicovich all agreed to form our Ministerial Search Committee (MSC)! Our hope as a board was to have a five member committee and we ended up with six. To me, this speaks to our commitment to each other as a congregation. Be on the lookout soon for a survey from the MSC and please give careful consideration to your responses. After the survey responses have been gathered, the MSC will send out invitations to small group gatherings (8-10 people, including an MSC member and a Board member) for us to discuss together the survey results. There will be at least one small group that is Zoom only and one that is held in Drysdale Hall with childcare provided. Thank you in advance for coming together and sharing in support of the MSC.

JART

Justice Action and
Resource Team

**Tuesday October 15th
7:00 pm on Zoom**

Next meeting is Tuesday, October 15 at 7:00 pm on Zoom with Jim Barton, Moderator, with 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 Oct. 15.

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?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.



Pat Bower, Generosity Sunday team

In August, our congregation collected **\$800.08** for Lynchburg Daily Bread. We thank everyone who participated.

On October 13, we will learn about a new Generosity Sunday recipient, **The Lighthouse**, located at 1310 Church St. Martha Brown, CEO, will speak with us. Their mission is "to help pave the way for improved quality of life through dignified, tangible programs and supportive services that provide security and foster self-reliance". We look forward to hearing more about their work.

To make a Generosity Sunday offering in October, you may

· Place cash or a check in the offering basket when you are with us in person

· Click the DONATE button on uulynchburg.org

· Mail a check to the church office at 818 Court St., 24504.

The check may be made out to The Lighthouse or to Unitarian Universalist Congregation of Lynchburg with The Lighthouse in the memo line.

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



Alliance News

Westminster Canterbury

October 10 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.

Saunders Brothers Farm Market

October 24 at 11:00 am

We will meet at 11:00 at Lowe's in Madison Heights to carpool for a trip to Saunders Brothers Farm Market. This has become an annual tradition to enjoy the fall beauty, lunch, apples, ice cream and other things they offer in their store. Join us!

BookwUUrms

**October 16th at 3:00 pm
U House**



BookwUUrms will meet at 3:00 pm on Wednesday, October 16th at U House. Betsy will lead a discussion of "Rebecca" by Daphne du Maurier. We will attempt to offer a hybrid session, either by Zoom or some other method, if we can overcome our challenges.

All are welcome. Please join us!

MUUVies that Matter



**Tuesday, October 8 at 7:00 pm
Sea Change: Survival in the Gulf of Maine**

We invite you to join us for our Tuesday, October 8, MUUVies that Matter when we will view a PBS NOVA documentary: **"Sea Change: Survival in the Gulf of Maine."**

7500 miles long, 1000 feet deep, stretching from Cape Cod to Nova Scotia, the Gulf of Maine is a 36,000 square mile underwater Eden whose abundance drove the development of colonies, states and a nation, changed the way we lived. Today, this treasure is in peril. Warming faster than 97% of the global ocean, what happens here will likely happen everywhere. This is far more than a story of peril – it's also a story of remarkable biodiversity and adaptation.

Now at a crossroads for the future of the Gulf of Maine and our oceans, Indigenous peoples and scholars practice climate resilience and adaptation, scientists track developments, and entrepreneurs find new ways to make a living from the sea.

Join us via Zoom (e-mail Bob/Makanah Morriss, revs2uu@aol.com for link) or watch the documentary on your own at PBS Nova, episode 3 "Survival in the Gulf of Maine" and then join us for a time of discussion.



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:

- October 6 D-M**
- October 13 N-Z**
- October 20 A-C**
- October 27 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.



**Interfaith
Outreach
Association**

**IOA LOVE YOUR NEIGHBOR
SILENT ART AUCTION AND
CRAFT FAIR**

OCTOBER 4TH 5:00 PM TO 7:30 PM
OCTOBER 5TH 12:00 PM TO 4:00 PM
PEAKLAND UNITED METHODIST CHURCH
4434 BOONSBORO RD

Please help support the Interfaith Outreach Association by bringing in your crafts, art work, and home made food items. Items may be put in the collection box in Drysdale Hall near the sanctuary entrance. Items are needed by 1:00 pm on Friday, October 4th. If you are dropping off items on Friday the 4th, please contact betty.corbin@protonmail.com to make sure she can meet you.

For additional information please see Pat Bower or Betty Corbin.



**Upcoming Class
Live Long and Prosper:
Exploring the Ethics of Star Trek**

Join David Wilson and Rev. Terre for a six-session exploration of several key ethical issues highlighted in 6 episodes from the Star Trek community. The class will meet in Unitarian House in the library on October 10, 17, 24 and November 7, 14 and 21.

Please contact Rev. Terre at tbalof@gmail.com so we will know to prepare for your participation.

Pledge Status

If you need an update on your pledge payments for this calendar year please contact betty.corbin@protonmail.com She will be glad to provide you with a status through August. Thanks to everyone who is current or has completed your annual pledge. It is greatly appreciated.

Happy October, beloved families and friends,

As the leaves fall and the air turns crisp, we welcome October with open hearts and minds. I hope you're feeling refreshed after a wonderful September, and that your children have had meaningful experiences so far this year!

Our journey continues this month with the Soul Matters curriculum, and for October, we will be exploring the theme of **Deep Listening**. In a world full of noise and distractions, taking the time to truly listen—both to others and to ourselves—can be a powerful spiritual practice. Through stories, activities, and thoughtful conversations, we'll guide the children in discovering what it means to listen with intention and empathy. And yes, we will continue with the LEGO learning that was such a hit this summer!

We are always looking for extra hands and hearts in the RE room, so if you feel called to join us, please let me know. Whether it's helping with a lesson, offering a listening ear, or simply being present, your participation is always welcome and appreciated.

We are excited for the month ahead! Here is a look at what to expect as we explore the theme of **Deep Listening**, we will be **Listening to...**

- October 6 - The Wisdom Within**
- October 13 - The Un-Listened To**
- October 20 - Nature**
- October 27 - Those With Whom We Disagree**

We remain committed to making our Religious Education program a welcoming and inclusive space where everyone feels valued. Whether you're a longtime member or just joining us, we're excited to walk this path together. With curiosity, empathy, and a shared spirit, we will continue building a community rooted in love and understanding. If you ever need support, have questions, or suggestions for our programs, please reach out.

We look forward to all the wonders the coming month holds. May it be a time of deepening values, building friendships, and sparking creativity. Let's embrace the season by connecting with the sounds, feelings, and people around us. I can't wait to hear all the beautiful insights your children will bring as we journey through October together.

Blessings,
Courtney

Director of Lifespan Engagement Contact Info

courtney.sinha@gmail.com

434-509-5821 text or call

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

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**Adult Religious Education Offerings in October**

- \* **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 October!**
- \* 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 **October 8** at 7:00 pm via Zoom.
- \* **Silent Book Club** - 3rd Thursday of the month (meets **October 17**) at 6:30 pm.

**Children and Youth Religious Education Offerings in October**

- \* On Sunday mornings, we learn all about being UU's with the Soul Matters curriculum. This curriculum is best suited for PreK-5th grade.
- \* We offer an infant nursery on days when we are not having multigenerational services.
- \* Youth Group will meet this month on **October 27**. 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. More information on the October meeting to come.

**Multigenerational Offerings in October**

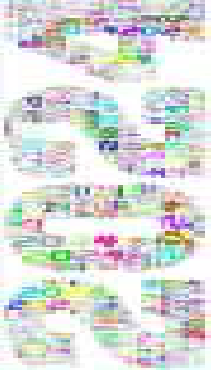
- \* There is a new puzzle for solving on the puzzle table in Drysdale. If you work a few pieces, make sure to put your name as one of the solvers on the clipboard next to the puzzle!
- \* Soup Sunday following the service on October 20! Join us for a lunch meal and fellowship time.

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Meditation for Challenging Times

~Joan Javier-Duval

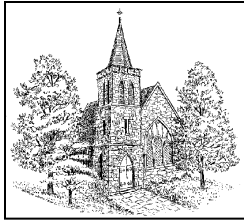
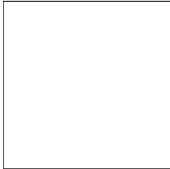
Holy Mystery
 Silent Presence
 Uncertain Bearer of the Weight of It All
 In these quiet moments we listen
 We listen for the maybe still breathing, perhaps still whispering
 Faintest sign of the Universal Good
 We listen between the cacophony of distractions
 pulling us towards untruth and falsehood
 We listen amidst the shrill cries of desperation
 of we've-had-enough
 of when will they stop killing my people
 of how much more will the waters rise
 of when will it be safe to return to my home
 of how much longer can I hang on
 We listen and we wait
 Through the tumult of these days
 We seek assurance
 We seek the fulfillment of a promise
 A promise made to ourselves
 A promise made to those we have been stretched to call neighbor
 A promise written and enshrined and yet unfulfilled
 Help us, Abiding Mystery
 to hang on
 to hold on when all is in question
 when all is in doubt
 Help us to stay firm to our own commitments
 and our own promises
 Lead us back into connection
 back into the bonds of humanity
 that help us to know each other as beloved.
 May we continue listening
 May we keep watch
 May we beckon Love and Justice and Mercy
 with our own whispers
 with our shouts
 with our cries
 Until all know themselves part of the Circle of Love.
 Amen.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30 am Discussion Group 10:30 am Service "This I Believe" [see p.1] Religious Education 11:30 am COFFEE HOUR 12:00 pm Sunday Services Committee</p>	<p>7:00 pm Committee On Ministry</p>	<p>7:00 pm RE Committee</p>	<p>7:00 pm Connections Committee</p>	<p>3</p>	<p>4</p>	<p>5</p>
<p>9:30 am Discussion Group 10:30 am Service "Varities of Religious Experience" Rev. Terre, [see p.1] Generosity Sunday Religious Education 11:30 am COFFEE HOUR</p>	<p>7:00 pm Committee On Ministry</p>	<p>7:00 pm MUUvies that Matter [see p. 3] 7:00 pm Young Adult Group</p>	<p>6:30 pm Board Meeting</p>	<p>12:00 pm Alliance [see p. 3]</p>	<p>11</p>	<p>12</p>
<p>9:30 am Discussion Group 10:30 am Service "Sustaining our Vision for the Future" UUCL Board & Search Committee [see p.1] Religious Education 11:45 am SOUP / SPUD SUNDAY</p>	<p>7:00 pm Young Adult Group</p>	<p>7:00 pm JART meeting [see p. 2]</p>	<p>3:00 pm BookwUJrms [see p. 3]</p>	<p>17</p>	<p>18</p>	<p>19</p>
<p>9:30 am Discussion Group 10:30 am Service "When Indian Philosophers and Unitarian Transcendentalists found common understandings and beliefs" Rev. Terre [see p.1] Religious Education 11:30 am COFFEE HOUR</p>	<p>7:00 pm Young Adult Group</p>	<p>7:00 pm Young Adult Group</p>	<p>6:30 pm Briana's Soul Matters Group</p>	<p>11:00 am Alliance [see p. 3]</p>	<p>25</p>	<p>26</p>
<p>9:30 am Discussion Group 10:30 am Service "When Indian Philosophers and Unitarian Transcendentalists found common understandings and beliefs" Rev. Terre [see p.1] Religious Education 11:30 am COFFEE HOUR</p>	<p>7:00 pm Young Adult Group</p>	<p>7:00 pm Young Adult Group</p>	<p>6:30 pm Briana's Soul Matters Group</p>	<p>11:00 am Alliance [see p. 3]</p>	<p>31</p>	

Unitarian Universalist Congregation of Lynchburg

818 Court Street
Lynchburg, VA 24504

RETURN SERVICES REQUESTED



THIS MONTH: • SOUP / SPUD SUNDAY, 10/20; p.6

• ETHICS OF STAR TREK CLASS; p.4 • IOA AUCTION/FAIR, 10/4, 10/5; p.4

Church Staff

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

Ernest Berry Sexton

Church Officers

Stacy YoderPresident
Matt CanningPresident Elect
Theresa OdellSecretary
Finis Southworth Treasurer
Betty CorbinPast 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 November nUUsletter:**

Sunday October 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 nUUsletter mailing list, please leave a message at (434) 528-0744 or email office@uulynchburg.org.