

NUUs letter

November 2024

Volume 30 Issue 11

Unitarian Universalist Congregation of

A Welcoming Congregation



Minister Column



Sunday Services

November 3, 10:30 am, "In These Tempestuous Times, What Holds Us Together?" This morning we welcome new members and their children into the life of our congregation. Rev. Terre

November 10, 10:30 am, "Hope for the Future: Renovation and Renewal" Hope comes with work. We see what we would like to change for the better, then push up our sleeves to do the work that is ours to do. Rev. Terre

November 17, 10:30 am, "What Will You Do With Your Gifts?" Join us for a service exploring the power contained in each of us, and the large and small ways that life invites us to use that power to repair our world. Rev. Eve Stevens

This is also a Generosity Sunday, benefitting IOA.

November 24, 10:30 am, "An Inspiration For Any Age: Theodore Parker" There are so many aspects of Theodore Parker's life that speak to his commitment to leave the world a better place. One on my heroes! Rev. Terre

DISCUSSION GROUP November 3, 10, 17, and 24

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



Friends,

November is upon us! This week, I read articles about how many people are voting early. In another week or so, all our ballots will be cast. While fears and stress are often evident, life will continue. Let us focus our stress in positive ways. Since the hurricanes, we have worked together to help folks in NC and FL who have lost everything. In a sad way, these tragedies have shown how caring folks turn out to help those in need.

Months ago, our UU Soul Matters congregation chose the theme of REPAIR for November. I cannot believe what an appropriate theme this is for this time. As we look around us, we see so much that needs to be repaired and reclaimed. The destruction in NC and Florida has shown that so many of us are willing to show up when the need arises. Beneath the messages of hate, people are remembering that we are all interconnected. We are finding ways to be of service across political and religious divisions. In this time, we are called to remember the core message of our mission statement: *We Live Love in the World.*

In addition to our work in the world, we also need time to rest. The theme of REPAIR includes repairing our rhythms of self-care. The great mystic Thomas Merton spoke on a pervasive form of violence among people of faith—overwork. If we can't care for ourselves, how can we truly care for others? So in spite of the worries of the world, let's take time to enjoy our family and friends, and to revel in the beauty of autumn in our part of Virginia. We rejoice in our community that cares for us and challenges us to be our best selves.

It is always a gift to our community when people choose to join us. On Nov. 3 we will welcome new members into our community. If you are interested in joining us, please email or call me. On Nov. 10 we will explore Hope for the Future: Renovation and Renewal. We are fortunate to have the Rev. Eve Stevens join us again from Asheville, NC, via Zoom. She and her family weathered Hurricane Helene and I am grateful that she is still able to be with us on Nov. 17. On November 24, we will focus on the great abolitionist and Transcendentalist Theodore Parker, one of my favorite heroes of our faith.

If you are reading this on Nov. 1 or 2, join us for the reboot of Spectrum Café. It is an LGBTQIA+, family friendly event beginning at 5:00 pm in Drysdale Hall. Put those Halloween costumes on one last time in 2024 and join us for a fun gathering.

Blessings, Terre

A Community Well

inspired by "We Need One Another" by George Odell
(#468 in Singing the Living Tradition)

A small pile of painted rocks outdoors; one, painted with stripes, says LOVE
Spirit of Life,
We need each other.
We need one another to sit together in the dark when the electricity is out and the wind is howling.
We need one another to wade through the water
with nothing but an old canoe and the will to save as many lives as possible.
We need one another to help tear down our moldy, rotten walls
and begin to put up new ones in the house that our grandfather built.
We need one another when the sky clears
and yet we are still so filled with stories that if we don't tell them to someone else,
we might hurt ourselves.
We need one another to make us laugh on the first good day in a long while.
And we need one another so that when our own little spring of hope dries up,
there is a community well from which we can drink
that will keep us going until the thirst is over, the worst is past,
and able to survive even when the rains come again.

Author Julia Hamilton

Alliance News

Westminster Canterbury
October 10 at 12:00 pm

The Alliance will meet at Westminster Canterbury at noon on November 14 to have lunch with our friends there. Buy your lunch in the cafeteria or bring it with you.

We will not have a 4th Thursday gathering since it falls on Thanksgiving, but we plan to get together to put Christmas decorations up. Details will be sent out later.

JART

Justice Action and
Resource Team

Tuesday November 19
7:00 pm on Zoom

Our next meeting is Tuesday, Nov. 19 at 7:00 pm on Zoom with Pat Bower, moderator; note taker TBD.

Please email Pat Bower at bowerpatricia2@gmail.com if you'd like to be added to our email list.

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

In September, our congregation contributed \$1,012.66 to the Boys and Girls Club of Greater Lynchburg. Thanks to everyone who participated in this generosity!

On November 17 we will hear an update from Shawne Farmer, Executive Director of IOA (Interfaith Outreach Association). The needs in our community which IOA addresses have been steadily increasing, including emergency assistance with utility terminations, evictions, first month rents and utility deposits. Their other programs include Furniture and Furnishings, Interfaith Rebuilds, Visually Impaired, and Progressive Release, which holds Life Skills and Job Readiness classes for people returning from incarceration. Our church's Emergency Assistance Program for the Elderly, founded and administered by our members in the 1970s, was folded into IOA's structure in 2002.

To make a Generosity Sunday contribution in January, you may:

- Place cash or a check in the offering basket if you are with us in person.
- Click the DONATE button on the web page uulynchburg.com
- Mail a check to the church at 818 Court St., 2404. The check may be made out to Interfaith Outreach Association or to Unitarian Universalist Congregation of Lynchburg with IOA in the memo line.

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


CARING & SHARING




In Our Thoughts

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






BookwUUrms
November 20 at 3:00 pm
U House and on Zoom



The Bookwuurms will meet on November 20 at 3:00 pm in U House and also on Zoom. We will read "Horse" by Geraldine Brooks, about the greatest race horse of all times, or at least one of the greatest. This historical fiction spans from 1850 to 2019. It starts in slave-holding Kentucky, where the enslaved people train and jockey the plantation owners' prized horses. The horses are held in higher regard than the enslaved people. Each chapter follows a particular character throughout time. If you'd like to join our group, please contact Becky Piatt at beknwoods@yahoo.com



MUUvies that Matter

UPDATE

We are sorry to share the news that the MUUvies That Matter monthly adult ed happening is being suspended and will probably be canceled at this time. We are now a Zoom only event and it is no longer possible to easily find excellent documentaries to share for no cost. PBS has been an excellent source for us for the last few years, but now no longer makes such free sharing possible.

MUUvies that Matter began in 2014 as the "brainchild" of participants in another UUCL Adult Ed program, "Money, Spirit and Life: The Wisdom Path". We began by offering movies in person in Drysdale Hall complete with popcorn. COVID catapulted us into a Zoom mode, which we have continued after COVID. It works well for many of us and the UUCL set-up does not enable us to share movies by Zoom from the church.

We have loved offering this program and thank all the many participants who shared these MUUvies with us. If we can find a reliable and free source of documentaries, we are open to trying again.

With thanks, Makaanah 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:

- November 3 N-Z**
- November 10 A-C**
- November 17 D-M**
- November 24 N-Z**

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.



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.

Warm November wishes to you!

As the days grow shorter and the air gets cooler, we warmly welcome in the month of November! I hope you and your family are enjoying the autumn so far, and that your children have found meaning and connection in our time together.

This month, we'll be exploring the theme of Repair. We will be exploring the many ways that The Practice of Repair is a means to live out and spread liberating love as a vital part of our spiritual journey. Whether we are looking at repairing our unheard voices, loss, or unkindness, we will find the tools we can use to go through this process. Through stories, activities, and meaningful conversations, we'll guide the children in understanding how repair can bring wholeness and transformation. And yes, we'll continue to have some fun with LEGO learning!

We're always grateful for helping hands and open hearts in the RE room. Whether you're interested in assisting with a lesson, playing with our very littlests in the nursery, or simply being present, your participation is always welcome. Please reach out if you feel called to join us!

We are excited for the month ahead! Here is a look at what to expect as we explore the theme of Repair, we will be learning about The Tools we use for repairing.

- November 3: Democracy
- November 10: Memory
- November 17: Kindness
- November 24: Honesty

We are deeply committed to making our Religious Education program a welcoming and inclusive space where everyone feels valued. Whether you're a familiar face or new to our community, we are thrilled to be on this journey with you. With curiosity, empathy, and a shared spirit, we will continue to build a community grounded in love and understanding. If you ever need support, have questions, or have suggestions for our program, please don't hesitate to reach out.

As we move through November, we look forward to the new opportunities it brings—deepening our values, building connections, and inspiring creativity. Let's embrace this season by focusing on repair and renewal, both within ourselves and with the world around us. I'm excited to hear all the insights and ideas your children will share as we explore this month together!

Best Wishes,
 Courtney
 Director of Lifespan Engagement
 Contact Info:
 courtney.sinha@gmail.com
 434-509-5821 text or call
 Office Hours: Monday, Tuesday, Wednesday 10:00 am - 1:00 pm, and by appointment

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**Adult Religious Education Offerings in November**

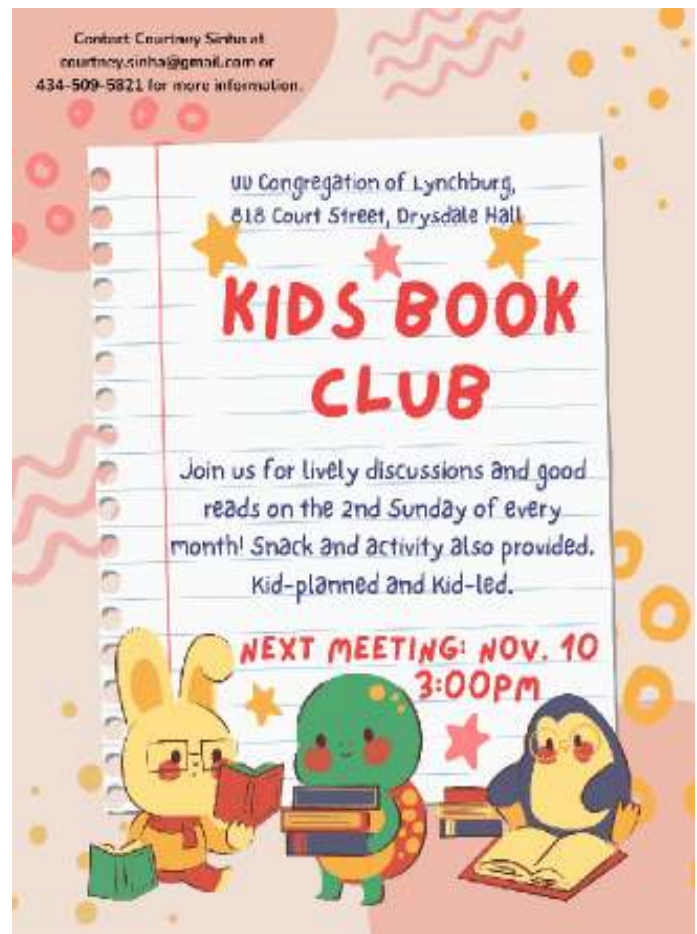
- Discussion Group meets on Sunday mornings at 9:30 am.
- Soul Matters Small Groups meet at various times, in-person and online. If you wish to join us, reach out to DLE Courtney Sinha. We now have one new in-person cohort. It is not too late to join. If you would like more information, just let us know!
- 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 November dates and events.
- Silent Book Club is on the 3rd Thursday of the month (meets Nov. 21) at 6:30 pm.


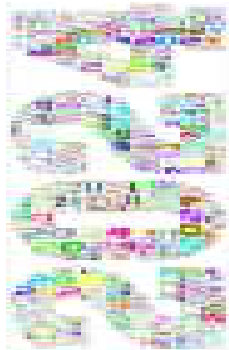
## Children and Youth Religious Education Offerings in November

- 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 every Sunday that meets in RE.
- Youth Group will meet this month on November 24, 4:00 pm to 7:00 pm. YG is for 6th grade and up. We don't have a Sunday morning class for this age group, but they are welcome to join the Soul Matters group on Sunday mornings. More info on place/activities for November to come. Watch Facebook and the weekly emails.
- The all new Kids Book Club meets on the 2nd Sunday of each month. We will see you on November 10 at 3:00 pm. KBC is kid-planned and kid-run. There is supervision, so feel free to drop your kids off and come back at 4:00 pm to pick them up. The November kids read is "Wings of Fire". Please see flyer for more information.

## Multigenerational Offerings in November

- 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!
- Spectrum Cafe Redux: Halloween Hangover is coming your way on November 2, 5:00 pm-12:00 am (midnight). Join us for lots of fun and games! Bring your family and invite your friends to come along! See flyer for more information!
- Join us for Friendsgiving on November 23. Time TBA. We will celebrate one another and all that we are grateful for this year. Turkey and ham provided, please bring a side or dessert to share potluck style. More information to come!

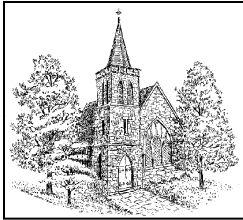
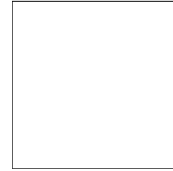


| SUNDAY                                                                                                                                                                                                                                                                                | MONDAY                                                                              | TUESDAY                                                                            | WEDNESDAY                                                         | THURSDAY                            | FRIDAY | SATURDAY                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------|--------|------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                       |  |  |                                                                   |                                     |        | <b>5:00 pm</b><br>Spectrum Cafe<br>Halloween<br>Hangover Party<br>[see p. 6] |
| <b>9:30 am</b> Discussion Group<br><b>10:30 am</b> Service " <b>In These Tempestuous Times, What Holds Us Together?</b> " Rev. Terre [see p.1]<br>Religious Education<br><b>11:30 am</b> COFFEE HOUR                                                                                  | <b>7:00 pm</b> Committee On Ministry                                                | <b>7:00 pm</b> Young Adult Group                                                   | <b>7:00 pm</b> Connections Committee                              | <b>12:00 pm</b> Alliance [see p. 3] |        |                                                                              |
| <b>9:30 am</b> Discussion Group<br><b>10:30 am</b> Service " <b>Hope for the Future: Renovation and Renewal</b> " Rev. Terre [see p.1]<br>Religious Education<br><b>11:30 am</b> COFFEE HOUR<br><b>11:45 am</b> <b>Town Hall Meeting</b><br><b>12:00 pm</b> Sunday Services Committee |                                                                                     |                                                                                    | <b>6:30 pm</b> Board Meeting                                      |                                     |        |                                                                              |
| <b>9:30 am</b> Discussion Group<br><b>10:30 am</b> Service " <b>What Will You Do With Your Gifts?</b> " Rev. Eve Stevens [see p.1]<br>Generosity Sunday<br>Religious Education<br><b>11:30 am</b> COFFEE HOUR                                                                         |                                                                                     | <b>7:00 pm</b> Young Adult Group<br><b>7:00 pm</b> JART meeting [see p. 2]         | <b>NIUSLETTER DEADLINE</b><br><b>3:00 pm</b> BookwUrms [see p. 3] | <b>6:30 pm</b> Silent Book Club     |        | <b>2:00 – 6:00 pm</b><br><b>FRIENDSGIVING</b>                                |
| <b>9:30 am</b> Discussion Group<br><b>10:30 am</b> Service " <b>An Inspiration For Any Age: Theodore Parker</b> " Rev. Terre [see p.1]<br>Religious Education<br><b>11:30 am</b> COFFEE HOUR<br><b>11:45 am</b> <b>Second Town Hall Meeting</b>                                       |                                                                                     |                                                                                    | <b>6:30 pm</b> Briana's Soul Matters Group                        |                                     |        |                                                                              |

# Unitarian Universalist Congregation of Lynchburg

818 Court Street  
Lynchburg, VA 24504

RETURN SERVICES REQUESTED



**THIS MONTH:** • Spectrum Cafe, 11/2; p.6  
• Friendsgiving, 11/26; p.4 • Silent Book Club, 11/21; p.5

## **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 December nUUsletter:**

**Wednesday November 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.