

NUUs letter



First Unitarian Church of Lynchburg

A Welcoming Congregation



Minister's Column

Reverend Terre Balof

Friends,

Sunday Services

October 2, 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 9, 10:30 am, "Exploring Cultural Paths toward Death". During this service we will explore some of the ways in which cultures cope with death and loss. The practices surrounding death vary greatly among the human family. As many of us consider the most caring and earth friendly ways to release the earthly remains of loved ones, we will consider the practices of other cultures. Rev. Terre

October 16, 10:30 am, "Creating a Future Grounded in Courage". Today is the beginning of our annual pledge campaign. As together we create a future for our congregation, the foundation will be based on our goals and gifts. Join us as we celebrate our potential. Rev. Terre

October 23, 10:30 am, "A Theological Challenge: Making Peace with Aging". This morning we will explore how we might be at ease with aging (no matter what decade we are in) and to celebrate the life before us. Rev. Terre

At 2:00 pm we will gather in the sanctuary for a workshop addressing the 5 Wishes—Decisions we choose for how we want to live and die, including both advanced directives and the kind of comfort we wish for as we move toward death. Mr. Joe Kuster, an attorney, will join us to discuss legal documents necessary for ourselves and our families. Please email the church office to sign up. A Zoom link will be provided.

October 30, 10:30 am, "Day of the Dead Celebration". Join us for a Day of the Dead celebration as we honor our loved ones who have passed. You are invited to bring a picture of a loved one to put on the altar. This is a multigenerational service.

If you would like to decorate a sugar skull as part of your celebration of loved ones, please let Rev. Terre or the office know so we can make sure that you receive one.

During October we will explore the theme of COURAGE. I imagine that most of us don't consider ourselves courageous, but we are. Every single day we rise to meet the world—our world—the way it is. We meet our bodies and minds with all the challenges they encounter and we engage the world with the resources available to us. I call that courage. Being together in community often helps us take the next step or find ways to live peacefully with our limitations and find strength we didn't know we had.

The introduction to the Soul Matters Small Group Packet this month articulates the essence of COURAGE:

Here's what we have to help each other remember: In addition to the heroic acts that alter history, there are also the daily choices that prevent history from altering us! Bending the arc of the universe toward justice deserves praise, but so does the ordinary work of integrity and not allowing yourself to be bent.

We need to make room on the path for these common acts of courage. The bravery of embracing your beauty even when it doesn't fit the air-brushed images surrounding us. The courage of calling out micro-aggressions that occur daily for many of us. And what about resisting the persistent seduction of status and stuff? Simply put, the list is long: Turning down that drink one day at a time. Making yourself get out of bed when the depression tells you to stay there. Holding your partner's hand in public. Make no mistake, there are dozens of ordinary acts of bravery we embody every day!

Or maybe we should say there are dozens of ordinary acts of bravery we help each other embody every day. This we need to remember as well. Courage is not only noble; it's contagious. The bravery that makes it into the history books may save the world, but our ordinary courage keeps each other going. Watching someone else make it through

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another day helps us endure. Witnessing someone else confront bigotry allows us to bravely be more open about who we are. They say that courage is found by digging deep, but most often it is passed on.

So don't worry so much if you haven't changed the world yet. And certainly let's stop comparing ourselves with those giants. Our work rests less in looking up to them and more in looking over at each other. And in remembering that others are looking over at and needing strength from us.

This month, let us both offer and receive the strength we all need to be courageous in our daily lives.

Let us take one more step today that celebrates our life and our courage.

Terre.

Zoom

NOTE FROM ZOOM ADMINS

Here are the ways to connect with us on Zoom!

Sunday Service:

Here is the link to register. You only need to register ONCE.

<https://us02web.zoom.us/meeting/register/tZMtduCujIpHNdzs0TlrfcGncN3Dqu782Wn>

Discussion Group:

Link: <https://zoom.us/j/955583755?pwd=YTFFbm01MlpYdjY1UkdCYU8yT0YyQT09>

Dial-in: (301) 715-8592

Meeting ID: 955 583 755

Password: 040542

Religious Education:

Our DRE, Katrina Castanes, will email the link to RE families. If you are not on the RE mailing list but would like to be, please email Katrina at re.director@uulynchburg.org so she can add you and send the registration link.

Other meeting links:

Available from the relevant group upon request.

President's Corner

Stef Nichovich

Welcome to the start of another year. Autumn (as we all know) is actually the true beginning of the new year as marked by the traditional academic calendar. School has just started, and I have seen occasional appearances of people wearing plaid. There is always a renewed sense of urgency in autumn. Things need to get done to prepare for the winter holidays, while plans are laid for next spring. However, the best part of autumn, for me, is the cooler weather. The hot, lazy, humid days of summer leave and the cool, crisp, earnest days of autumn find me venturing out of my air conditioned cave to sample the great outdoors (and maybe get something with pumpkin spice in it). Yes indeed, autumn is a time for doing.

We are "doing" much here at the First Unitarian Church of Lynchburg. Our recent Leadership Retreat was a great success in planning for the upcoming year. It focused on the themes of worship, religious education and connections. Plans are afoot to set up more religious education opportunities for adults; have a stronger presence in the surrounding community; and (my favorite) to safely bring back coffee hour.

Our new Director of Lifespan Education is settling in nicely with much in the works. LE classes began September 18 with a full complement of volunteer teachers. OWL (Our Whole Lives) classes for the 4th through 6th grades as well as our Youth Group will be starting mid-October as well.

Finally, don't forget to "Get Downtown" on October 1st. We will be hosting a booth for the event and are looking for volunteers to work it. If you are interested, contact Courtney Sinha.

Yes indeed, with all of this going on, I am really looking forward to the new year.

Stef

DISCUSSION GROUP

We will be meeting in UHouse at 9:30 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.

Link: <https://zoom.us/j/955583755?pwd=YTFFbm01MlpYdjY1UkdCYU8yT0YyQT09>
Dial-in: (301) 715-8592
Meeting ID: 955 583 755
Password: 040542

October 2nd, 9th, 16th, 23rd TBD

October 30th Mike Cooper and his colleague will be presenting a discussion on "Living With Dementia"



Pat Bower,
Generosity Sunday team

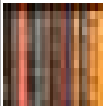
In August, our congregation's generosity enabled a donation of **\$641.30** to Miriam's House. We send thanks to everyone who participated.

On **October 2**, we will feature an organization that is new to many of us but is doing very good work in our community. **Madison House Of the Arts**, located at 607 Madison St. is a not-for-profit organization whose mission is to give at-risk youth a Sober-Safe-Space to create and perform music and art. MHOTA also provides free essential needs such as food and clothing. The free expression of music and art is used to bring together and support the whole community. Christopher Townsend, Director of MHOTA, will tell us more about the organization.

To make a contribution to Madison House of the Arts, 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.org
- Mail a check to the church at 818 Court St., Lynchburg VA 24504. The check may be made out to Madison House of the Arts or to First Unitarian Church with Madison House of the Arts in the memo line.

The Generosity Sunday team includes Barbara LaFleur, Finis Southworth and Pat Bower.




BookwUUrms (via Zoom)
Wednesday Oct. 19
3:00 pm

On October 19, we will meet via Zoom at 3:00 pm to discuss "The Black Swan of Paris" by New York Times bestselling author Karen Robards.

"Boldly conceived and richly realized, Robards establishes herself in a single sweep at the forefront of World War II novels with an emotional and powerful tale."--Pam Jenoff, New York Times bestselling author of The Lost Girls of Paris.

The link will be sent out prior to the meeting. If you would like to join us, let Becky Piatt know at (434) 922-0186 or beknwoods@yahoo.com.





MUUVies That Matter
Tuesday, October 11 at 7:00 pm
"Lies, Politics and Democracy"

This month we will be viewing a new, powerful and (appropriately) disquieting PBS Frontline documentary focusing on democracy under threat.

FRONTLINE's "Lies, Politics and Democracy" investigates American political leaders and choices they've made that have undermined and threatened democracy in the U.S.

In an outstanding two-hour documentary premiering ahead of the 2022 midterms, FRONTLINE examines how officials fed the public lies about the 2020 presidential election and embraced rhetoric that led to political violence. There are new facts and connections that have been uncovered.

Join us via Zoom for the movie and discussion, or watch the movie via PBS Frontline and then join us for discussion.

Let us know if you can be with us and we will send you the Zoom link. This is an excellent documentary offering new facts and insights.

Makanah and Bob Morriss, revs2uu@aol.com

Alliance News

PEAKS OF OTTER

Friday October 14 at 11:00 am

We will meet on **FRIDAY**, October 14 at 11:00 am at Ace Overstreet Hardware, 2650 Lakeside Dr.

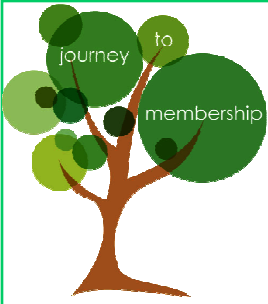
We will carpool to go to the Peaks of Otter lodge, where we will have lunch and do some leaf peeping. After lunch, we can walk around the lake or check out the gift shop.

SAUNDER'S ORCHARD

Thursday October 27 at 10:30 am

On Thursday October 27th, we will meet at Lowe's in Madison Heights at 10:30 am. We'll carpool for a trip to Saunders orchard, followed by lunch at Lovington Cafe.

For more information, call Becky Piatt at (434) 922-0186



Interested in becoming a **member** of First Unitarian?

Join Rev. Terre for a conversation about Unitarian Universalism, our congregation, what it means to be part of our congregation, as well as any questions you might have.

Please email Rev. Terre if you would like to join the group at **tbalof@gmail.com**

On Zoom: **October 13 at 7:00 pm.**

Join Zoom Meeting **<https://us02web.zoom.us/j/6719563775>**

Meeting ID: **671 956 3775**

In Person: **October 16 at 2:00 pm.** Let's grab a bite to eat after the service, then return to the library in Unitarian house for conversation and exploring membership.

Rise Up and Call Her Name Class!

Rise Up and Call Her Name class registration begins in **October!!!** This class is limited to a maximum of 15 people. Briana Valone is once again facilitating this fascinating class. Please email **briana_valone@gmail.com** if you would like to register for this class.

The first two sessions are **November 6th from 2:00 - 4:30 pm** and **December 4th from 2:00 - 4:30 pm.**

This curriculum by Liz Fisher was originally released in 1994, and then re-released in 2007. Rise Up and Call Her Name: A woman-honoring journey into global Earth-Based spiritualities is designed to be a unique experience of imaginary travel through time and space. It is designed to be a joyful journey to enrich one's spiritual exploration.

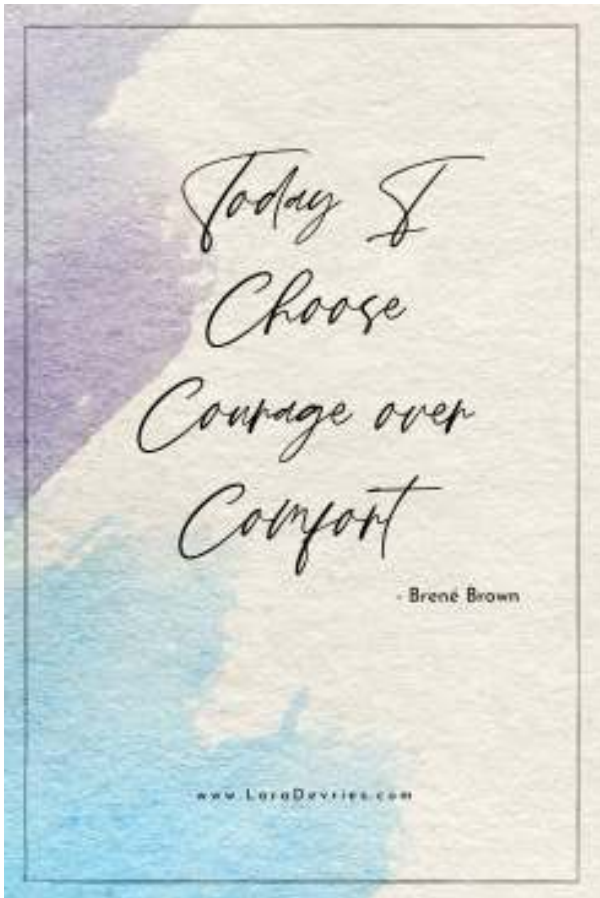
During this curriculum, we will learn about a variety of cultural traditions that honor goddesses and esteem women. We will become acquainted with some of the beliefs that are associated with these traditions and how varied spiritual practices stimulate personal inner journeys.

The idea for Rise Up and Call Her Name emerged from a UU Women's Federation panel discussion in 1988 which expressed the need for a curriculum that would not only explore multicultural roots of feminist theology, but also educate about and honor the diversity of our spiritual roots. This curriculum celebrates one of our UU sources: Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

The class has **13 sessions**. Each session lasts **2 - 2 1/2 hours**. Activities include ritual, readings, video, chants, songs, and music, creating visual images, dialogue, quilt making, mask decorating, etc. Because the number of participants is limited, we ask that participants make a conscious effort to attend each session.

To give you a taste of the material into which participants will delve, here is a blurb about the first session:

"Session One: Tools for Traveling. During this opening session, we will explore what it means to take a journey to Earth-based spiritual traditions around the globe. This journey we are undertaking together will be both an outer and an inner one. We will begin to explore the tools or ritual and chanting that will aid us as we travel the journey. We will also honor the valuable tool of study and consider how accounts of history and culture must be evaluated for sexist bias. Because woman-honoring religious imagery has often been devalued, we will work together to reclaim the first wife of Adam, known as Lilith."





RELIGIOUS EDUCATION NEWS for Children and Youth



October 2022 Schedule for Religious Education

The RE Classes are hybrid on Sunday mornings at 10:30 am!

On October 2nd, 9th, 16th, and 23rd, we are learning about Courage.

On October 30, there are no RE classes. Join us in the sanctuary for a multigenerational service in honor of Dia de Los Muertos.

Virtual or In-person!

- All children will start in the sanctuary, virtually or in-person. After Time for All Ages, teachers will walk them to their classrooms and open the virtual classrooms.
- Preschool to 2nd grades are invited to join **Beatrice and Kailyn** in the **Main RE Room** for the Soul Matters curriculum including UU stories, games, and activities.
- 3rd to 8th grades are invited to join Upper RE teachers in the **Pete Seeger Room** on the ground floor of Unitarian House for their Soul Matters interactive studies.
- Infants and Toddlers will remain in the sanctuary with their parents at this time. You may always choose to keep your child of any age with you in the service if preferred. Activity bags are available if desired.
- OWL (Our Whole Lives) classes for 4th to 6th grades start October 9. It is not too late to register your child! OWL is a comprehensive, liberal, lifespan sexuality education curriculum.

If you have questions or need more information about Sunday morning RE classes, OWL, or any other educational or social programming for your child or family, please contact Director of Lifespan Education Courtney Sinha at courtney.sinha@gmail.com or (434) 509-5821.



Social Justice Task Force Meeting Tuesday, Oct. 4 at 7:00 pm on Zoom

Jim Barton will convene the meeting and Finis Southworth will take notes. At our September meeting, several promising ideas for new ways to restructure our group and refocus our activities were introduced.

Please join us as we continue down this path. If you want to attend, ask Pat to put you on the email list. Contact her at bowerpatricia2@gmail.com.

CARING & SHARING



We continue to keep in our thoughts those people who are experiencing difficulties or challenges and wish to keep their concerns private.



Be Who You Are by Rev. Peter Friedrichs

(edited for space. You may read the full sermon here: <https://www.uua.org/worship/words/sermon/184363.shtml>)

As part of my seminary training I spent a summer working as a hospital chaplain, assigned to the psychiatric floor. I found it to be deeply gratifying work, and I was able to build relationships with many of the patients. Some were long-term and others had a quick turnaround. Some were what we called "bouncers." These were people who would be admitted to the unit because of some behavioral issue—often times they had simply gone off their meds and needed to be re-stabilized—treated and then released. But within a matter of days or weeks, they'd "bounce back" to the unit again. In the course of my eight weeks at the hospital, some patients bounced several times.

My favorite bouncer was "Rose." Rose was a lovely woman who was about 80 years old who suffered from schizophrenia. Rose would be brought into the unit very agitated and aggressive, but within a day or so, with the proper medications, she'd be sweet as a peach. Rose and I had many long conversations about God and love and heaven, and she was rock-solid in her Baptist faith. During one of our conversations, Rose expressed to me her concern about all the people who were interviewing and examining her. She was tired of being treated like a lab rat, and told me that she was afraid to talk to the doctors. I tried to reassure her that they were there to help her, and I suggested that she be honest with them in answering their questions. "Just be yourself," I told her, "and they'll take good care of you." Rose's response to my sage advice was a priceless gem that I'll never forget: "Be myself?" she said. "Of course I've got to be myself. Everybody else is already taken!"

"Be who you are." ~ Rev. Forrest Church. This is, he admits, the hardest task of all. Simply put, he tells us, to be who you are is not to "fake your existence." He writes that "each of us is unique, with unique flaws and gifts. The world doesn't owe us a living; we owe the world a living, our very own." In his book, *Love and Death*, Forrest Church tells of the opportunity he had, as the son of the US Senator Frank Church, to enter politics while he was still working on his doctorate in theology. After running his father's presidential primary campaign in Nebraska, the son was ready to jump into the father's footsteps and run for public office himself. Fortunately, he listened to his father's advice to live his own life, not the life his father had led. And in doing so, writes the younger Church, "I found my calling. I answered a call that was mine, and not someone else's." He goes on to tell us, "To envy another's skills, looks, or gifts rather than embracing your own nature and call is to fail in two respects. In trying unsuccessfully to be who we aren't, we fail to become who we are."

Consider, for a moment, our childhood and how we learn most of what we come to know. Although our intellect develops the ability to discern and debate, our most basic form of learning is emulation. Or to put it in its simplest terms, copying. Like a giant game of "follow the leader," we grow up watching what others do and observing the outcomes. If we like what we see, we try to do the same, in hopes of gaining a similar result. From a very early age we are wired to "be like" rather than simply to "be." For some of us, this message was explicit: "Why can't you be more like your brother/sister/cousin/fill-in-the-blank?" Our media convince us that to be accepted or happy or successful we need to act a certain way, drive a certain car, marry a member of the opposite sex.

The danger comes, of course, when we try not just to be like our role models, but to become them. This is a recipe for disaster, a formula for failure. Neither you nor I will ever be more powerful than a locomotive or capable of leaping tall buildings in a single bound, so when we try to "be like Mike" (remember that Michael Jordan commercial?) we are destined for disappointment. Even if it's not superheroes or pro athletes we try to model ourselves after. In Forrest Church's case, he came close to making the mistake of trying to become like his father, the powerful Senator Frank Church of Idaho.

The good news is that it's never too late. It's never too late to start the journey of self-discovery, of shedding the skin that we've worn since our birth that has, like an ill-fitting suit, never felt quite right. May Sarton is testament to this fact. When she wrote the words "Now there is time and Time is young" she was 83 years old. It was at this chronologically advanced age that she discovered her true self and finally felt her "own weight and density."

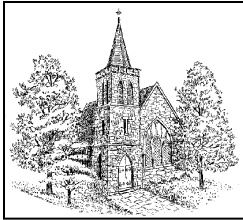
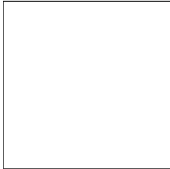
To be who we are is to offer to the world the greatest gift we can give. To invest our lives and all that we do with sincerity, authenticity, and deep commitment leads us into relationships with other authentic selves. And in entering into those relationships, relationships that are sacred in the true meaning of that word, we cannot help but bring our collective power to bear against the forces of injustice, hatred and oppression. Our collective wholeness will, by definition, heal the world.

We all yearn to be told that we matter. That our true selves are worthy of love and capable of loving. In our common humanity we share our vulnerabilities and our sensitivities, and we offer them up here, on the altar of hope. I pray today that we may each find it within us, each and every day, to want what we have, to do what we can, and to be who we are.

"Our deepest calling is to grow into our authentic selfhood, whether or not it conforms to some image of who we *ought* to be. As we do, we will not only find the joy that every human being seeks; we will also find our path of authentic service in the world" ~ Parker Palmer

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>9:30 am Discussion Group 10:30 am Service "This I Believe" [see p.1] Generosity Sunday Religious Education</p>	<p>3</p> <p>7:00 pm Social Justice Task Force [see p. 5]</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>1 8</p>
<p>9</p> <p>9:30 am Discussion Group 10:30 am Service "Exploring Cultural Paths Towards Death" Rev Terre [see p.1] Religious Education</p>	<p>10</p> <p>7:00 pm Muovies that Matter [see p. 3]</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p> <p>11:00 am Alliance [see p. 3]</p>	<p>15</p>
<p>16</p> <p>9:30 am Discussion Group 10:30 am Service "Creating A Future Grounded In Courage" Rev. Terre [see p.1] Religious Education 2:00 pm Becoming a Member of First Unitarian Rev. Terre [see p.4]</p>	<p>17</p>	<p>18</p>	<p>19</p> <p>3:00 pm BookwUUrms [see p.3]</p>	<p>20</p> <p>NIUSLETTER DEADLINE</p>	<p>21</p>	<p>22</p>
<p>23</p> <p>9:30 am Discussion Group 10:30 am Service "A Theological Challenge: Making Peace with Aging" Rev. Terre [see p.1] Religious Education 2:00 pm Workshop: "The Five Wishes" Mr. Joe Kuster [see p.1]</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p> <p>10:30 am Alliance [see p. 3]</p>	<p>28</p>	<p>29</p>
<p>30</p> <p>9:30 am Discussion Group 10:30 am Service "Day of the Dead Celebration" Rev. Terre [see p.1] Multigenerational Service</p>	<p>31</p>					

First Unitarian Church of Lynchburg
Unitarian Universalist
818 Court Street
Lynchburg, VA 24504
 RETURN SERVICES REQUESTED



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Church Staff

Rev. Terre Balof.....Minister
 Candice FergusonAdministrative Assistant
 Office HoursMon, Wed, & Fri
 Courtney Sinha Director of Lifespan Education

Ernest Berry Sexton

Church Officers

Stef Nichovich.....President
 Betty CorbinPresident Elect
 David Wilson.....Secretary
 Finis Southworth Treasurer
 Courtney SinhaPast President

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 Audrey DeJarnette (2024)
 Jim Barton (2025)

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Joan Lewis-Yoder (2023)
 Makanah Morriss (2024)

Committee on Ministry

Briana Valone

Endowment Committee

Joan Lewis-Yoder (2023)

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Content Deadline
for the November nUUsletter:

Thursday October 20th

Submit Info at:

<https://uulynchburg.breezechms.com/form/20746f>

Jane Pianowski, 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.