

NUUs letter

Unitarian Universalist Congregation of Lynchburg

A Welcoming Congregation

Sunday Services



Friends,

Minister Column



October 1 10:30 am, "Whose Heritage is it?" Today, our society is pulled between denying shameful acts in history, needing to atone, and trying to honor heritage that may or may not have originally belonged to our ancestors. It is often confusing to know how to engage with cultures and faiths in a way that is respectful. How do we, with humility, walk a path of faith in the midst of raw and sometimes shattered cultures? Rev. Terre

October 8, 10:30 am, "This I Believe". We will continue a decades-long tradition of congregation members sharing the spiritual journeys that have led them to become part of our congregation.

This is also a Generosity Sunday.

October 15 10:30 am, "Remember, Celebrate, Envision" Our congregation celebrates 110 years in Lynchburg today! Join us to honor our founders, affirm our congregation and envision our future. Rev. Terre and friends

October 22, 10:30 am, "It Is the Sermon on the Amount" This joke pervades UU congregations once a year. Join us as we consider our goals for the coming year with gratitude for our work and service this past year. Rev. Terre

October 29 10:30 am, "The Ancient Longing for Loved Ones" Before human history until today, humans have sought to connect with loved ones who have died. Celebrations as widespread as Samhain, the Mexican Day of the Dead, and the Japanese celebration of Obon address our need to remember our loved ones. Rev. Terre

DISCUSSION GROUP
October 1st, 8th, 15th, 22nd, 29th

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.

Discussion Group Link: <https://zoom.us/j/955583755?pwd=YTFFbm01MlpYdjY1UkdCYU8yTOYyQT09>
Dial-in: (301) 715-8592
Meeting ID: 955 583 755
Password: 040542

Every age wonders if the drama in the world means the end of the world is coming. Remember Elvis signaling a loss of moral values (lots of you are too young) or Y2K or climate tragedies. Every time we get comfortable, change laughs and upsets our comfort. Look up the Rumi poem, "The Guest House". It stretched me when I first read it, causing some discomfort. I think I have lived into it now and cherish the affirmation of change which offers us the gift of resilience.

So we arrive in October honoring the theme, **HERITAGE**. Heritage holds within it the full spectrum of accomplishments, disappointments, and the seeds of the future. This month we will explore diverse topics on this subject with some reflection on the changes that are part of human evolution. How exciting this month to be able to celebrate 110 years of Unitarian Universalism in Lynchburg! Please join us on October 15 for a Sunday morning celebration.

Another aspect of Heritage is reflecting on how we acknowledge an honest heritage that speaks to the history and cultures of all those who inhabit a community, region or nation. Our service on Oct. 1 will be an interactive time for us look at both the fragile and hopeful parts of our heritage that help or hinder us as we seek to live authentic lives.

This month with 5 Sundays is full of ways we look back and look forward— from our "This I Believe" service on Oct. 8, to our annual pledge Sunday on Oct. 22 which helps us plan for our coming year. Our Multigenerational service on Oct. 29 will be a time when we can explore the ancient heritage of All Hallow's Eve and Samhain, a rich remembrance of our loved ones that is celebrated in many ways around the world.

Join us in our exploration this month!

Blessings,
Terre



Pat Bower, Generosity Sunday team

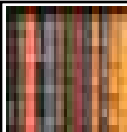
In August, we were able to contribute \$837.77 to Humankind. Thanks to everyone who helped to make this possible.

On October 8, we will hear an update from James Quade, the Lynchburg Branch Manager for the **Blue Ridge Area Food Bank Network** about their recent operations and accomplishments. As you know, the BRAFBN Lynchburg warehouse and office is just a few blocks away from our church, but they also have branches in Charlottesville and Winchester, and headquarters in Verona. Each of these branches works with many partner agencies to distribute food to the hungry and food-insecure in their area.

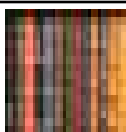
We hope you will contribute in October to help support the work of the BRAFBN. You may:

- Place **cash** in the offering basket on October 8, or a check made out to BRAFBN anytime you are with us in person in October
- Click the **DONATE button** on uulynchburg.org
- **Mail a check** to the church at 818 Court St., 24504. The check may be made out to the BRAFBN or to Unitarian Universalist Congregation of Lynchburg with BRAFBN in the memo line.

Barbara LaFleur and Finis Southworth are also members of the Generosity Sunday team



**BookwUUrms
Wednesday, October 18
3:00 pm on Zoom**



BookwUUrms will meet at 3:00 pm on October 18 via Zoom. Betsy Gryzbowski will lead the discussion of "Crook Manifesto" by Colson Whitehead. Book Browse describes it this way: The two-time Pulitzer prize-winning author, Colson Whitehead, and best-selling author of "Harlem Shuffle", continues his Harlem saga in a powerful and hugely entertaining novel that summons 1970's New York in all its seedy glory.



**MUUVies that Matter
Tuesday, October 10
7:00 pm
"Animals and Climate Change"**

For our October 10th MUUVies that Matter, we will be viewing an episode of the PBS series "Evolution Earth" which focuses on how animals are adapting to climate change.

At Earth's extremes, animals are reacting in surprising ways. Animal homes are changing around them at superspeed. Follow remarkable stories of resilience and hope, from humpback whales; to tiny butterflies; to ingenious savanna chimpanzees.

Join us on Zoom or watch the documentary on your own and then join us for the discussion following.

E-mail us, Makaanah and Bob Morriss, at revs2uu@aol.com and we'll send you the Zoom link.

**Workday
Saturday, October 7th
9:00 am to 1:00 pm**

Join us to spiff up our buildings and grounds. We have jobs for all ages and abilities. This event will take place rain or shine. Bring your favorite gardening and cleaning tools.

- Clean Parlor, Front Room, and Kitchen on Main Level of Unitarian House
- Tidy up RE Spaces
- Clean sanctuary Chairs
- Clean Drysdale Hall kitchen refrigerator
- Replace water damaged ceiling tiles
- Prune and weed
- Wash windows & door glass
- Replace smoke detector batteries
- Replace burnt out florescent light tubes or ballasts
- Check that exterior lights work and replace bulbs or repair fixtures as needed.

Please contact betty.corbin@protonmail.com for additional information.

Alliance News

**Lunch at Westminster Canterbury
October 12 at 12:00 pm**

NOTE that this is a time change to avoid a conflict with the group meeting before us. We will meet at the cafeteria on the 3rd floor where you can purchase lunch, but you can bring your lunch if you prefer.

**Saunders Brothers Farm Market and
Lovington Cafe
October 26 at 10:30 am**

On October 26, we will meet in the front of the parking lot at Lowe's in Madison Heights at 10:30 am. We'll carpool to Saunders Brothers Farm Market where they have apples, plants, and lots of good things, including ice cream. After that, we will go to lunch at the Lovington Cafe.

Contact Molly McClenon or Becky Piatt for more information.



CARING & SHARING



In Our Thoughts

Don't hesitate to contact the Care Coordinator of your Community Group if you need help or have a concern.

!!!! WE'VE PLEDGED TO BE A 100% VOTING CONGREGATION !!!!

At its last meeting, JART decided to ask the board to approve the church's participation in this program, which is coordinated by the Virginia Interfaith Center for Public Policy (VICPP). Their work is non-partisan. It does not work with or endorse candidates or work with political parties.

Every Virginia state House and Senate seat is up for election this November. And this will be the first time these House and Senate candidates have run in the new districts following last year's redistricting. Some districts will have competitive races and some will not; regardless, all eligible voters should learn about the candidates' positions and public policy priorities, and make their voices heard by voting.

You'll be hearing more over the coming weeks about the election. We'll be gathering sample ballots for all the counties where our members and friends live, helping folks register to vote or change their address, apply for an absentee ballot, and check where they should go to vote absentee-in-person.

Let us know if you're also passionate about VOTING and would like to help us become a 100% VOTING CONGREGATION.

Supporting the democratic process is one of our core values and each member can anticipate hearing from us to ensure that we are living out our core values.



NPR Fall Fund Drive!

The NPR fall fund drive is about to begin!

Consider channeling your National Public Radio donations through our church. We pool our funds with several other UU Churches in the region to purchase NPR ads on WVTF/Radio IQ, throughout the year. Hopefully you've heard our ads lately, as we're finally back on air!

You can use the 'Donate' button on our church website; you can **mail a check** payable to Unitarian Universalist Congregation of Lynchburg; or drop it in the **offering plate** (put a note in the memo line marking it for NPR).

Please keep the effort going so folks that may be looking for us can find us. Thanks!

JART
Justice Action and
Resource Team

Tuesday, October 17 at 7:00 pm on Zoom

NOTE: new date. Henceforth our meetings will be on the 3rd Tuesday of the month!!!!

Becky will moderate the meeting and Finis will take notes. 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 October 17.



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 1 A-C**
- October 8 ALL**
- October 15 D-M**
- October 22 N-Z**
- October 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.



UUCL PRESENTS

PARENTS NIGHT OUT

FRIDAY, OCTOBER 20 5-9 PM

818 COURT STREET

DINNER, CRAFTS, FUN, AND GAMES PROVIDED

RESERVATIONS MUST BE MADE BY OCTOBER 14



Dear friends,

I am delighted that it is October and the fullness of Autumn is upon us. I hope this note finds you and your family well as we embrace the beauty of this season. In our household, my wife, Kim, and I both have October birthdays, so it just makes the month even more special. The changing leaves, cozy sweaters, and the aroma of pumpkin-spiced (or, my personal favorite, apple cider-spiced!) everything are sure to bring warmth and joy to your days.

As we transition into October, I wanted to share what you can expect in Religious Education classes for this month. Just like the vibrant hues of fall leaves, our program is filled with enriching experiences for your children.

This month, our younger Religious Education classes will continue with the Soul Matters curriculum as we take a look at the theme of Heritage. To better understand this topic, we'll have stories, activities, movement, and craft so that we can experience the theme experientially.

Our older kids (5th-8th grade) will be continuing their look at gaming through an UU lens, as they work together at Building a Better World.

If you have a child in preschool-1st grade or 2nd-4th grade, here is what you can expect: Soul Matters is a hands-on, exploratory curriculum. We use multiple learning modalities including books, music, movement, arts and crafts, sensory experiences, and shared experiences to learn the values in this curriculum. The Value we will be exploring in October is Heritage. We will be studying and exploring:

October 1 - Staying Close to Our Roots

October 8 - Reclaiming Our Roots

October 15 - Being Rooted in Science and Reason

October 22 - Our LGBTQ+ Roots

October 29 - Multigenerational Service honoring Samhain

*Here is what to expect in a multigenerational service: children in preschool-4th grade will remain in the sanctuary throughout the service and will be invited to participate in many aspects. We do not have Religious Education classes for this age group on these Sundays, though the nursery will remain available for infants. Please do not worry about the wiggles and noises of your children, they are a delight to have in the service. They, you, everyone, is welcome and invited to bring their whole selves, the fullness of who they are, into this sacred space with us. As a reminder, our 5th-8th graders will not be participating in most multigenerational services this year, as they will be continuing to Build their Better World. I will note any exceptions in future letters, but for October, they will remain with their class and not in the sanctuary for Multigen day.

Finally, if you have a youth 9th grade+, let's chat about options for them and our infant nursery is available at all times.

There will be new programming for Adults this fall as well. A new Soul Matters cohort is starting for in-person gatherings. Soul Matters Small Groups meet once per month. If you are interested in joining the in-person cohort, reach out to DLE Courtney Sinha for more information. There is also likely to be openings in one or more of the online cohorts as well, if that format works better for you. Reach out and we can talk about it further! The final session of New to UU takes place on October 1, after the service. Lunch and child care are provided. You do not have to have attended previously in order to join this session. We will be diving directly into being part of UUCL in this class and we would love to tell you more about church life.

Creating Theology Together has been deferred to a November start date, but we look forward to seeing you on November 2nd as we dive into a new curriculum together. This study is 12 sessions long, but is divided into 3 very manageable parts. We will do the first 4 sessions in November and December. And then sometime after the start of the new year, we will do the second set of 4 sessions. Finally, we will end with the final 4 sessions later in the spring. Signing up for the first session is not a commitment to all 12, though we, of course, hope you will join us for the whole journey. However, it is important to note that the sessions build upon one another, therefore, you will not be able to enroll in the second session without participating in the first session. Join us on Thursday evenings this fall for dinner and study/discussion. Child care can be available with advanced registration. Please watch your email for registration information coming soon. (Please register even if you do not need child care to help with planning purposes.) If you have any questions about the class, see Rev. Terre or DLE Courtney.

Finally, an all-ages Growing UU Families will start in October. This is an opportunity to learn more about what UU in the home can look like - we will touch on UU in the media, rituals, family activities, and more. Children are welcome and invited to participate alongside their adults. We will share a meal and learn all about UUism together. Please watch your email for an inquiry regarding best timing and then for registration information.

Just like the changing seasons bring a sense of renewal, our Religious Education program aims to provide a nurtur-

(Continued on page 8)

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ing 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

434-509-5821 text or call

Office Hours: Sunday mornings you will find me around church, usually in the RE spaces.

I am off on Mondays and Saturdays.

Tuesdays: 9:00 am - 3:00 pm and 6:00-9:00 pm

Wednesdays and Thursdays: 9:30 am - 3:00 pm

Fridays: By appointment only.

Adult Religious Education Offerings in October

- Adult RE Committee meets October 17 at 7:00 pm, via Zoom. Please reach out to DLE Courtney Sinha if you are interested in learning more about this committee.
- Discussion Group meets on Sunday mornings at 9:30 am.
- Soul Matters Small Groups have begun their fall cohorts! If you wish to join us, here is some more information: In-Person date: TBA. If you are already in an online group, check with your facilitator to find your start date. If you wish to join an online group, reach out to DLE Courtney Sinha.
- The Young Adults will meet on October 10 at 7:00 pm.
- Alliance usually meets on the 2nd and 4th Thursdays and for special events. Watch your email and announcements for October dates and events.
- MUUVies that Matter will meet on October 10 at 7:00 pm.
- Final New to UU class meets October 1, starting around noon. Lunch and child care provided. Please join us!

Children and Youth Religious Education Offerings in October


- The Children and Youth RE Committee meets October 9 at 7:00 pm, via Zoom. Please reach out to DLE Courtney Sinha if you are interested in learning more about this committee.
- Multigenerational Service honoring Samhain on October 29 for children and adults of all ages except 5th-8th grade, who will have their usual RE class this date.
- Virtual Parent Group October 25. Please note that this is a deviation from our usual second Tuesday schedule, due to a conflict with my OWL Facilitator Training. Please join me on the 25th!
- Parents Night Out! October 20, 5:00-9:00 pm. Leave your children with people you can trust and enjoy a quiet evening or a bustling night on the town while the kids enjoy fun and games with their friends.

Multigenerational Offerings in October

- Growing UU Families for all ages and stages starts this month. Please watch your email for scheduling information.
- Please join us for Hill City Pride on October 21! This event is being held at Lynchburg City Stadium this year, 1:00—5:00 pm. UUCL will have a booth there. Please reach out to DLE Courtney if you would like to help man the booth.
- Sunday After Pride takes place October 22, 5:00-8:00 pm. This is an interfaith service celebrating love in our community. Location TBD, but plan to join for a wonderful time of service and a community-wide potluck dinner.
- And presenting... Leaves & Ladles: A UUCL Soup Social on October 14, 5:00-8:00 pm. Potluck-style soup and accompaniment sharing, games, fellowship, and learn more about our upcoming classes and groups. Bring a game and a soup and enjoy time with your community!

What's Happening in Your Community Group?

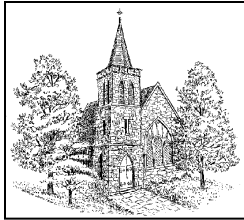
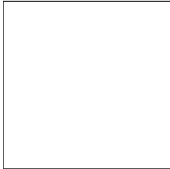
- All Community Groups will have an in-person gathering in September or October. Watch your email for the date and time of your gathering!
- Drop me a line to let me know what's happening in your group so we can feature it here next month!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---|-----------|
| <p>1</p> <p>9:30 am Discussion Group 10:30 am Service "Whose Heritage is It?" Rev. Terre [see p.1] Religious Education 11:30 am COFFEE HOUR</p> | <p>2</p> <p>7:00 pm Committee on Ministry</p> | <p>3</p> | <p>4</p> <p>7:00 pm Connections Committee</p> | <p>5</p> | <p>6</p> | <p>7</p> |
| <p>8</p> <p>10:30 am Service "This I Believe" Generosity Sunday Religious Education 11:30 am COFFEE HOUR</p> | <p>9</p> <p>7:00 pm RE Committee</p> | <p>10</p> <p>7:00 pm Young Adult Group 7:00 pm mUvies that Matter [see p. 3]</p> | <p>11</p> <p>6:30 pm Board Meeting</p> | <p>12</p> <p>11:30 am Alliance [see p. 4] 7:00 pm Virtual Parent Support Group</p> | <p>13</p> | <p>14</p> |
| <p>15</p> <p>9:30 am Discussion Group 10:30 am Service "Remember, Celebrate, Envision" Rev. Terre and friends [see p. 1] Religious Education 11:30 am COFFEE HOUR 12:00 pm Sunday Services Committee</p> | <p>16</p> <p>7:00 pm Parent Support Group</p> | <p>17</p> <p>7:00 pm JART meeting [see p.5]</p> | <p>18</p> <p>3:00 pm BookwUUrms [see p. 3]</p> | <p>19</p> | <p>20</p> <p>NUUSLETTER DEADLINE</p> | <p>21</p> |
| <p>22</p> <p>9:30 am Discussion Group 10:30 am Service "It is the Sermon on the Amount" Rev Terre [see p.1] Religious Education 11:30 am COFFEE HOUR</p> | <p>23</p> | <p>24</p> <p>6:30 pm Briana's Soul Matters Group</p> | <p>25</p> | <p>26</p> <p>10:30 am Alliance [see p. 4]</p> | <p>27</p> | <p>28</p> |
| <p>29</p> <p>9:30 am Discussion Group 10:30 am Service "The Ancient Longing for Loved Ones" Rev Terre [see p. 1] Religious Education 11:30 am COFFEE HOUR</p> | <p>30</p> | <p>31</p> |  | | | |

Unitarian Universalist Congregation of Lynchburg

818 Court Street
Lynchburg, VA 24504

RETURN SERVICES REQUESTED



THIS MONTH: • Parents Night Out, 10/20; p.6
• Workday, 10/7; p.3 • mUUVies that Matter, 10/10; p.3

Church Staff

Rev. Terre Balof.....Minister
TBDAdministrative Assistant
Courtney Sinha Director of Lifespan Education

Ernest Berry Sexton

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Stacy YoderPresident Elect
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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:**

Friday 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.