

NUUs letter



Unitarian Universalist Congregation of

A Welcoming Congregation

Sunday Services

February 4, 10:30 am, "Rosa Parks" A powerful symbol of small acts of justice speaking for a people to a nation. This Sunday we honor the birthday of Rosa Parks. While she is an icon of the civil rights movement, the reality is that each of us can, in our own way, make statements and take action for justice and equity. Rev. Terre

February 11, 10:30 am, "Poetry Sunday"

Each year, we invite our poets and lovers of poetry to share their favorite verses, to lead us into a realm of perception empowered by words, rhythm and rhyme. In this annual favorite, we explore the depths of human experience and the heights of imagination.

February 18, 10:30 am, "Fostering a Culture of Belonging" This sermon addresses implicit bias and Microaggressions, and will offer insights into the subtle yet profound impact of these biases on our relationships. The sermon not only calls for heightened awareness, but offers practical guidance on how individuals can actively confront and dismantle these barriers to fostering a culture of belonging. Kim Sinha.

This is also a generosity Sunday.

February 25, 10:30 am, "Equity Speaks to our Respect for Everyone's Needs" Language shifts in ways that help us gain deeper wisdom about the needs and rights of our sisters and brothers. Equity is a word that articulates the deeper understanding of the needs of all. Rev. Terre

DISCUSSION GROUP February 4, 11, 18, 25

We will be meeting in 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.

Discussion Group Link: [https://zoom.us/j/955583755?](https://zoom.us/j/955583755?pwd=YTFFbm01MlpYdjY1UkdCYU8gTOYyQT09)

=YTFFbm01MlpYdjY1UkdCYU8gTOYyQT09

Dial-in: (301)715-8592

Meeting ID: 955-583-755

Password: 040542



Minister Column

Friends,

The beginning of February brings ancient memories of the shifting of seasons. Imbolc, the halfway point between the winter solstice and the beginning of spring, marks this shifting. When I lived in Athens, GA, our family was on the lookout for an exciting sign of spring. As I drove Anabel to school in February, we waited in anticipation for the day, while driving past a field, newborn lambs appeared. They were our sign of spring's arrival. Though the cold is still with us for some weeks, it is a good time to sense within our own animal bodies an anticipation of new life.

This month offers us space to consider new beginnings and opportunities in our own lives as the days get longer and winter is losing its grip. It is certainly time for the gardeners among us to explore seed catalogs and plan gardens.

As new growth is emerging from Mother Earth, how do we want to allow our minds and heart to stretch and grow. How might we engage with people and concepts that entice us to question our comfortable ways of thinking.?This month is a good time for us to explore another of our Unitarian Universalist values—**Justice and Equity**.

This week I found a quote by Clarissa Pinkola Estés that speaks to our work, our challenge and our possibility. She reminds us that we don't have to change the world, we may simply act on the needs in front of us. *"Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul, to assist some portion of this poor suffering world, will help immensely. It is not given to us to know which acts or by whom, will cause the critical mass to tip toward an enduring good."*

What is needed for dramatic change is an accumulation of acts, adding, adding to, adding more, continuing. We know that it does not take everyone on earth to bring justice and peace, but only a small, determined group who will not give up during the first, second, or hundredth gale.

Life is beginning to bloom around us. Let us allow justice and equity blooms from our acts of kindness.

Blessings, Terre

President's Corner

Betty Corbin

Leadership Retreat

A quote from January's Soul Matter theme of **Liberating Love** sets the stage for February's theme of Justice and Equity. "I am confused by people who say they love us but are never upset when we are treated unjustly. The two simply cannot co-exist. A love that's aloof isn't a love that I have any use for. I need a love that is troubled by injustice." ~ Austin Channing Brown

The Unitarian House terrace apartment is ready to lease, thanks to Makanah Morriss's able leadership and the hard work of many of us. Please help spread the word that we have a lovely, affordable terrace apartment for lease. If you find someone who is interested in learning more about the apartment, please give them the church's phone number 434-528-0744. Rental revenue from this apartment will help us reduce our deficit operating spending.

On Saturday, February 3 from 9:00 am to 1:00 pm, we will have a leadership retreat in Drysdale Hall to plan 2024 activities. Please see details elsewhere in this newsletter and watch your Friday blasts for updates and reminders. This planning session is open to EVERYONE.

Our first Soup Sunday was a success! We raised \$326 for the operating budget. Thanks to our board for preparing and serving delicious foods. We hope other groups will sponsor similar Soup Sundays during this year. It brought back fond memories of the Partner Church group's years of fund raising by serving a monthly meal.

The congregation's board will meet on the first Wednesday in February, since Valentine's day falls on the second Wednesday. If you have business for us to consider or you wish to attend, please let me know at betty.corbin@protonmail.com.

As we continue to work for justice and live love in the world, may we remember that together we are stronger.

Blessed be, Betty Corbin, President



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.



Leadership Retreat
Drysdale Hall
Saturday, February 3rd
9:00 am to 1:00 pm

Everyone is welcome to attend our **2024 congregational planning session**. What activities do we want to do more of? How can we engage more members and friends in these activities? Is there a really big project or an area that excites us? Where do we want to focus our energies and creativity? These things will drive our congregation's calendar of 2024 events. We accomplished much in 2023 and had many fun times. Morning snacks and lunch desserts will be provided along with beverages. Please bring a sandwich.

Zoom

NOTE FROM ZOOM ADMINS

Here are the ways to connect with us on Zoom!

Weekly Sunday Service

Time: 10:00 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?](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 December, our collective generosity collected \$771.08 for Rush Homes. Thanks to everyone who participated!

On **February 18**, Kris Shabester, Director of **Meals on Wheels of Greater Lynchburg**, will be with us. "Delivering independence, nourishing the body and spirit" to about 550 people per day. In addition to the meal delivery to those who are unable to afford the meal or unable to prepare a meal, this vital organization provides a reassuring "check-in" to those who live alone. Any unanswered delivery is reported and investigated, with referrals to family, physician, or community service organization as appropriate. We look forward to hearing more from Kris.

To make a Generosity Sunday contribution in February, please either
· Place **cash or a check** in the offering basket if you are with us in person
· Click the **DONATE button** on the web page uu-lynchburg.org
· **Mail a check** to the church at 818 Court St., 24504. The check may be made out to Meals on Wheels or to Unitarian Universalist Congregation of Lynchburg with Meals on Wheels in the memo line.

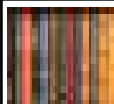
The Generosity Sunday team includes Barbara LaFleur, Molly McClenon and Finis Southworth

POETRY SUNDAY

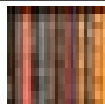
On February 11, 2024, we will again invite our poets and lovers of poetry to share their favorite verses at **Poetry Sunday**.



If you wish to participate in this service, please contact Garry DeVol at garrydevol@gmail.com.



BookwUUrms Wednesday Feb. 21 3:00 pm



BookwUUrms will meet via Zoom at 3:00 pm on February 21 for a discussion of Mad Honey, by Jennifer Finney Boylan and Jodi Picoult. Goodreads calls it a "riveting novel about what we choose to keep from our past, and what we choose to leave behind".



MUUVies that Matter

Tuesday, Feb. 13 at 7:00 pm

"A Citizen's Guide to Preserving Democracy"

This month we will be viewing a PBS documentary, "A Citizen's Guide to Preserving Democracy", which is based on Richard Haass' best-selling book "The Bill of Obligations: The Ten Habits of Good Citizens." Through interviews and real-life examples of tenets like 'Be Informed,' 'Reject Violence' and 'Stay Open to Compromise', PBS' Hari Sreenivasan and Dr. Haass explore how Americans are working towards strengthening democracy and renewing engaged citizenry.

As always, we will have a time of insightful and energetic discussion following the film.

You may join us directly on Zoom to watch the film or you may watch it on your own and then join us for the discussion.

Please be in touch with Makanah and Bob Morriss at revs2uu@aol.com for the Zoom link.

Alliance News

Westminster Canterbury
February 8 at 12:00 pm

The Alliance will meet at Westminster Canterbury on January 11 at noon for lunch. Buy your lunch in the cafeteria there, or bring it with you if you prefer.

Trade Winds Subs & Deli
2201 Langhorne Rd.
February 22 at 11:30 am

On February 22, we will meet for lunch at 11:30 am at Trade Winds Subs & Deli at 2201 Langhorne Rd. We will order our meals ahead of time, so watch for an email about that close to the date.

Academy Center for the Arts
February 25 at 3:30 pm

On February 25, we will meet at the Academy Center for the Arts at 3:30 pm to see the Jefferson Choral Society's performance of Motown Magic.

All are welcome!

JART

Justice Action and
Resource Team

Tuesday, February 20 at 7:00 p.m. on Zoom

Pat Bower will moderate the meeting and
Becky 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 February 20.



IT'S BOWL TIME! 

LET'S EAT SOUP!

SOUPER BOWL

SATURDAY, FEB. 10, 5-10 PM

SOUP AND GAMES POTLUCK

 See the February Nuuletter or the UUCL
Facebook page for more info. 

Dear ones,

Welcome to the quiet and deep reflection that comes in the cold, wintry weather of February. I am looking forward to some new happenings this month and a fun social event mid-month. Thanks for all you do to make our Religious Education and membership engagement opportunities a success!

Our children's Religious Education classes will be exploring the theme of Justice and Equity this month. Those who have been attending RE in January will be relieved to know that we are finished with the heart magnet of love! We did enjoy some hands-on exploration though as we looked at how love pulls us towards a better world. It will be exciting to dive into a new topic this month! As always, thank you for sharing your children with us. Their energetic and inquisitive selves are a joy!

This month, our younger Religious Education classes will continue with the Soul Matters curriculum as we will learn about the UU values of Justice and Equity. We will continue to use stories, activities, movement, mindfulness, and crafts to help us fully embrace the curriculum.

If you have a child in preschool to 1st grades or 2nd to 4th grades, 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. We will be studying and exploring:

February 4: What is Equality, Equity, and Justice?
February 11: The Gift of Building Better Relationships
February 18: The Gift of Building a Better World
February 25: The Gift of Joy and Beloved Community

Our older kids (5th to 8th grades) will be continuing their look at gaming through an UU lens, as they work together at Building a Better World. In February, they will be exploring where we (collectively) are from and the origins of their world and where do we fit in that model. They will be wrapping up the building of their world over the next several weeks.

Finally, if you have a youth 9th grade+, let's chat about options for them. Our infant nursery is available at all times, except where noted above.

Thoughts on Justice and Equity

"To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness. What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places — and there are so many — where people have behaved magnificently, this gives us the energy to act, and at least the possibility of sending this spinning top of a world in a different direction. And if we do act, in however small a way, we don't have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory." – Howard Zinn

ADULT RE

We have great Adult RE programming this season as well! If you haven't found a spot for you yet, it's not too late. There are several interesting options for adults of all ages and stages! Soul Matters Small Groups meet once per month. It is not too late to join the in-person cohort or one of the online co-horts, so if you are interested, reach out to DLE Courtney Sinha for more information.

Just like the changing seasons bring a sense of renewal, our Religious Education program aims to provide a nurturing and inclusive environment where you and your whole family can grow and flourish spiritually. If you ever have any questions or would like to get more involved, please don't hesitate to reach out.
Blessings, Courtney

Director of Lifespan Engagement Contact Info

courtney.sinha@gmail.com

(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: 10:00 am - 2:00 pm

Wednesdays and Thursdays: 10:30 am - 2:00 pm

Fridays and Evenings: By appointment only.

Adult Religious Education Offerings in February

- 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.
- The Young Adults will meet on **February 13** and **February 27**. 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 January dates and events.
- MUUVies that Matter will meet on **February 13** at 7 pm via Zoom.
- **NEW THIS MONTH:** Meditation Group - Details Coming Soon! Watch your email and the UUCL Facebook page for more info!
- **NEW THIS MONTH:** Silent Book Club - 3rd Thursday of the month (starts **February 15**) at 6:30 pm. Please see flier for details and talk to DLE Courtney Sinha if you have any questions or need more info.

Children and Youth Religious Education Offerings in February

- The Children and Youth RE Committee meets **February 6**. This small committee could use some more participants! Please reach out to DLE Courtney Sinha if you are interested in learning more about this committee.
- OWL continues for our K-2nd Grade Students. Registration is **closed**, but if you are interested in any level OWL for your children/youth, please talk to DLE Courtney Sinha. We are now gauging interest and need for our next round of OWL offering.
- Our Pre-K to 4th graders continue with the Soul Matters curriculum on Sunday mornings. This month they will be exploring the theme of Justice and Equity.
- Our 5th to 8th graders will continue *Building a Better World* as they design their ideal RPG world.

Multigenerational Offerings in February

Join us for **Super Bowl Saturday**, on **Saturday, Feb. 10 5:00—10:00 pm** for a soup and games potluck. This all ages event is sure to be fun for everyone! Bring a main dish to share (soup/stew encouraged, but not required), or a bread/dessert/appetizer and enjoy a feast with friends new and old. You can also bring a favorite game from home or enjoy ones we have here. If games aren't your thing, come for the fellowship and friendship - you might even find someone to talk football with! For more info or if you have any questions, please speak with DLE Courtney Sinha.

What's Happening in Your Community Group?

Watch your email for upcoming Community Group gatherings! We have some exciting changes planned for 2024. Drop me a line to let me know what's happening in your group so we can feature it here next month!



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:

- February 4 D-M**
- February 11 N-Z**
- February 18 A-C**
- February 25 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.

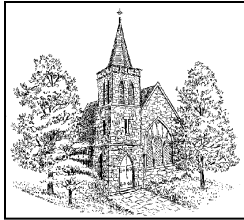
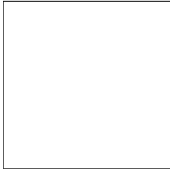
Please label snacks that contain any form of nuts, or other allergens, for those with nut sensitivities / allergies.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>February</p> <p>9:30 am Discussion Group 10:30 am Service "Rosa Parks" [see p.1] Rev. Terre Religious Education 11:30 am COFFEE HOUR</p>	<p>7:00 pm Committee On Ministry</p>	<p>7:00 pm RE Committee</p>	<p>7:00 pm Connections Committee</p>	<p>12:00 pm Alliance [see p. 3]</p>		<p>9:00 am – 1:00 pm Leadership Retreat [see p. 3]</p>
<p>9:30 am Discussion Group 10:30 am Service "Poetry Sunday" [see p.1] Religious Education 11:30 am COFFEE HOUR 12:00 pm Sunday Services Committee</p>		<p>7:00 pm mUvies that Matter [see p. 3] 7:00 pm Young Adult Group</p>	<p>6:30 pm Board Meeting</p>	<p>6:30 – 8:30 pm Silent Book Club</p>		<p>5:00 pm – 10:00 pm Souper Bowl [see p. 4]</p>
<p>9:30 am Discussion Group 10:30 am Service "Fostering a Culture of Belonging" [see p.1] Kim Sinha Generosity Sunday Religious Education 11:30 am COFFEE HOUR</p>		<p>NEWSLETTER DEADLINE</p> <p>7:00 pm JART meeting [see p.4]</p>	<p>3:00 pm BookwUrms [see p. 3]</p>	<p>11:30 am Alliance [see p. 3]</p>		
<p>9:30 am Discussion Group 10:30 am Service "Equity Speaks to Our Respect for Everyone's Needs" [see p.1] Rev. Terre Religious Education COFFEE HOUR 3:30 pm Alliance: "Motown Magic" [see p.3]</p>	<p>26</p>	<p>6:30 pm Young Adult Group</p>	<p>7:00 pm Soul Matters Group</p>	<p>29</p>		

Unitarian Universalist Congregation of Lynchburg

818 Court Street
Lynchburg, VA 24504

RETURN SERVICES REQUESTED



THIS MONTH: • SOUPER BOWL, 2/10; p.4
• Leadership Retreat; 2/3; p.2 • Poetry Sunday, 2/14; p.3

Church Staff

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

Ernest Berry Sexton

Church Officers

Betty CorbinPresident
Stacy YoderPresident Elect
Matt CanningSecretary
Finis Southworth Treasurer
Stef Nichovich.....Past President

Trustees

Audrey DeJarnette (2024)
Jim Barton (2025)
Miles Dolihite (2026)

Nominating Committee

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 March nUUletter:

Tuesday February 20th

Submit Info at:

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

Jane Pianowski Fagiano, Editor

Directions: The Church and Sanctuary may be accessed from the top of Monument Terrace steps. Unitarian House is at 818 Court Street. If the steps are a problem, handicapped parking spaces can be reached by driveways on either side of the Unitarian House. Once on the lower level, enter the Addition, where there is an elevator to access the Sanctuary level.

Notes: For files, please submit as Word document. Submissions prepared on Apple computers should be submitted as text within the body of the Breeze message.

If you would like your name to be removed from the nUUletter mailing list, please leave a message at (434) 528-0744 or email office@uulynchburg.org.