NUUsletter

Unitarian Universalist Congregation of

A Welcoming Congregation

Sunday Services

April 7, 10:30 am, "Black Perspectives on White Racial Allyship" Davion Washington, Jr. will offer insights from his sociological study on white allyship. This study takes a critical look at the current state of white allyship in movements toward racial justice and equity, particularly within interpersonal relationships between Black and white Americans. This research seeks to position what works well within acts of white racial allyship for these acts to persist, while subsequently positioning what is harmful and does not work within acts of white racial allyship for these acts to cease. Davion Washington, Jr.

April 14, 10:30 am, "Are We Alone?" What would happen to our sense of reality if we did find sentient life on other planets? Are we alone? Dick Bain, Rev. Terre

April 21, 10:30 am, "Interdependence" In his message on Interdependence, delivered the day before Earth Day, Corey will talk about the seventh UU principle: Respect for the interdependent web of existence of which we are a part. More specifically, Corey will talk about the many ways our natural and social ecosystems impact how we live our lives, and conversely, how our lives and actions affect our social and natural ecosystems. By better understanding and organizing our complex web of relationships, he will attempt to show our place as a puzzle piece in the larger picture. Corey Barnes

This is also a Generosity Sunday.

April 28, 10:30 am, "Building Our Belief" What about Sin and Salvation? Can we be good for nothing? Saved from what? Where do these concepts fit with Unitarian Universalism? Rev. Terre

DISCUSSION GROUP April 7, 14, 21, and 28

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.

Discussion Group Link: https://zoom.us/i/955583755? =YTFFbm01MlpYdjY1UkdCYU8yTOYyQT09 Dial-in: (301)715-8592

> Meeting ID: 955-583-755 Password: 040542



Minister Column



Dear Friends,

Spring has fully arrived and with it, a shifting of our lives and activities. What better way to heal the heart or revel in the joy of life than by being close to nature in the spring? Spring break for children and teachers gives many of us a break from our routines.

This is a perfect time of year to rethink how we wish to live. Might we find a few moments each day to breathe more deeply or to walk gently on the earth or to sit in meditation? In our Soul Matters small group last month we explored the theme of Transformation. In a powerful poem that was part of the reading, the poet challenged us to be mindful of where we put our attention. Rather than fritter our attention away on things of little or no value, she implores us to put our attention on loved ones, flowers, trees in the fall, laughter. What she is asking us to do is FOCUS our lives. Focus is often difficult for many of us, especially since COVID. To focus on items, events and relationships shows that they are priorities in our lives. However, the reality is that focus takes practice and intention. Perhaps in this month when nature is so glorious, we will be able to focus our time and attention of beauty and joy-both worthy of our attention.

Enjoy this glorious April.

Blessings, Terre



President's Corner

Betty Corbin

A quote from March's Soul Matter theme of Transformation reminded me of the milk weed pods that were hanging from a section of our garden fence. I know not where they came from as I have yet to find any plants from seeds I planted a couple of years ago. But, there they were, a trip down memory lane from when their silk blew along every country lane I walked as a kid in Ohio. Much has changed since then in my internal and external worlds but my joy and amazement of the resilience of plant life remains.

Soup Sundays continue. Our next one will be Sunday, April 28th. Our annual Service and Goods auction also returns with online bidding starting on April 28th. We will have a sit-down dinner on Saturday, May 4th followed by live auction bidding. Come see the competitive side of folks. You will have time to place any last minute online bids after the live auction, since online bidding ends Monday, May 6th. Your donations are needed to make this event a success. It is our main fund raiser. Please see details elsewhere in this newsletter.

Our congregation relies on our members and friends volunteering. If you are new to our community, I encourage you to help at a workday or with a Soup Sunday. These are short-term commitments. Additionally, please do explore various committees, classes, and groups. We have something for everyone.

The congregation's board meets on the second Wednesday at 6:30 pm in Drysdale Hall. If you have business for us to consider or you wish to attend, please let me know at betty.corbin@protonmail.com.

Blessed be, Betty Corbin, President



50TH ANNIVERSARY PARTY

Steve Glenn and his wife Nita are celebrating their 50th wedding anniversary at a picnic (catered dinner) in Taughannock State Park on August 28th hosted by their son, Matthew and his wife. They have planned other possible activities for folks traveling a distance. Enjoy a respite

from Virginia's summer heat in the Finger Lakes area of upstate New York. Follow the wine trails or visit the natural and historical places. Matthew and his wife run a CSA. Steve is a member of our congregation and a former co-director of RE with Tina Barnes. He and Nita retired to Trumansburg, NY to be nearer their son and his wife who run a CSA. If you are interested in attending, please contact Steve who will email you all the details.

Email: Stevenglenn612@gmail.com or (607) 237-5203 (cell)



ZoomNOTE 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 February, we collected \$1,461.69 for Meals on Wheels. Thanks to everyone who participated in this generosity!

On April 21, we will hear from Robin Robinson, Executive Programs Manager of One Community One Voice, an organization sponsored by Living Word Ministries in partnership with the faith community, area organizations and businesses, the Lynchburg Police Dept., the Sheriff's Dept., and the City. Their mission is to "make Lynchburg a national model for innovative and compassionate policing practices and increased community engagement".

Their award-winning community outreach program, E.N.O.U.G.H (Empowering Neighborhoods to Overcome Undesirable Behaviors Gives us Hope) is One Community One Voice's most celebrated initiative to date. The B.I.K.E. Program (Believe In Kids Excelling) encourages academic excellence among students in elementary school by rewarding them with bikes.

To make a Generosity Sunday contribution in April, we hope you will 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 at uulynchburg.org *Mail a check to the church at 818 Court St. 24504. The check may be made out to One Community One Voice or to the Unitarian Universalist Congregation of Lynchburg with OCOV on the memo line.

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



BookwUUrms Wednesday April 17 3:00 pm



BookwUUrms will meet on April 17 at 3:00 pm both on Zoom and in person at U House. PJ will lead the discussion of "The Coddling of the American Mind: How Good Intentions and Bad Ideas are Setting Up a Generation For Failure" by Greg Lukianoff and Jonathan Haidt.

The authors do an excellent job of reminding readers of how the assumption of fragility can be disempowering. It is a good discussion of how "safetyism" is undermining freedom of thought in young people (and experienced adults as well). Join us!



MUUvies that Matter Tuesday, April 9 at 7:00 pm Zoom

Our April MUUvies that Matter will be the Oscar winning PBS Frontline Documentary, "2- Days in Mariupol.

An AP team of Ukrainian journalists trapped in the besieged city of Mariupol struggle to continue their work documenting atrocities of the Russian invasion. As the only international reporters who remain in the city as Russian forces close in, they capture what become some of the most defining images of the war.

After nearly a decade covering international conflicts, including the Russia-Ukraine war, for The Associated Press, Mstyslav Chernov makes his feature film debut with 20 Days in Mariupol. The film draws on Chernov's daily news dispatches and personal footage of his own country at war. It offers a vivid, harrowing account of civilians caught in the siege, as well as a window into what it's like to report from a conflict zone, and the impact of such journalism around the globe.

We will be sharing this on Zoom with a time for discussion following. If you prefer, you can watch in on your own (go to PBS Frontline) and join us for the discussion time.

Please contact Makanah/Bob Morriss at revs2uu@aol.com for the Zoom link.

Alliance News

Westminster Canterbury
April 11 at 12:00 pm

The Alliance will meet for lunch at 12:00 on April 11 at Westminster Canterbury. Join us to spend some time with our friends there. You can choose from a variety of options in their cafeteria or bring your own lunch, if you prefer.

Our second meeting will probably be on **March 28** at **11:30 am**. That is subject to change, though, because we haven't firmed up plans yet. Details will be sent via email when we settle on what we'll be doing.

Contact Becky Piatt or Molly McClenon with questions or suggestions



Tuesday, April 16 at 7:00 pm on ZoomFinis will lead the meeting and Jim 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 April 16.





UUCL Spring Service & Goods Auction Saturday May 4, 2024

The online silent auction returns followed by a dinner and live in-person auction.

The annual auction continues to count on all of us to be creative or offer traditional goods and services for the highest bidder to appreciate. Enjoy the opportunity to connect with other church members, share treasures and spend some quality time together. The funds raised will support our church's operating expenses.

Need ideas for what to donate? Here are a few favorites from past years: rides to airports or doctors; dinners, cookouts and games hosted by members and friends in their homes; movie & theater tickets; gift cards to local restaurants; sermon topic of your choice; Virginia Tech football tickets; a day at Martinsville Speedway; Pottery & Paintings by our members and friends; garden compost from Wisdom Farm horses; and, various outings to local festivals.

Save the Dates!

- * Sunday, April 28th: Online Bidding Starts
- * Saturday, May 4th: Dinner & Live Auction 5:30-8:00 pm Online Bidding Ends at 2:00 am Monday, May 6th

Please contact Betty Corbin with questions and to donate auction items before Friday, April 26th. betty.corbin@protonmail.com

Kroger Community Rewards: Fundraising at No Cost to You

If you're a member or friend of our church, and you do some grocery shopping at Kroger, we hope you will join their **Community Rewards** program and designate your "rewards" (a tiny percentage of your purchases) to *The Alliance of First Unitarian Church*. It's such an easy way to contribute to the work of the church and the Alliance because half of the proceeds go to the church operating budget and the other half stays with the Alliance to be available for special church projects.

The KCR program has changed a great deal over the years and it used to be a lot easier to tell you how to join! I can't give exact instructions that will apply to everyone – it depends if you already have an account, whether Kroger has your current email address, etc. To apply for membership in KCR, I would go to one of these websites and follow the instructions from there:

www.Krogercommunityrewards.com www.Kroger.com Organization name: Alliance of First Unitarian Church

Organization number: FL228

For questions, the Kroger Customer Service number is 1-800-576-4377. Their agents in the Live Chat have been helpful. I'll be glad to help if I can: Pat Bower, bowerpatricia2@gmail.com or (434) 386-3944.

JOIN REV. MAKANAH MORRISS AND DLE COURTNEY SINHA FOR:

CREATING THEOLOGY TOGETHER

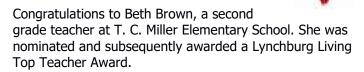
CLASS MEETS THE FOLLOWING DATES: FEB. 29, MARCH 14 AND 28, AND APRIL 11 AND 25 AT 6 PM

CLASS MEETS IN-PERSON AND VIA ZOOM. CONTACT DLE COURTNEY
TO REGISTER FOR THE CLASS OR WITH ANY OUESTIONS.

Our identity and theology are shaped by our lived experience. By understanding our personal theology, we can engage and deepen our commitments in covenantal faith community. Then we can name and claim our shared theology, to inform and shape a public theology that grounds our faithful actions in the world. Creating Theology Together was created to ground and center a congregation's social justice work in uu theology and mission, and to inspire a deeper commitment to covenantal community, and to our faith's values and principles.

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.

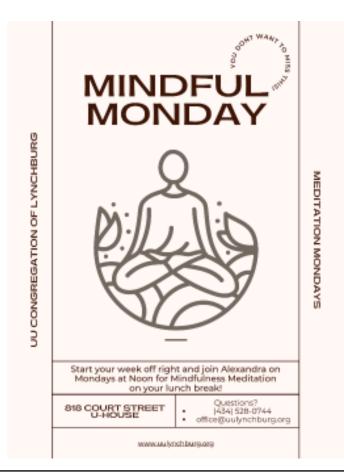




SOUP OR SPUD SUNDAYS

All-Church Fundraiser and Lunch Social













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: April 7 N-Z

April 14 A-C April 21 D-M

April 28 SOUP/SPUD SUNDAY

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.

Weekly Mindfulness Meditation with Alexandra beginning March 4 at noon!

Join us for a weekly class at noon on Mondays during a lunch break to help bring mindfulness and balance to your week. Open to **all levels** and **all abilities**.

Each week we will do a little:

- Movement in a chair: think stretching to get your body ready to sit quietly
- Breathing: to help calm down that busy beaver of a brain
- Sitting: aka meditating
- Resting: letting our souls "catch up"
- Each week might look a little different.

As a teacher, I am open to what is working and isn't working for individuals and a class. We will be flexible as we try things out and find ways to bring mindfulness to our day.

Alexandra taught yoga and mediation for 7 years full time in Northern Virginia. She held a 700 hour RYT (registered yoga teacher) certification during that time "Spiritual and meditative practices are not meant to erase pain. That's a symptom of our pain-avoidant culture, and not an accurate portrayal of the practices themselves. It's a misuse of so many beautiful teachings to force them into roles they were never meant to play.

Spiritual practices in any tradition, including mindfulness in its many forms, are meant to help you live what is yours to live, not make you rise above it. These tools are are meant to help you feel companioned inside your grief. They're meant to give you a tiny bit of breathing room inside what is wholly unbearable. That's not at all the same thing as making your pain go away.

Rather than help us rise above being human, teachings in any true tradition help us become *more* human: more connected, not less attached."

~~ It's OK That You're Not OK.

Dear Families,

As the warmth of April envelops us, we find ourselves drawn deeper into the heart of our spiritual journey, guided by the values that bind us together as a Unitarian Universalist community. Reflecting on our recent exploration of **transformation**, we carry forward the spirit of growth and renewal that exemplifies our values. We had an energetic and creative time of exploring all the ways that change can impact our lives and the lives of those in the world around us. We also enjoyed learning about a variety of spring holidays, festivals, and celebrations.

This month, we continue our exploration of the proposed Article II changes with another foundational value that shapes our beliefs and actions: *Interdependence*. This theme invites us to contemplate the intricate connections that weave through our lives, reminding us of our shared responsibility for each other and the world we inhabit. From the proposed Article II changes, "Interdependence: We honor the interdependent web of all existence. With reverence for the great web of life and with humility, we acknowledge our place in it. We covenant to protect Earth and all beings from exploitation. We will create and nurture sustainable relationships of care and respect, mutuality and justice. We will work to repair harm and damaged relationships." The goal this month is to have fun working together in a way that helps kids explore what Interdependence means for us as Unitarian Universalists, the difference between independence and Interdependence, and how our faith teaches us and lifts up the idea that we can't go it alone.

Join us as we delve into the rich tapestry of Interdependence, exploring its myriad expressions in our daily lives and beyond. Through stories, conversations, and creative expressions, we will uncover the beauty of our interconnectedness and the transformative power it holds.

From the delicate balance of ecosystems to the bonds of community and family, we will celebrate the myriad ways in which we rely on one another for support, growth, and fulfillment. As we welcome the blossoming of spring, let us embrace the lessons of Interdependence with open hearts and minds.

We invite your family to embark on this journey with us, as we cultivate a deeper understanding of our place in the world and the role we play in shaping its future. Together, let us nurture a spirit of connection and cooperation, building a world that reflects our deepest values of love and unity.

This month, our younger Religious Education classes will continue with the Soul Matters curriculum as we will delve into the UU value of Interdependence.

If you have a child in preschool to 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. We will be studying and exploring:

April 7 - Interdependence - What is it?

April 14 - The Web of Community - How we nurture it, and it nurtures us

April 21 - Caring for the Web of Creation

April 28 - How the Web of Creation Cares for Us

Our older kids (5th to 8th grades) are on a temporary pause from their *Building a Better World* curriculum as we work to transition it to the next phase. During this time, our youth have several options:

- They can make use of the temporarily empty RE room to play board games, read, or make free form art.
- They are very welcome to join the Soul Matters class for learning and activities.
- Finally, they are invited to remain in the sanctuary with their grown-ups for the service.

Thoughts on Interdependence

"Creative spirit, source of life and love:

We give thanks for the beauty of this day and for the company of those assembled here.

Thank you for the breezes of change, clearing our heads and bringing fresh ideas. May they cleanse our minds of the oppressions and isms that divide us.

Thank you for the flame of hope, the heat of righteous anger, the warmth of compassion, and the fire of commitment. May they bubble the cauldrons of transformation.

Thank you for oceans of love, rivers of connection, tears of relief, and pools of serenity. May healing waters flow over us and through us and among us, wearing down the sharp rocks of despair to bring joy in the morning.

Thank you for the good earth beneath us, around us, and within us. May we take this clay and co-create a new realm of justice and beauty.

Thank you for all these and more. We accept our gifts and commit to building, sculpting, painting, singing, and dancing them to life; to abundant life.

So be it. Blessed be. Amen." – Rev. Lyn Cox

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

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 or (434) 509-5821 (text or call)

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

Mondays: OFF

Tuesdays: 10:00 am - 2:00 pm

Wednesdays and Thursdays: 10:30 am - 2:00 pm Fridays and Evenings: By appointment only

Saturdays: OFF

Adult Religious Education Offerings in April

- 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 Adult Social Group (ages 18-35) will meet on April 9 and April 23. 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 April dates and events.
- MUUvies that Matter will meet on April 9 at 7 pm via Zoom.
- Silent Book Club 3rd Thursday of the month (meets April 18) at 6:30 pm. Please see flier for details and talk to DLE Courtney Sinha if you have any questions or need more info.
- Meditation Group Meets in U-House on Mondays at Noon. Join Alexandra in U-House each Monday for a meaningful meditation moment on your lunch break and start your week off from a centered space.

Children and Youth Religious Education Offerings in April

- Our Pre-K-4th graders continue with the Soul Matters curriculum on Sunday mornings. This month they will be exploring the theme of Interdependence.
- See above for information for 5th to 8th grades.
- RE Open House: April 14 at noon and April 16 at 6:30 pm! Please drop-in to either one of these exciting opportunities to learn more about what is going on in Religious Education and how you can get involved. Child care and light refreshments provided.

Multigenerational Offerings in April

- April 13 - Easter-themed Spring gathering at the Lewis-Yoder home. Watch your email and Facebook for more information on this fun fellowship opportunity for all!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin (S)	12:00 pm Meditation Mondays [see p. 5] 7:00 pm Committee On Ministry	7:00 pm RE Committee	3.7:00 pm Connections Committee	4	ις	9
9:30 am Discussion Group 10:30 am Service " Black Perspectives on White Racial Allyship" Davion Washington, Jr. [see p.1] Religious Education 11:30 am COFFEE HOUR	12:00 pm Meditation Mondays [see p. 5]	7:00 pm mUUvies that Matter [see p. 3] 7:00 pm Young Adult Group	10 6:30 pm Board Meeting	11.2:00 pm Alliance [see p. 3] 6:00 pm Creating Theology Together [see p. 5]	12	£1
14	15	16	41	18	19	20
 9:30 am Discussion Group 10:30 am Service "Are We Alone?" Dick Bain, Rev. Terre [see p.1] Religious Education 11:30 am COFFEE HOUR 12:00 pm Sunday Services Committee 	12:00 pm Meditation Mondays [see p. 5]	7:00 pm JART meeting [see p.4]	3:00 pm BookwUUms [see p. 3]	6:30 – 8:30 pm Silent Book Club		NUUSLETTER DEADLINE
21	22	23	24	25	26	27
9:30 am Discussion Group 10:30 am Service "Interdependence" [see p.1] Generosity Sunday Religious Education 11:30 am COFFEE HOUR	12:00 pm Meditation Mondays [see p. 5]	6:30 pm Young Adult Group	6:30 pm Soul Matters Group	11:30 am Alliance [see p. 3] 6:00 pm Creating Theology Together [see p. 5]		
9:30 am Discussion Group 10:30 am Service "Building Our Belief" Rev. Terre [see p.1] Religious Education 11:30 am SOUP OR SPUD SUNDAY	12:00 pm Meditation Mondays [see p. 5]	30				

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



THIS MONTH: • Service & Goods Auction, 4/28-5/4; p.4

• Soup or Spud Sunday; 4/28; p.5 • Creating Theology Together, 4/11 & 4/25; p.5

Church Staff

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

Ernest Berry Sexton

Church Officers

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)

Office Phone: (434) 528-0744 Email: office@uulynchburg.org Website: www.uulynchburg.org

Content Deadline for the May nUUsletter:

Saturday, April 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.