



TRI-CITIES U.U. REVIEW

The Newsletter of Holston Valley Unitarian Universalist Church
always available online at www.hvuuc.org

The mission of Holston Valley Unitarian Universalist Church is to promote spiritual growth, religious freedom, and ethical action.

May 9, 2010

136 Bob Jobe Road Gray, Tennessee 37615 (423) 477-7661

Headlines

- Coffee House May 15th at 7pm
- Wednesday Night Supper May 26th at 6:30pm
- Path to Membership class, June 13th

Path to Membership Class

There will be a Path to Membership class on June 13th after the potluck. The class is about two hours long and childcare will be available. You can sign up on the sheet located at the side counter in the sanctuary or by contacting the church office at office@hvuuc.org or 423-477-7661.

Accompanist(s) Wanted to Play Sunday Morning Hymns

The music committee is looking for other musicians to accompany hymns on the first and third Sundays of the month so that Alma can be relieved of this duty. If you can help please contact Teri Sandoval @ tfsandoval@gmail.com.

Please also let Teri know if you are aware of other musicians outside of the HVUUC community who may also be able play hymns at our Sunday Morning Service.

Adult Religious Education

Join us for stimulating presentations and discussions in Adult R.E. from 9AM to 10:15AM Sunday mornings in the Junior Youth room in the REZ (first room on the right). This present ongoing series in on comparative religions.

Upcoming Sunday Worship Services

May 16 - "*Thoreau and Walden Pond*", Reverend Luck
We will take a new look at 19th century Unitarian Henry Thoreau to see what he has to say that could be helpful to us in living our lives well in the 21st century. HVUUC will also install its new Board, recognize the new Committee on Ministry member, the new nominating committee, and our 2010 High School graduates.

May 23 - "*In Memorium*"

A service honoring departed members of HVUUC. HVUUC will recognize its religious education teachers with our deepest heartfelt appreciation.

May 30 - "*Continue Doing What You Are Doing*", Reverend Luck

Based on Rabbi Kirshner's fable: The Poor Man and the Baker. The service will have a justice/service theme and there will be a 5th Sunday collection.

June 6 - "*Six Degrees: More or Less?*", Reverend Luck
Religious Humanism has had a tremendous impact on Unitarian Universalist thought and belief. Most of us are humanists to one degree or another; how many degrees are you?

June 13 - "*Why You Should Not Be a Unitarian Universalist!*", Reverend Luck

There are many things one should know before attending the Path to Membership class after the service, and I intend to tell all! I've decided to go ahead and let you in on the difficult things about being a member of our faith tradition. For example Garrison Keillor will eternally be knocking your religion, and it can be difficult being the brunt of jokes on national radio!

June 20 - "*What is a Father?*", Erin Swenson



HVUUC Calendar

Tuesday May 11

5:15pm Yoga
6:30pm HVUUC Sangha

Wednesday May 12

6pm Young Adult Group
7pm Religious Services meeting
7pm Wed. Music Covenant

Thursday May 13

7pm Metaphysical Group

Saturday May 15

7pm Coffee House

Sunday May 16

9am Adult RE
9:30am Social Justice Meeting
10:30am Worship Service
12pm CUUPS Meeting
7pm Music Covenant Group

Tuesday May 18

10am Buuk Club
5:15pm Yoga
6:30pm HVUUC Sangha
7pm Dream Covenant Group

Wednesday May 19

7pm Board of Trustees Meeting
7pm Simplicity Group

Thursday May 20

7pm Metaphysical Group
7pm Spirituality Covenant Group

Saturday May 22

4pm Kara Clouse Wedding

Sunday May 23

9am Adult RE
9:30am Social Justice Committee
10:30am Worship Service
12pm Non-Violent Communication
12pm Girl Scouts

Tuesday May 25

5:15pm Yoga
6:30pm HVUUC Sangha
7pm Covenant Group Facilitators

Wednesday May 26

6:30pm WNS
7pm Wednesday Music Covenant

Thursday May 27

7pm Metaphysical Group

Sunday May 30

9am Adult RE
10:30am Worship Service
7pm Music Covenant Group

Tuesday June 1

5:15pm Yoga
6:30pm HVUUC Sangha
7pm Dream Covenant Group
7pm Star Trek Covenant Group
7pm Finance Committee

Luck's Leaf....May 2010

What a beautiful spring we are having! We participated in the annual flower ritual last Sunday that celebrates our coming together in covenant as one religious body in which we both give and receive gifts and blessings. Speaking of covenants, please note the new arrangement of the HVUUC covenants in the Fred Ball Room.



The annual congregational meeting went well, and per your vote HVUUC will be installing the 2010-2011 Board Trustees, May 16. HVUUC is a faith community that supports and holds its members to high values and actions, to spiritual growth, and ethical action and the work of justice. We support each other and work to make life better for all within and outside the church walls. This is a never ending commitment, but one that is fulfilling. As we focus on our mission we are reminded of the differences between churches and businesses, often our more familiar institutional model.

Businesses have a product that is priced competitively, and clients and customers that must be satisfied. Of course we all want to be happy and well pleased with our church, and we want it to be successful in fulfilling its mission, but we miss much if we participate in the life of the church as a consumer to be satisfied. At pledge time each year we hear the truth that: the more you give, the more you receive. In this column, I am speaking of the giving of your attention, of opening your mind and heart to the gifts that are inherent in all gatherings of the congregation.

We all work very hard at "getting it right" though sometimes it's not what is wished. I trust however, there is always something in a worship service, in a committee meeting, in a workday that you can take away as valuable. With that in mind each of us would have an attitude of expectation when entering the sanctuary, when going to religious education, or teaching religious education, or whenever volunteering at church. With that spirit of expectation, we sift through and seek the bits that stir our hearts, grow our souls, stretch our complacency, or challenge us to grow to greater depth and fulfillment.

Churches are about the high and noble call of transformation and compassion. We do ourselves a disservice if we seek as customers to be satisfied, or treat others as customers to be satisfied. HVUUC comes together in covenant as one religious body that both gives and receives gifts and blessings within our faith tradition as we stretch to our high vision of personal transformation and covenanted community in service to our neighbor and to the Holy. JL

Easy on the Earth

Crush your dried eggshells and scatter them in a ring around your vegetable plants. Slugs don't like to cross the sharp edges of the shells. You can also add some crushed eggshells to your planting holes for tomatoes and peppers, as it provides the plants with calcium.

Presidents Corner



During this past year I have had many people at church come up to me and thank me for being president. I want to let everyone know how much that has meant to me. That has gotten me to thinking about how much I thank those in our church that work so hard to make our church such a wonderful place. I do try to thank others. But do I do it often enough? I want to take this opportunity to thank everyone who helps in some way with our church. Whether it is through a financial contribution or through working on a committee, singing in the choir, helping in the garden, performing during a service, helping keep our building in good shape, helping in the kitchen or any number of important jobs that need to be done to maintain our home and community. I plan to thank those members of our church community on a regular basis.

I also want to thank the board of trustees that has been so helpful to me during this past year. This church is lucky to have such a board that has been willing to go the extra mile when I called extra board meetings or when they ran late. I am proud to have been a part of this board. Thanks to Charlie as he takes over on June first as president. I know he will do a wonderful job. An attitude of gratitude for our church and all that it means to us is such a healthy and healing atti-

Proposed New HVUUC Policy

The following policy has been approved by the board on a first reading. Please send any comments to Louise Mayo, the church secretary (boardsecretary@hvuuc.org). The board will do a final reading of these policies at an upcoming board meeting.

a.. The Membership Trustee will determine a Reported Member List for the UUA as those who contribute or Pledge at least twice the amount due to the UUA and the TJD, or those Members who volunteer at a high level and participate regularly. This list of Active Members will be approved by the Board of Trustees.

IHN Volunteers Needed

May 31st and June 1st will be our opportunity to support Hopwood Christian Church, located on the Milligan College Campus, with the homeless families that are currently part of the Interfaith Hospitality Network (IHN). Our job is to shop, cook for, and serve the families' dinner on Monday and Tuesday evenings. We are also responsible on those nights for staying overnight at Hopwood Church (in a private room w/cot) as 'chaperone/companions' to the families. Any expenses incurred for cooking dinner will be reimbursed and training will be provided for both positions by others in our church that have experience. A male and female are needed for the overnight stay on both nights-couples, or small families can do this together. Cooks can be girl scout troops, families, friends, couples, even your book club or yoga class!

If this is something you'd like the opportunity to help with, please contact Sam Jones at simpleintn@yahoo.com

Recycling Volunteers Needed!

A recent survey conducted by the Social Justice Committee showed that 57 of the 69 folks that completed the survey said they would be willing to help carry our kitchen's recycling to their closest recycling facility. With that many positive responses, this really should be an easy task that each of us only needs to perform ONCE A YEAR! There is now a signup sheet above the recycling bins in the Fred Ball room. It's time to 'walk our talk' and signup for your turn at being a part of a caring community of people that is concerned about lowering our environmental footprint, both individually and collectively. For those of you with curb side recycling this will be even easier than for those of us that have to take the items to a facility. And parents, don't forget what an important lesson you'll be teaching your kids by doing this as a family.

Thank you, thank you, thank you!

Sam Jones, Co-chair Social Justice Committee

The Board Would Like to Hear From You

The HVUUC Board of Trustees welcomes your suggestions, opinions and comments to serve you better. Please drop your card in the suggestion box located on the back table of the sanctuary. Please remember your name and contact information are important so we can get back to you.

Coffee House Saturday May 15th

The coffee house returns for a fun night of song, snacks and fun. You might even want to bring an instrument and join in the jam, or sing or even dance. Or you might want to just sit and listen to some great music. The fun starts at 7:00 pm on May 15th. There will be snacks during intermission. And what a line up!

Patrick Cox will be opening our program and also playing harmonica is our JUUG band

Brian Hearl will be playing- He may be alone, he may bring a friend, he may bring a group-sure to be great no matter what.

Long Island Transfer- Teri, Daniel, Bryan, and Rosemary will be doing some great a cappella numbers. I love the stuff they do. Not to be missed.

The Holston Valley JUUG Stompers will present a combination of great songs, great harmonies and a hint of wackiness. If you love jug band music (and who doesn't) you will love this group.

Clumsy Celtic comprised of Linda Waltner, Sam and Michael Jones will do 3 songs. At the water cooler on Monday morning everyone will be talking about Clumsy Celtic. Don't be left out!

The Wednesday Night Covenant Group will be playing some folkie and not so folkie stuff. Every time we schedule the coffee house we learn this stuff and then forget the songs. Catch us before we forget these songs again.

There may be a few other performers who are holding out for a better venue, but if they don't get it they will be there too. Come see who shows up. We will end the evening with a jam. You can join in singing, playing an instrument or just standing on the stage looking cool. We will have words and chords available.

Don't forget Saturday, May 15th at HVUUC. A fun time guaranteed or your money back. Oh yeah, its free.

New Series of Yoga Classes

A series of six Yoga sessions began on April 20th. We meet at 5:15pm in the Sangha Room of the REZ or, if the weather and the mood permits, we may meet on the deck behind the Sanctuary. This series of classes will conclude on June 1st. The cost of this next series of classes will be \$40 or \$10 per class for walk-ins. The class is a mixture of breathing techniques and yoga poses that flow from one into another. You do not need to have attended the last session to attend this session. Contact Tish Kashdan dtkashdan@chartertn.net or 392-4424(home), 534-4856(cell) for more info.

5th Sunday Collection

In an effort to expand our support of agencies feeding the hungry in our region, the Social Justice Committee will split the May 30th collection between Hunger First in Kingsport and the Bristol Emergency Food Pantry. We have been long time supporters of Hunger First. The Food Pantry which serves Sullivan County, Blountville, Bluff City, Piney Flats and Bristol TN/VA fed 11,808 people in 2009. It has been in existence since 1965 and works with various local agencies on voucher system. Checks can be made out to HVUUC and placed in the white envelopes given in the order of service on the 30th.

HVUUC Women's Group

Here at HVUUC we offer a fun filled women's night on the first Friday night of every month (except when it is on the 2nd Friday night). We gather generally at 6:00-7:00 at a previously announced location (generally someone's house but could be the church, a restaurant, etc.). For those of you who are curious, and perhaps a bit nervous.... here are a few hints of what may occur.

1. meaningful discussion (topic?)
2. great food
3. luscious libations
4. Wild laughter and not so meaningful discussion
5. games
6. pool party
7. bonfire

Of course, we occasionally have arts, crafts, social action, surprise parties, cookie exchanges, etc. Always a good time is guaranteed. At present we have the following hostesses signed up:

June- Micki Addleman

July- Candy Marshall

August- Freda Love

Sept- Tamara Richardson

October- Martha Podren

November- Rosemary Kleske

December- Sue Chudler

The schedule is also available on our yahoo web site calendar. http://groups.yahoo.com/group/HVUUC_Women/

Looking to buy an affordable home? Check out Eastern Eight Community Development Corporation, a community-based housing and community development agency whose mission is to fulfill housing needs for low-to-moderate income families at www.e8cdc.org.

Community Information

2010 Mountain Camp A UU Summer Experience!

The Mountain Retreat & Learning Center,
Highlands, NC
Community Standards -The Big Four
Free of violence
Free of sex and exclusive relationships
Free of illegal drugs and alcohol
Free of tobacco products

June 13-July 31 CIT 2.0 (Rising 12th grade)
June 13-July 16 Ascender Program (11-12th grade)
June 20-July 2 Junior High Camp (7-9th grade)
July 4-July 16 Elementary Camp (4-6th grade)
Service & Adventure Program (8-12th grade)
July 11-July 16 Beginner Camp (1-3rd grade)
July 18-July 31 Senior High Camp (10-12th grade)

For more information about each camp session and to register visit us on the web at www.mountaincenters.org/mountain-camp.html

UU Bed and Breakfast Directory

Do you dream of inexpensive vacation travel to interesting destinations where you can stay in the homes of friendly people who share your ideals and are happy to provide directions and advice for their area?

The UU bed and breakfast directory UU're Home (formerly Homecomings) can fulfill your dream. For 31 years, we've provided a network of hosts in the United States (and a few abroad) who enjoy meeting new friends and who are happy to open their home to like-minded people.

You can also become a host and be listed in the directory: see www.UUreHome.com for an application. If you have questions, contact us at info@uurehome.com or call 828-281-3253.

Donate to Fund for Flood Victims in Tennessee and Kentucky

Right now, Unitarian Universalists (UU) in Nashville, TN and Kentucky are currently facing a devastating crisis and need your support.

Dan Rosemergy, minister of Greater Nashville UU Church, and Gail Seavey, minister of the First UU Church of Nashville, are reporting that a number of their congregants' homes and life possessions have been washed away in the recent flood. Many of them do not have flood insurance to replace and repair their lives. They are living with family and friends, in hotels, or in other accommodations while the extent of the damage is being assessed.

In tragedies like this, community support is critical to recovery. As members of this faith community, please help these individuals deal with the anguish of devastating loss and rebuild their lives by making a donation to the Tennessee and Kentucky Flood Relief Fund at the following URL: <http://bit.ly/bR5NbC>. Its purpose is to bring practical financial assistance, ministry, and spiritual care to those affected by the tragic floods. Gifts will demonstrate to the affected congregations and their members that they are not alone during this challenging time.

This fund is a partnership among the Unitarian Universalist Association, the Thomas Jefferson District, the Mid-South District, Greater Nashville UU Church, and the First UU Church of Nashville. Please give generously at <http://bit.ly/bR5NbC>. Thank you.

WhaleCoast Alaska 2010

Five Alaskan UU fellowships invite you to experience our eco-cultural and spiritual program this summer in our 14th year! See *REAL* Alaska, with UU homestays in Anchorage, Fairbanks, Juneau, and Sitka. UU's host events and lead tours. Experience Native Alaskan culture. Observe wildlife, including bears, moose, caribou, whales, sea otters and bald eagles. Visit Denali National Park. Dave Frey, a 29-year Alaska resident, leads the programs. Visit www.whalecoastak.org. Don't delay, the program usually fills by March 10. Email dfrey@whalecoastak.org for information, or call 907-322-4966. We would love to share our Alaska with you!

Membership Corner

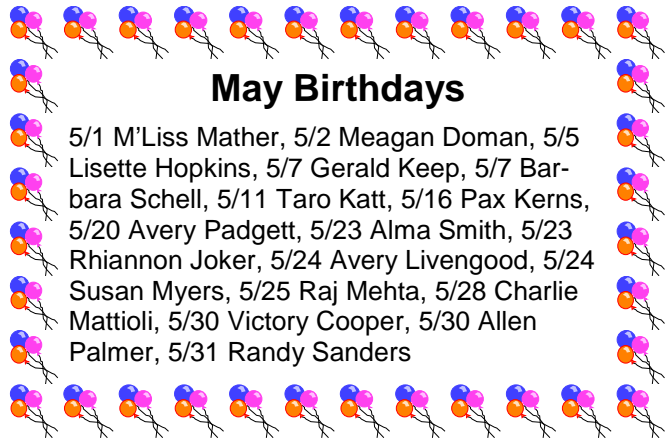
Congratulation 2010 Graduates! Nick Cross, Ben Kashdan, and Patrick Ledbetter are all graduating from high school this month. HVUUC congratulates you and wishes you good luck in your post high school endeavors!

Thank you to Kara Clouse for a donation of three hymnals in the name of Alma Hester Smith

Caring Team

Caring Team coordinators for May are Betty Kramer and Spencer Conco . Congregants can reach them by e-mail at caring@hvuuc.org or by calling 423-477-7661 (Press 3).

Thank you to our April coordinators Gabrielle Zeiger and Lynn Scarborough!



May Birthdays

5/1 M'Liss Mather, 5/2 Meagan Doman, 5/5 Lisette Hopkins, 5/7 Gerald Keep, 5/7 Barbara Schell, 5/11 Taro Katt, 5/16 Pax Kerns, 5/20 Avery Padgett, 5/23 Alma Smith, 5/23 Rhiannon Joker, 5/24 Avery Livengood, 5/24 Susan Myers, 5/25 Raj Mehta, 5/28 Charlie Mattioli, 5/30 Victory Cooper, 5/30 Allen Palmer, 5/31 Randy Sanders

2009-2010 Board of Trustees

President: Michael Jones, 349-6119 president@hvuuc.org
Vice President: Charlie Mattioli, 543-1962 vp@hvuuc.org
Past President: Ramesh Munjal, 239-4561 pastpresident@hvuuc.org
Treasurer: Frank Shuler, 239-3821 treasurer@hvuuc.org
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Programs Trustee: Scott LaVoie, 753-6422 programs@hvuuc.org
Facilities Trustee: Bryan Kleske, 913-2928 facilities@hvuuc.org
Secretary/Historian: Louise Mayo, 282-9290 boardsecretary@hvuuc.org
Membership Trustee: Gracia Basham, 571-5035 membership@hvuuc.org

Minister

Rev. Jacqueline Luck: 477-7661 (office), minister@hvuuc.org

Church Secretary's Office Hours

9:00am-3:00pm, Tuesday & Thursday - office@hvuuc.org

Upcoming Newsletter Deadlines: May 9, May 23, June 6, July 4, August 1, August 15

Please send any items for the newsletter to the church office at: office@hvuuc.org

The HVUUC web site can be found at: www.hvuuc.org

HVUUC On-Line News Group: Our yahoo news group is an online service that provides our congregation the quickest method of communicating news, announcements, and schedule changes. To join, or update to a new e-mail address, send an e-mail to hvuuc-news-subscribe@yahoogroups.com indicating your full name, address and phone number where you can be reached. Someone from HVUUC may contact you before your subscription becomes active. If you don't have e-mail, please call the church at 423-477-7661 to receive the newsletter by US mail. Announcements and changes between newsletters are not mailed to recipients of hard copy of the newsletter.

To post a church related message send an e-mail to: hvuuc-news@yahoogroups.com (a moderator will reviews it to ensure that the content meets our guidelines)

To unsubscribe: send an e-mail message to hvuuc-newssubscribe@yahoogroups.com

Look for other UUA news and other UU Church newsletters at the UUA Website: www.uua.org