

CVUU Monthly News

ADMIN & COMMUNICATIONS PUBLICATION



Coastal Virginia
Unitarian Universalists

JANUARY 2019

ISSUE 13

Team forms to find our next minister

The CVUU Board of Directors is in the process of forming a search team for our next settled minister. The search process lasts about 18 months.

The board requests the input of the entire congregation.

The primary task of the search team is to find the best ministerial candidate for our congregation and to present them for a full congregational vote. To succeed in that work, the team will need to engage the congregation in conversations that will allow the search team to tell our story accurately and well, to show both our strengths and our growing edges. The team will also survey the congregation to see what we most need and want in our next settled minister.

The most effective search team is one that both represents all the many different facets of our congregation and can function as a team, listening well to the congregation and to one another, sharing in the many tasks required, and communicating their pro-

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Get your Hamilton tickets online!

Save the date for a performance by Bill Chrystal of "America's Founding Fathers, Slavery, and Religion: Thoughts from Alexander Hamilton," 7 p.m. on Feb. 1, 2019.

Chrystal is the nation's leading interpreter of Alexander Hamilton (1757-1804), the First Secretary of the Treasury and author of our financial system.

Bill believes in bringing history and all of its lessons alive for his audiences. As a Hamilton scholar, he dons colonial garb to share insights gained over decades of study and research.

Chrystal is the author of *Hamilton by the Slice: Falling in Love with Our Most Influential Founding Father*, and the Founding Editor of the *Alexander Hamilton Working Papers*, an occasional publication devoted to new research and information on Hamilton.

Pre-sale tickets are \$20 for adults, \$15 for



Image credit: Michael Newton - *The Path to Tyranny*

military members and free for anyone under the age of 12 or \$25 at the door the night of the event. Tickets can be purchased online at c-vuu.org.

For CVUU members and friends there will be a pizza dinner and a performance by the *Itinerant Band* before the show.

gress.

If you know someone that you think would serve us well as a member of the team, please share that recommendation by sending an email to Reverend Justine Sullivan at minister@C-VUU.org.

Tell why you are recommending the person & if you have let them know you are passing their name along. It is fine to nominate yourself; just tell us why you want to serve. The board will contact nominees and make a final decision team by mid- January.

Calling all songbirds

Congregants! Please come and join us for "Tryout Choir Day!" on January 6th, 2019. We will be rehearsing at 9:15 a.m. the morning of the service to practice a couple of songs together.

This is a no-commitment opportunity to try your hand onstage with the CVUU Choir!

Come find a different view of the service, while connecting with old friends and new.

Thinking of joining our congregation?

A Pathways to Membership will be hosted by Rev. Justine Sullivan and the Membership Committee on January

12, 2019 from 9 a.m. to 12 p.m. The class offers visitors a chance to learn more about Unitarian Universalism and the fun and exciting activities at CVUU.

We will provide childcare and breakfast (donuts and fruit, coffee) for the participants in Room 205 (upstairs). Guests interested in signing our Membership Book may do so, either in a public Joining Ceremony which occurs during a Sunday service or privately in the presence of a Director from the Board.

Contact Membership to enroll in our class: membership@c-vuu.org

Many ways to help with NEST!

NEST is happening January 23, 2019 thru January 29, 2019. There are many opportunities to help.

Donate gently used sweaters, sweat-shirts, jackets and sweatpants, (all adult sizes (clean and ready for immediate use). We also need socks and underwear (new only), hand towels and washcloths, and individually wrapped snack items such as peanut butter crackers, trail mix, fruit cups, and granola bars (soft).

People can bring things in anytime between now and January 23 and place them in the bin located in the south entrance to the sanctuary. It can't

be done without YOU!

If you are interested in volunteering for NEST, contact Julie Hurst, 757-620-7991, or email: jbhurst@cox.net. We need folks to serve as a bus stop helpers in Norfolk, or as a CVUU hosts, dinner providers & servers, overnight helpers, and early AM volunteers to cook/serve breakfast or help with clean up.

Save the Date

The new owners of 739 Yarmouth Street, Paul and Jenny Warren, would like to host our congregation for a thank you celebration from 3—5 p.m. on Sunday afternoon, Jan, 6 at 739 Yarmouth. More details to be announced, but do plan to attend to share our good wishes with the new stewards of this sacred space in Norfolk.

Help inspire us!

Do you have a favorite prayer or meditation? Have you written any yourself? If you have any meditative artwork, either stand-alone, or something to accompany your written piece, also submit an image of it!

CVUU is collecting these thoughtful writings and art for a future intergenerational happening! Send them to Valerie at Valerie.rottink@gmail.com, or

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podcast

<http://c-vuu.org/series/sermons/>



Tryout Choir Day January 6th!

Join us at 9:15 for a no-commitment opportunity to try your hand onstage with the CVUU Choir!

Join us in supporting our CVUU Teens efforts to raise funds for our playground equipment. They are selling the 2019 Entertainment® Book Membership – you can purchase a coupon book packed with savings to great local restaurants, movie theaters, entertainment, travel and much more!

For details, go to:

<http://c-vuu.org/help-our-teens-raise-funds/>



entertainment Premier Savings Collection

Young Adult Group

Welcome to all 18+

Social Activities TBA each month
Spiritual Activities every 4th Thursday 6:30p

To join our emailing list: valerie.rottink@gmail.com | Check our Facebook: CVUU Young Adults

hand them to her in person (artwork must be emailed).

Looking for more Ushers and Greeters!

The amazing CVUU usher and greeters are looking for additions to our welcoming team. This is a great opportunity to get to know other church members and ease into church volunteering!

Commitments are one Sunday each month beginning at 10 am. Tasks include greeting church attendees on Sunday mornings, providing them with Orders of Service and hymnals, assisting with seating if needed, collecting and depositing the church offerings with other team members, counting church service attendees and being the “first face” of CVUU.

Though it is not a difficult job, training will be provided and there will always be other welcoming team members to help. If you are interested, please see Peggy Pickford, Usher and Greeter Coordinator, or email

at plpickfordslp@gmail.com. We hope to see many new faces soon!

Save the date for Imbolc

Join the Covenant of Unitarian-Universalist Pagans (CUUPS) to celebrate Imbolc, the festival of returning light, hearth and home on Saturday, Feb. 2 at 6 p.m.

We will hold an open-to-all ritual followed by a potluck.

CUUPS observes various Pagan and Earth-centered traditional feasts and celebrations and offers a forum for exploring our sixth UU source: spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature. The CUUPS group is open to all. One does not have to identify as Pagan to attend.

CVUU news in style!

The long-planned for TV for our foyer was installed last month along with our

new bulletin board. We are now showing announcements before, during and after service and have a designated place for our CVUU flyers & community news!

Thank you to **Leo Bevon** and **Anne Odell** for donating the TV, **Susie Gullixson** for donating the Amazon Firestick and **Judy Welp** for arranging the installation!

UU Cluster Trip to Transylvania

Up for a wonderful rich experience of other cultures and Unitarians? Let's join our UU friends from First UU in Richmond and connect with UUs in Romania!

The Cross-Cultural Pilgrimage to Transylvania is organized by The Unitarian Universalist Partner Church Council for July 31 - August 13, 2019. The cost is \$1,195 (double occupancy) + \$150 non-refundable registration fee. Learn more here: <https://uupcc.org/pilgrimages/pilgrimage-opportunities>

January 2019

For full details go to: <https://www.ucnorfolk.org/calendar/this-month>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 12:15p CVUU Women's	31 1:45p Chair Yoga 3p Sandwich Makers	1	2 7p Choir 7p CREC 7p Membership Meeting	3 7p Thursday Covenant 7p Committee on Minis	4	5
6 11:45a Getting to Know 12:15p CVUU Women's	7 1:45p Chair Yoga 3p Sandwich Makers 7p Building Council	8 6:30p Social Justice Co 7p Executive Committe	9 7p Choir	10	11 7p Girl Scouts	12 9a Pathways to Membe
13 12:15p CVUU Women's	14 1:45p Chair Yoga 3p Sandwich Makers 3:15p Covenant Circle 7p Buddhist Affinity Grc	15	16 5:30p House Keeping C 7p Choir	17 6p Greeter Training 7p Board of Directors M 7p Thursday Covenant	18	19
20 12:15p CVUU Women's	21 1:45p Chair Yoga 3p Sandwich Makers	22 2:30p Landscape Comr 7p Wall & Art Committe 7p Worship Service Coi	23 N.E.S.T. 7p Choir	24	25 7p Girl Scouts	26 12:30p Women's Book
27 N.E.S.T. 11:30a Racial Justice 12:15p CVUU Women's	28 1:45p Chair Yoga 3p Sandwich Makers	29	30 7p Choir	31 5:30p Alexander Hamilt	1 6p Imbolc Celebration	2

A word from Rev. Justine Sullivan

Dear Members and Friends of CVUU:

***I will sing a new song.
I must learn the new song for the new needs.
I must fashion new words born of all the new growth
of my life-- of my mind-- of my spirit.
I must prepare for new melodies that have never been mine before[.]***
~ Howard Thurman

Many of us find ourselves eager to turn the page on 2018, our spirits wearied by this year that has been challenging for many. But to move forward, we need to ready ourselves and learn the "new song for the new needs." We must do this as a nation, surely, but also, I think, as a congregation. We have spent important time together in the first part of this church year, celebrating the courage and vision and the leap of faith it took for you to make this move to Virginia Beach, to widen both your gaze and your reach. Now is a time for us to look forward and outward, to see who CVUU is meant to be

in the larger world. Who are our neighbors? In what ways to we need to change and grow to serve this wider community of "Coastal Virginia?" Early in this new year, you will install and charge your ministerial search team. They will lead us all in conversations about both past and future - who you have been and who you intend to be? The search committee will be the ones to seek out the best ministerial candidates and to select one final candidate for you to consider, but the work of "search" is an opportunity to connect and encourage and engage all of us. Over the next 18 months, this work of the search committee will mesh well with the work that you and I have identified as both urgent and important, that is, to learn to engage difference and conflict more fully with courage and compassion. I have seen many of



you do this beautifully and well, and I am confident that staying in covenant in this community of faith - even when it feels hard or scary - is something that we all can do well. In this new year, the second half of our first church-year together, let us continue looking forward – imagining how your particular way of being in the world is just what many of our fellow humans are longing for. What are the "new words" and "new melodies" that we might learn together to embrace the new year, to engage in the work that lies ahead of us in these tumultuous times in our nation, and to prepare for the new ministries you will welcome in to the life of this beautiful community of faith? I can't wait to see what comes next! Wishing you all a new year of peace, health, and happiness.

Blessings,
Justine

The Reverend Justine Sullivan
Interim Minister, CVUU
RevJustineSullivan@gmail.com
757-627-5371

Adult Discussion
Meets Sundays @ 9 a.m.
- discuss philosophical, spiritual, political & religious issues!

CVUU Coastal Virginia Unitarian Universalists

Buddhist Affinity Group
Jan. 14 at 7 p.m.
Meditation Room

Book Club pick for January!

LYDIA NETZER
shine
shine
shine

HELP US GROW!
Share our content, like our posts, invite your friends!

<https://www.facebook.com/covauu/>

Like us on Facebook

CVUU Coastal Virginia Unitarian Universalists



January Worship:

We offer a weekly service every Sunday at 10:30 a.m.:

Jan. 6 - "New Year's Intentions," with Rev. Justine Sullivan.

Jan. 13 - "Hard to Resist," with Rev. Justine Sullivan.

Jan. 20 - "Remembering Dr. King," with Racial Justice Task Force.

Jan. 27 - "Telling Our UU Stories" with Rev. Justine Sullivan.

Our Worship Services are weekly reflections that weave together our thoughts and experiences with music, beauty, poetry, and words that both comfort and challenge. Our programs for all ages inspire us, and awaken us to our capacities to make a difference in our own lives and in the world. Connect with us to join in!

ULHR breakfast to honor MLK

The Urban League of Hampton Roads (ULHR) will host it's 35th Annual Martin Luther King Jr. Community Leaders' Breakfast Monday, January 21, 2019, 8:00 a.m., at the Ted Constant Center in Norfolk, sponsored by Old Dominion University.



The breakfast, created to honor the leg-

acy of Dr. Martin Luther King Jr., recognizes and presents awards to those dedicated to community service, volunteerism, education, employment, health, and housing.

The keynote speaker is the honorable Jerrauld "Jay" Jones, Delegate for the 89th District of the Virginia House of Delegates.

Tickets are \$50 & sponsorships are available at <https://ulhr.org/event-3113527> or contact the ULHR at (757) 627-0864.

CVUU to host medieval "12th Night"

WELCOME from the KINGDOMS OF CORNUCOPIA e ALARIA! The Kingdom of Cornucopia is a live-steel medieval reenactment group based in Hampton Roads.

On behalf of their Majesties Don Angel, Pantera de los Reyes, King of Cornucopia and Alaria & Doña Kitiara MacLachlan de los Reyes Queen of Cornucopia and Alaria, you are invited to attend our Medieval Twelfth Night January 12th 3-9 p.m. at CVUU.

RSVP by noon January 6th with how many will attend: baronezatre-

vor@yahoo.com or call 650-0974. For those attending we ask that you wear medieval dress (any geographic area) and bring a beverage, cup, plate, bowl, spoon and knife for each person.

Bring \$10 for each dinner guest for the meal.

Note: There are two competitions during the dinner service for telling a short story, and music (instrument or song). You are welcome to compete with medieval story or song.

Thank you,

Organizer Paige Brage

Save the B's

"Whatever you do will be insignificant, but it is very important that you do it." - Gandhi

This is the time of year I'm dreaming over seed catalogs and looking at wonderful photos of the newest perennials. In the mind of a gardener, next year's garden is better than ever. Perfect, even.

Lately I'm striving to be a more generous gardener, choosing perennials that serve a purpose in the web of life. Sometimes I feel like I am starting over, on a whole new learning curve. The seeds I need aren't in every catalog, and the plants are not on every store shelf. I only want to grow the plants that support bees, butterflies, and birds. I want to grow the ones that are just



right for the pollinators that populate the coastal plain here in SE Virginia, and I've been hard at work hunting them down.

Here's what I'll be growing for the bees: alyssum, buckwheat, borage, white clover, and blanketflower gaillardia). These are all easy to grow from seed. I plan to buy penstemon, purple coneflowers, spotted bee balm, seaside and pine barren goldenrod, blazing star (liatris), and

spiderwort (tradescantia). Most of those perennial flowers will require a trip to a native plant nursery or the Native Plant Society's spring sales at Norfolk Botanical and at the Francis Land house. I'm a big fan of tall, showy perennials so I will be looking for more Joe Pye weed, giant ironweed, and common sneezeweed (helenium autumnale). I'll have to be patient with last 3 since they are fall bloomers. I'm digging up half a dozen roses to make room for summer-sweet (clethra), buttonbush, and high-bush blueberries.

Most of these plants are also attractive to butterflies, with blooms that are large, colorful, and easy to perch upon. So for butterflies I concentrate on feeding their caterpillars. Swallowtails are particularly easy to please AND their favorites are easy to grow— dill, fennel, and parsley. I have to try growing potted

native purple passionflowers (Maypops) too. And Dutchman's pipevine for the beautiful blue pipevine swallow-tails. If you're a butterfly watcher, you can't beat the single zinnias. Their flat blooms allow butterflies a great feeding platform. Be prepared that the flat zinnias will get MUCH taller than it says on the seed packet. So you may as well plant some Mexican sunflower (tithonia) and annual sunflowers as well, and watch them shoot up to 8 feet or more! Since a lot of birds are currently out of town (!) I'll talk about gardening for birds next month.

Barbara Perry Gelzer is an experienced horticulturist and a member of the CVUU Landscaping Team. She moved to Virginia from the Dallas/Fort Worth area where was active member of the Horizon UU Church and worked in the wholesale nursery trade. She has also served as Landscape Coordinator at the Chesapeake Arboretum.

January Birthdays

Dylan Pausch—12/31; John Gilson - 1/1; Jacob Daniel - 1/4; Jennifer Foss - 1/5; Matthew Morales—1/7; Alexander Sisson—1/8; Jim Early—1/9; Bobby Strunk Morris—1/13; Taryn Myers—1/13; Gwen Towe—1/14; Grace Robertson—1/19; Rosemary Ayres—1/20; Jo White—1/23; George Schmitz—1/24; Andrea Kline—1/25; Nancy Gillette—1/28 and Sean Donigan—1/29.



CVUU to host Citizen's Police Academy

Members of CVUU will have first dibbs on an inside look at local law enforcement and a better understanding of the types of challenges officers face daily during a 12-week course that kicks off March 27th right here at 809 S. Military Highway.

The Virginia Beach Citizen's Police Academy will accept 60 students for the class, which will be open to the general public starting Feb. 1st.

CVUU members may apply now. The free class will meet Wednesdays from 6:30 p.m. to 9:30 p.m. in our sanctuary with some evenings designated for off-site field trips. You do not need to live in Virginia Beach to be eligible to attend. A criminal record status is checked on each applicant who wishes to go on a ride-along with an officer. Applicants must be 18 years of age.

The course offers a unique opportunity to meet the people who protect and serve our

**CITIZEN'S
POLICE
ACADEMY**

COMING TO CVUU
March 27th
To apply: office@c-vuu.org



community, learn about the role of law enforcement, and experience first-hand what policing is all about, including insight into what officers do while on patrol, conducting investigations and through the legal process.

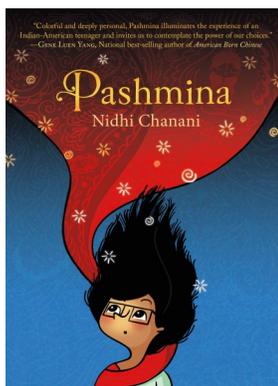
Apply online here: <https://www.vbgov.com/government/departments/police/opsdiv/Pages/Virginia-Beach-Citizens-Police-Academy.aspx>

If you are interested, send an email to: office@c-vuu.org

From the teen shelf: *Pashmina* by Nidhi Chanani

Teenage Priyanka lives with her mother in California, but wonders about their family back in India, especially about her father. Her mother refuses to tell her anything about him. Then Pri discovers a beautiful woven scarf, a pashmina, in an old suitcase. The pashmina transports Pri to a storybook India with Hindu deities and a lurking shadow that seems to have a

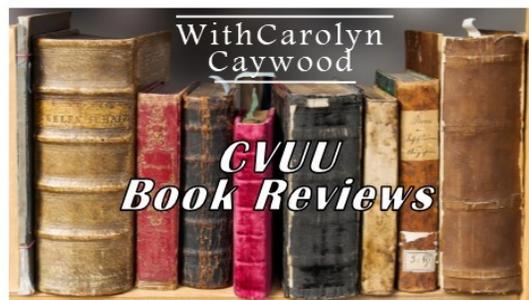
message for her.



When Pri wins a cartooning contest, she wants to use the prize money to visit India. Like an answer to her prayers, her mother's sister calls after 15 years without contact and invites Pri to

visit. On that journey, Pri comes to understand her mother's decisions and to find her own mission.

I learned about *Pashmina* when the book received the Virginia Library Association's Graphic Novel Diversity Award this



year. Nidhi Chanani uses the comic book format beautifully to tell her story and to show readers how it feels to be an immigrant person of color, to be poorer than classmates, and to hold Hindu beliefs. The consequences of family secrets reminded me of Aristotle and Dante Discover the Secrets of the Universe by Benjamin Alire Sáenz.

Award link: <https://www.vla.org/vla-graphic-novel-diversity-award-winners-for-2017-announced>

Sample page: <https://electricliterature.com/nidhi-chananis-graphic-novel-pashmina-is-part-of-an-important-new-genre-e5f698636c3c>

Carolyn Caywood is a lifelong librarian and a member of CVUU's Social Justice Committee.

CVUU's Beloved Pets of the month!



FROM LEFT: Jimmy & Fred's dog, Kitty; Paula Echols' dog, Snuffy; Gerrie Phibb's dog, Snowflake, Brian & Taryn's cat, Simba, & Selene Spelt's dog, Avery!

Planning an event? Things to consider:

Send current requests to Susie Gullixson at office@c-vuu.org or call (757) 627-5371.

When making a request, consider:

- ◆ Room(s) requested, allowing time for setup and takedown!
- ◆ Childcare needs – **Childcare is available Tuesday and Wednesday evenings from 6—9 p.m. and Sunday mornings.** It is the responsibility of each committee or organizer to arrange childcare **directly** with Selene Spelts at spelts.selene@gmail.com for hours outside of the above times. It is **not** the responsibility of the Office or the DRE. Forward your requests for childcare to at least **four weeks prior to your event.**

- ◆ Contact name (with phone number and/or email address)
 - ◆ Person in charge of locking up, sound setup requiring a sexton
 - ◆ Parking needs (note if 'overflow' parking will be needed)
- Large Print Hymnals** are available at the table in the foyer.
- Hearing Amplification Headsets** are available at the sound booth in the back of the sanctuary.
- CDs of the service are available** for borrowing or for \$3 for purchase. Inquire at the sound booth in the sanctuary for CD recordings.
- If you stay late, please double check to see the building is secured!**

The weekly email, The CVUU Courier, is sent out Wednesday at noon.

- ◆ The deadline for the Order of Service newsletter is Wednesday and the deadline for CVUU Courier is Monday at noon.
- ◆ The deadline for the monthly newsletter is the 15th of the month. If you would like to place an ad for September your deadline is Aug. 15th!

***Please Remember,** when advertising events to make sure to include BOTH Susie Gullixson & Tracy Brune. Send your media to office@c-vuu.org & comm-coordinator@c-vuu.org

For up-to-date news, check out our website: www.c-vuu.org.

Building Team needs members

Are you looking for a way to contribute to our congregation at CVUU?

Our Building Team is the newest and largest volunteer group formed since moving to our new building and they are always open to adding more helping hands!

The Building Team is organized into 7 smaller teams: Landscaping, Grounds, Housekeeping, Arts and Walls, Children's Religious Education, Kitchen, and Safety and Security.

These teams work together to maintain our CVUU building and property, protect the congregations investment and provide us with the spiritual home we have envisioned.

To join a team, contact Chair of the Building Council, Judy Welp at:

judywelp47@gmail.com.

Book Club meets Jan. 26

The CVUU Women's Book Group meets regularly for book chats on novels (historical fiction, science fiction, and other genres) and non-fiction over a potluck luncheon. The group aims to provide intellectual stimulation, build relationships, and share good food and recipes.

Our next meeting will be on Saturday, January 26th, 2018, and the group opted to discuss Lydia Netzer's novel "Shine, Shine, Shine", her debut novel published in 2012 to great acclaim.

Our meeting room is Room 201, Contact Vicki C. at home (757) 638-0737, cell (757) 469-1397, or email, vicki0737@hotmail.com. All women are welcome! (The shared food and discussions are great!)

