

CVUU Monthly News

ADMIN & COMMUNICATIONS PUBLICATION



Coastal Virginia
Unitarian Universalists

SEPTEMBER 2019

ISSUE 20

Greetings from Rev. Justine

*We're all in this thing together
Walking the line between faith and fear*
-Old Crow Medicine Show

The first time I heard that song, it was performed by Norah Jones at a benefit concert for the victims of Hurricane Katrina. The concert was televised, and it was a beautiful outpouring of support for people who had lost everything. The concert raised money, but perhaps even more importantly it created a sense of community, of us belonging to one another. "This life don't last forever. When you cry I taste the salt in your tears."



I have seen that kind of commitment to and care for one another in this congregation. Some of you provide that care directly with meals and rides, hugs and cards and visits, warm smiles offered to all

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Join the Global Climate Strike!

On Friday, September 20, three days before the UN Climate Summit in NYC, young people and adults will strike all across the US and the world to demand transformative action be taken to address the climate crisis. The UUA, Side With Love, and UU Ministry for Earth have joined as partners with the Global Climate Strike. UUs everywhere are encouraged to participate (#StrikeWithUs).

UUA President Rev. Susan Frederick-Gray will be marching with UUs and thousands of others in New York City, and there will be powerful events all over the US and the world. UUs and friends can register here: https://actionnetwork.org/event_campaigns/us-climate-strikes/

CLIMATE STRIKE SEPT 20

The Hampton Roads Climate Strike begins 10:00 AM on Sept. 20 at the Virginia Beach oceanfront at the King Neptune statue (3001 Atlantic Ave.) Rev. Justine will be at the Virginia Beach event. Let's gather at CVUU at 9AM on September 20 and travel together!

Side with Love is hosting a UUs & the Global Climate Strike Webinar - September 5th at 4pm EST/1pm PST. Register in advance for this webinar:

https://zoom.us/webinar/register/WN_iLOqNCWcT8eagmlmwKxC8Q

Homecoming service and cookout Sept. 8

As is part of our UU tradition, the 10:30 a.m. service on Sunday, Sept. 8th marks the end of our summer lay-led series and kicks off our new church year with Rev. Justine Sullivan back in the pulpit! We will celebrate with Water Communion, another tradition, where we will combine waters from our lives as a blessing

for our gathered community. Think about all your encounters with water during your travels this summer and collect water that represents something significant! After service, there will be a barbecue/picnic on the grounds of CVUU! Bring a side dish to share!

Donate items or services for our annual CVUU auction!

CVUU's First Annual Fundraising auction is Saturday, October 26th, hosted by the Young Adult Group (YAG)!

You will experience outstanding food, amazing entertainment, and captivating auctioneers, while being able to bid in both live and silent auctions. It's not too late to sign up for donations—all items in the auction are donated by our CVUU community, so put on your thinking caps! CVUU-ians love dinners and social outings, as well as offers for services (such

as home repairs, rides, IT help), art, jewelry, food items (including drinks), and gift certificates! This year, YAG is encouraging more gift baskets and can help with suggestions or ideas!

You will experience outstanding food, amazing entertainment, and captivating auctioneers, while being able to bid in both our live and silent auctions. However, we first need your help. Donate a bottle of wine for our Wine Ring Toss, or craft beer to our Beer Pong

Game! Baked goods can be won through corn-hole. **YAG will be in the Social Hall after services to take donation commitments!** Physical donations will be collected mid-October.



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those who enter our doors. And others of you care for the community by working in the kitchen, tending the grounds, fixing things that break, making the physical space more beautiful, participating in worship, teaching our children. So many ways each and every day that you are there for each other, for our neighbors in need (and Jesus taught that everyone is our neighbor), and for our aching world. I marvel at your grace and generosity.

And yet every community, every family, every group at times experiences conflict. Conflict cannot be avoided, and in my experience, the attempt to avoid conflict creates far more problems than engaging conflict directly and compassionately, openly and respectfully. I believe it's possible (and necessary!) to do both—to be honest and kind, not "fake nice," but kind, to speak to each other in a way that conveys that first principle of Unitarian Universalism that is at the core of who we are as a faith community: a belief in the inherent worth and dignity of all people. To bless the world, to help mend what is broken requires a serious effort from all of us. And we know that when we are fighting for something precious, we may have different ideas about how to proceed, about the best way forward; this is healthy conflict, and in fact, the airing of multiple points of view can lead to the best idea being advanced. But let's not abandon our values as we engage one another in pursuit of our values in the larger world. We can work hard, advocate passionately, disagree strongly, at times feel frustrated, even angry; but at the end of the day, let us remember that we are all in this thing together.

In the coming year, your ministerial search team will be hard at work (they've already begun, in fact!). The search team has two primary tasks: 1st to tell your

story well – not just your amazing history but also your hopes and dreams for the future. And 2nd to find the minister who will help CVUU live out your bright future. The story they share will only be complete and accurate if you all help in the telling of it. When the congregational survey comes out, complete it. Attend cottage meetings. And trust your search team to represent you in the process. You are blessed with a wonderful ministerial search team; I have great confidence in them and can't wait to see this journey unfold.

You have no doubt noticed that CVUU has been growing. There are new visitors every week and folks who drifted away in the past have been returning. We have the happy problem of it feeling a bit crowded in the sanctuary, social hall, and parking lot. Beginning in October, we are going to experiment with adding a second service. We will gather from 9 to 9:45 up on the third floor and have a family-friendly service with music from a variety of talented musicians from our CVUU community. The service will be on the same theme as the 10:30 service, but each element will be a bit briefer and more participatory. Those teaching in religious education may wish to attend so they can get the message of the week and experience church even though they are teaching, and it may also appeal to folks who would like to attend an earlier service and then have time left in the day for other activities. We will try it for the months of October and November and then evaluate over December and see how we wish to proceed in the new calendar year. In a spirit of experimentation, this trial cannot fail; it is intended to give us information. I hope folks will check it out.

A plea: if you are one who arrives early on Sunday morning, and you are able to walk

the 50 yards or so from the outer edges of our parking lot, please consider parking further from the door. I ask this for two reasons: first, it saves the closer spaces for newcomers and folks who might have trouble walking a greater distance, and second, as you arrive at CVUU from Military Highway, you can see the first few rows of parking spaces. If all those spaces are full, it looks like there is no parking left even though there are still many open spaces. Leaving those first rows empty, will allow people to see that there is room for them as they arrive. Let's try it for the month of September and see what happens. AND, I would love for folks who live near each other to consider carpooling to Sunday services. It's nice to travel together; it's greener, and it will help ease the crowding of our parking area. Thank you for considering these requests.

How we are together is at the heart of our faith and it is central to the work we are called to do in the world. As we come together at our homecoming service on Sunday, September 8th, I ask us all to think about our wishes for the coming year. As you pour your water into our common vessel, I invite you to speak aloud what you wish for and what you will endeavor to bring to our life together in the coming year, that is what is it that your water represents as you add it to the common pool. Something happens when we gather. I look forward to gathering in community with you. It is a privilege to serve as your minister.

In faith and service,
Justine

Rev. Justine Sullivan
Interim Minister, CVUU
T 757-627-5371
Minister@c-vuu.org

D.C. workshop to train advocates for climate change

If you would like to learn how climate change is an economic justice issue, join other UUs Sept. 15- Sept. 17th for the "UU Advocacy Conference for a Green New Deal," in Washington, D.C.

The objectives of the conference are educational – learn:

- How to lobby—and then go to Senators on Capitol Hill
- How you can take this knowledge home and work locally
- How people of color and especially indigenous people's values can preserve the earth
- How to organize for upcoming actions, direct actions & strikes
- How you can take this knowledge home and work locally
- How First Nations people's values can preserve the earth

You can attend for the full weekend or choose to come for a day. The conference is put on by the Unitarian Universalists for a Just Economic Community (UUJEC), a progressive organization committed to economic justice for all. They assist UUs to network and collaborate at the local and national level and build partnerships with local allies like Interfaith Worker Justice,



Healthcare Now, Move to Amend, and Minimum & Living Wage campaigns. They present workshops at UUA District meetings, churches and at GA.

You can find the full details and information on how to register here:

<https://brownpapertickets.com/event/4255228>

The conference is co-sponsored by the UUSJ, UUMFE, UUSC, Side with Love, UUA and All Souls Church Unitarian.

Registration fees are \$125 for the full con-

ference and \$40 for one day. Limited scholarships are available until September 5. A generous grant from UU Fund for Social Responsibility supports the conference & provides scholarships.

For those who cannot attend, UUJEC suggests a letter writing campaign, one or two Sundays a month, setting up a table and mailing the letters to UUSJ!

Directions for launching a campaign can be found on their website: <https://uujec.org>

Beloved Pet of the Month

Meet CVUU member Jannie Marvel's cat, Mya!

Who picked who?

When it was time to rescue a cat from the Norfolk ASPCA, I checked online and picked three 7-month-old females. In the Cat Room, I stood by a cat tree and pulled my list out of my pocket. A kitten tapped me on my shoulder and the tech said her name was Mya. She was the first pick on my list!

Rescued from under a porch, Mya went through the SPCA's Feral Adoption Program. But she is very skittish and runs upstairs when the doorbell rings, when I turn towards her too quickly or when I drop something on the floor. It took her about a year-and-a-half to not run when the land line rang.

Who is in Charge?

"One day when I was preparing my lunch for work, I dropped a piece of organic arugula on the floor. Mya gobbled it up as if she was starving. I dropped two pieces of organic spinach and she ate those too.



So now every morning she get cut-up organic greens on her salad. She'll also loves kale, finely chopped raw broccoli, but never Brussel sprouts. The best is that my house plant's no longer have leaves show-

ing teeth holes and chewed edges! If I have a bag of popcorn, she jumps in my lap and hits the bag with her left paw repeatedly until I give her some in her own bowl on the floor.

When Mya decides it's time for bed, she sits on the bottom stair and stares at me. If that doesn't get my attention, she gets in my lap and very gently puts her teeth between my thumb and index finger. If there's no action, she'll jump on the back of the sofa and tap my head. Often, she gets a gentle push to the floor. Getting ready to leave for the Outer Banks and my packed suitcases sitting on the living room floor, Mya jumped on her cat tree by the front door. I leaned towards her and she smacked my cheek with her paw and hissed. Anger and anxiety issues! She loves the watch bird videos on the computer. At first, she lays on my lap, but as the video progresses, she moves nearer the screen and her paw begins to hit the screen. Her tail gets bigger and she hisses!! However, the birds aren't scared. I'll never her trade her in for a calmer model.

CVUU Board of Directors sets goals for 2020 at yearly retreat

The CVUU Board of Directors met the end of August for their fiscal year 2020 board retreat. The purpose of the retreat was to get acquainted with members, set board norms, and set the Board's priorities for the upcoming church year.



Annette Marquis

The group set priorities for the coming year based on the congregation's vision, goals, and issues currently before us as a congregation. To assist with facilitating the discussion, Annette Marquis, past UUA district executive from First UU Richmond, led the retreat within the comfort of our new building.

The Board is excited about making the year to come a prosperous event for the congregation and community as a whole!



Meet the newest CVUU staff member – our Youth Program Coordinator!

Hello CVUU! I'm Rayven and I wanted to take a moment to introduce myself for those of you who I haven't had the pleasure of meeting yet.

I've called Virginia home for the past six years after being fortunate in life to live in a couple of different countries and a handful of states. I love a good cup of tea, an episode of Doctor Who, and naturally all the smiling faces in the accompanying photo.

I'm looking forward to sharing my life in Virginia with the vibrant community here at CVUU and want to thank you all for the warm welcome this past Sunday.

Faithfully,
Rayven

Rayven Holmes
Youth Program Coordinator
(757) 627-5371
ypc@c-vuu.org

RE Registration is open

It's that time of year again folks! Time to register your child for religious education. This year we are registering for the entire year, from September 2019 to September 2020. Please get a form from any religious education classroom, on the website or from Paul Greggs, Director of Religious Education.

To register online:

<http://www.c-vuu.org/religious-education-2019-2020/>

REMINDER: There will be no religious education classes on 9/1 or 9/8. We will have free play for children on 9/1 and water games on 9/8.

Let's put the party in WORK PARTY!

Come to the first annual Labor Day Work Party Cookout on Monday, September 2nd, from 9 a.m. to 1 p.m. Come be with your fellow UU's on our shady grounds. We'll start work at 9 and then enjoy picnic food in the Gathering Place at 11:30 a.m. If you can bring gas-powered trimmers, please do!

August Board Bouquets

The CVUU Board of Directors wishes to thank the following members:

Vicki Caminer, for her service to the Board of Directors and all of the additional things she does for CVUU; **Ellie Fetterly** and **Jim Early**, for their tireless efforts on the daunting task of revising the Policy and Procedure Manual; and **Suzanne Miles**, for her invaluable service to the CVUU youth this summer.

Raise voices to celebrate peace and unity

On Sept. 8th, the Virginia Symphony Orchestra will convene the Second Annual COMMUNITY Play-In and Sing-Along at 4:30 p.m. in the Scope Arena.

Last year's event brought more than 700 people together to sing, play, rejoice, listen and learn, including area faith leaders from a variety of religious communities, local military and arts organizations.

Attendees are welcomed to play an instrument, sing with the VSO chorus, or simply observe and take in the incredibly moving music, poetry, drum circle and more. To learn more and sign up (if you plan to participate as a musician), go to: <https://virginiasympphony.org/>

Join Tidewater Cluster for book study

Our UU friends in the Tidewater Cluster

have chosen "***Justice on Earth: People of Faith Working at the Intersections of Race, Class, and the Environment***" as their group read for this fall.

In the book, fourteen activist ministers and lay leaders apply a keen intersectional analysis to the environmental crisis, revealing ways that systems of oppression intersect with and contribute to ecological devastation.

The book can be purchased at:

www.uuabookstore.org

It is also available as an eBook in the Amazon Kindle store and on Google Play.

2nd Annual Chili Cookoff Oct. 5th

Save the date! We are looking for chili chefs and cornbread bakers. The festivities will be from 4– 7 p.m. on the CVUU front lawn.

We will have prizes, live music, craft beer provided by Coelacanth Brewery of Norfolk, and a 50/50 raffle. Prizes will be awarded for 1st-3rd place in chili and cornbread. The cost: \$10 tasting fee or \$10 entry/tasting fee for cooks.

Don't forget your lawn chairs. Be sure to bring your extended family, friends & neighbors. This is a family affair!

ProFuture Faith starts Sept. 5

We will have a new weekly discussion group at CVUU next week based on a video course, "ProFuture Faith: The Prodigal Species Comes Home."

The group will meet on Thursday nights, Sept. 5— Oct. 24, from 7-8:30 p.m. The eight-session DVD-based course features eco-theologian author and TEDx speaker Rev. Michael Dowd. It will include short supplemental readings that bridge the gap between head and heart, science and faith.

To register, please email organizer Steve Hansen at steve.hansen2@verizon.net. Once you are registered, Steve will send a participation guide to lead you through the course logistics.

Bible study group starts in October

Beth-Ann Martin and Reverend Justine Sullivan would like to offer an 8-week women's Bible Study on Monday evenings at 6:30 p.m., beginning Monday, October 7th.

The Hebrew and Christian Bible are among the sacred texts that Unitarian Universalists draw from, and there is much wisdom and beauty in these texts. Please contact Beth-Ann Martin treefrogb@aol.com or Reverend Jus-

Killers of the Flower Moon: *A tale of greed, racism, murder*

By Tracy Brune

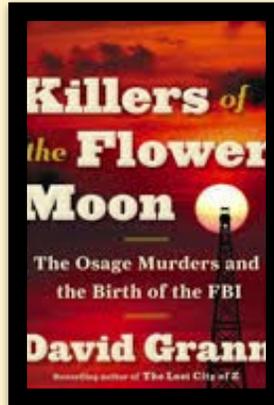
Some stories need to be told so we don't forget. Some stories need to be told so we see our history more clearly. "*Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*," by David Grann is such a story.

On its face, this is a tale of murder, monumental greed and corruption, but the true heartbreak of this book is that all of the tragedies recounted stem from a series of broken promises made to a tribe of Native Americans more than a generation before, during the presidency of Thomas Jefferson. In Grann's unique style, this reads more like a gripping detective novel than a simple historical account.

Grann provides a detailed backstory of the Osage tribe, who dominated the Plains, controlling the land between the Missouri and Red Rivers, the Ozarks to the east and the foothills of the Wichita Mountains to the south. They lived off the land and relied on buffalo hunting and agriculture. After the Louisiana Purchase and under the "Osage Treaty" of 1808, they initially ceded 52,480,000 acres to the U.S. government. Jefferson, who met with a delegation of Osage Chiefs, promised to treat their tribe fairly, telling them that from then on, "they shall know our nation only as friends and benefactors."

This would prove to be the first in a series of broken promises and over the next 2

decades, the Osage would lose nearly 100 million acres, and be driven to a patch of southeastern Kansas that measured about 50 by 125 miles (four million acres). They were told once again, this land would be theirs forever, and this promise was also broken. Subsequent US treaties and laws through the 1860s continued to whittle away Osage land in Kansas, and by way of a treaty in 1865, they ceded another 4 million acres. In the 1870s, they would be driven further south again to a reservation in the north-central portion of Oklahoma between Tulsa and Ponca City, a stretch of land judged to be "broken, rocky, sterile, and utterly unfit for cultivation." They agreed to purchase the land for close to a million dollars with a caveat that any mineral rights would belong to them as well. Decades after the purchase, in the early 1920s, the land was found to be rich in oil deposits and the Osage, to the murderous envy of their white counterparts in Oklahoma, became "red millionaires." Their windfall was their downfall as it attracted every unscrupulous sort to angle for a cut of their profits.



This is where the grim story of the "Osage Reign of Terror" really takes off.

In a sickening effort to gain access to their fortune via their head rights to the land, the Osage are betrayed and dozens of them murdered by spouse, neighbor, thief and duplicitous lawman alike. The most compelling, and central figure in Grann's retelling of the gruesome string of killings is Mollie Burkhart, whose sisters and mother are among the Osage victims. The depth of her loss and betrayal is profound and will remain with you long after you finish this book. The investigation into the murders by the Bureau of Investigation - now the FBI - focuses on a remarkable former Texas Ranger, Tom White. Through White's early detective work and leadership on the case, the reader gets to experience the birth of the FBI with the debut of J. Edgar Hoover.

Prohibition, bootleg liquor, and the grotesque ascent of the oil industry are other key elements to this story.

I highly recommend reading this book. I learned some astonishing truths about the Osage and their tragic history, which was completely unknown to me before reading it. I am haunted by it and feel a newfound respect for the Osage and the suffering of other Native Americans.

Tracy Brune is the Communication Coordinator for CVUU and a member of the Novel Ideas Book Club.

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tine Minister@C-VUU.org for more info, and let us know if you will need child care to be able to participate.

NIBC meets Sept. 11

The Novel Ideas Book Club, started in May, is a new, UU-style, open-to-all gathering & discussion group of bibliophiles who appreciate a wide genre of reads, from history to true crime. They meet at 6 p.m. the third Wednesday of each month on the 3rd floor where they discuss a book over wine and snacks.



Get ready for their next read, "A Gentleman in Moscow" by Amor Towles. They will meet again at 6 p.m. on Sept. 11th. "A Gentleman in Moscow" is a trans-

porting novel about a man who is ordered to spend the rest of his life inside a luxury hotel.

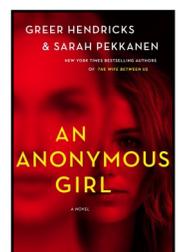
The Novel Ideas is a new, UU-style, open-to-all gathering & discussion group of bibliophiles who appreciate a wide genre of reads, from history to true crime. We will meet at 6 p.m. the third Wednesday of each month (except for May!) on the 3rd floor. The meetings will be BYOB—Bring Your Own Book, Bring Your Own Bottle (Adult refreshment or soft drinks) & Bring Your Own Bowl (of dips, chips or sweets!). For details, contact organizer, Suzanne Ludwick, ludwickfamily@gmail.com.

Potluck Readers meet Sept. 28th

The Saturday Book Discussion and Potluck Group meets again September 28th and their selection is "An Anonymous Girl," by Greer Hendricks and Sarah Pekkanen

(2018). This is a psychological thriller that centers on Jessica, a young make-up artist who signs up for a study on ethics and morality conducted by a preeminent NYC psychiatrist, the mysterious Dr. Shields. According to Goodreads, what ensues is a fast-paced, twisty, scheme-filled story told in alternating point-of-view chapters between Dr. Shields and Jessica. The group meets regularly for book chats on novels (historical fiction, science fiction, and other genres) and non-fiction over a potluck luncheon.

For more details, please contact organizer Vicki Caminer at 757-638-0737 or by email at vicki0737@hotmail.com.



For the love of Shelby—a tribute to a very good dog

By Phyllis Stein

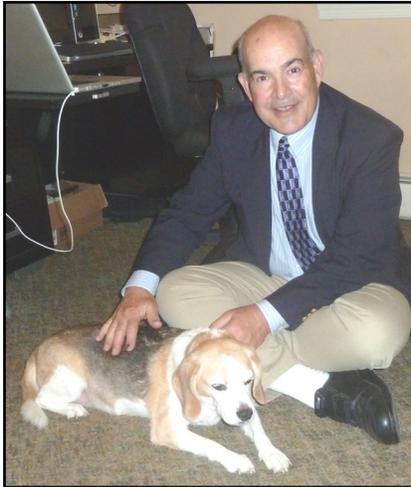
Her name was Shelby. We both were a bit long in the tooth when we met. She was eleven and I was eighty-six, about the same in dog years. I have managed to have at least one dog in my life since I was ten years old, but when my husband and I reached our eighties, we decided it was not fair to them to get another dog.

He and I had a lot of common interests and shared a great life for 68 years, but in the spring of 2017, he died of a massive heart attack. After the initial shock wore off, I didn't know how to start a new life by myself, so I just idled in place, days sliding into weeks and weeks into months.

I was lonely, but I didn't really want company, so I spent more time on the computer, looking up recipes I had no intention of cooking and checking out Viking river cruises I had no intention of taking. But one day, I saw an intriguing ad with the title "beaglestotherescue.com". Along with the ad was a picture of a medium-sized beagle looking off into the distance as if waiting for someone. The caption read "Meet Shelby an 11-year-old spayed female tri-color beagle. She is a very sweet, quiet and laid-back girl who loves napping in the sunshine."

Every now and then I think the universe offers up the perfect answer to an unvoiced plea. A dog! Old, like me, but hopefully with some years left. I reached for the phone, already worried that someone else might have gotten her. I explained to the woman who answered the phone that I had some physical problems, but with the use of a motorized scooter, was able to live by myself in a house with a large, fenced-in back yard. She assured me that Shelby was still available and scheduled an inspection of the yard that same afternoon.

Then, I got to meet Shelby. One look at those gentle brown eyes and I felt a big lump form in my throat. I reached down to stroke her head and she leaned into my hand and then lay down beside the scooter. The back yard had passed inspection



Shelby, is pictured here with Tony Stein. Shelby was 11 years old when Phyllis and Tony adopted her from Beagles to the Rescue, a non-profit animal rescue located in Chesapeake, Virginia.

and it was time to see what Shelby thought about it. This was a big moment and we all laughed when she walked straight to a grassy spot, rolled on her back and exposed her belly to the sun. I signed the papers and hugged the volunteer who looked almost as happy as I felt. On the 2017 calendar, there's a note on the square for July 7. It's a big heart with the name "SHELBY" written inside, followed by as many exclamation points as the space could accommodate. Thumbing through the rest of 2017, 2018, and 2019 there are lots of other notes: her birthday on May 14, appointments for nail trims, baths, and regular veterinarian check-ups, all of which she bore with dismay but no grumbling. For the most part, we stayed close to home and it didn't take long for her to follow me everywhere I went.

Since I moved around a lot and she had stiff joints, I tried to get her to stay in one spot, but I never could get her to obey. If I was going, she was going with me. Whenever I left the house, the last thing I saw from the driveway was her face peering out the window. When I returned, she would still be sitting there on her perch on top of the recliner.

The 2019 calendar shows more frequent visits to the vet as the year progresses. We both had arthritis and moved more slowly in cold weather. We even took the same medicine. In March I noticed her slower movements and she often she had to make several tries to make it up the padded steps to the bed. Sometimes she would give up and sleep in her own little bed beside mine.

Although breakfast had always been the high point of her day, she started eating less. But her belly seemed to be getting larger, particularly on one side.

The veterinarian felt what he described as a mass in her abdomen. An x-ray confirmed it, but it would take an ultrasound to determine the nature of the mass. We had to wait another week for the ultrasound, and the diagnosis was bad. She had two large cancerous tumors on her spleen and the doctor explained that if they were not removed, they could hemorrhage, and death would be immediate. I was heartsick by the news. I scoured the internet looking for something that could give us some hope, but every article confirmed what the doctor had said. She would keep getting worse and there was always the possibility that the tumors would burst. She was thirteen years old.

On July 10, two years and three days after I had found her, I had to say goodbye. I miss her every day. But this quote by Hilary Zunin describes it best for me: "The risk of love is loss, and the price of loss is grief. But the pain of grief is only a shadow when compared with the pain of never risking love." My time with Shelby was brief, but the bond we had was deep and filled with sweet memories.

Phyllis Stein is a long-time CVUU member and, along with her late husband Tony Stein, co-founded the Chesapeake Humane Society. She has been an animal rights champion since the 1970s and has worked diligently since then to shape how our community treats and respects animals.

Sign up for our racial justice workshop!

The next Racial Justice Workshop begins at 9 a.m. on Saturday, October 19, 2019. The workshop concludes at 4 p.m. It continues on Saturday, November 2nd, 2019, at 9 a.m. and runs till 4 p.m. Lunch will be served on the first day. Participants are asked to bring a bag lunch on the second day.

Participants are asked to commit to being present at ALL SESSIONS and do pre-reading/viewing before the workshop and other assignments between sessions. Workshop resources are available on www.richmondpledge.org. The registration fee is \$20 and will be collected before the first class session (waived on request – the workshop is open to everyone regardless of ability to pay).

Register for the workshop now!

PLEDGE TO END RACISM

Oct. 19th and Nov. 2nd



Coastal Virginia
Unitarian Universalists

Questions? Please contact Em Lock (heronwtchr1@aol.com) if you have questions. Please include any special dietary needs and whether you will be bringing children (childcare is available).

Sign-ups will be accepted until October 11, 2019 at 5 p.m., but space is limited, and may run out, so sign up quickly! We look forward to going on this journey with you!

September Birthdays

Happiest of wishes to Finn O'Connell—9/2; Kay Pollock—9/4; Michelle Nadeau—9/5; Rowan Palczewski—9/6; Donald Imbus—9/8; Lia O'Connell—9/19; Fran- cie Siegfried—9/11; Gabriel Bond—9/15; Joshua Dworkin—9/19; Eloise Adams—9/20; John Adams, Ana Per- ry and Jeannine Harkleroad—9/26; James Hutcheson—9/27 and Thomas Turpin and Maggie Curran—9/28.



Social Justice University

Democracy begins with voting, but it cannot end there. The Legislative Collaborative Table of South Hampton Roads invites you to attend Social Justice University here at CVUU

3 - 5 p.m.

September 29th

It's a free, educational, action-focused- issues briefing for the public!



September Services

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

- September 1** - The True and Responsible Search for Truth and Meaning
- September 8** - Homecoming: We Gather Together
- September 15** - Saving Our Earthly Home: Global Climate Justice Strike
- September 22** - The Year Ahead: Moving Forward Together
- September 29** - Forgiveness (Mindy Bartlett Strong)

Our Worship Services weave together our 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.

Share your art with us!

Help enliven our 2nd-floor gallery. Works from artists (16 and older) will be collected September 8th and 15th. We welcome all types of art, but your piece must be able to be hung on the wall.

Start thinking now what you would like to share! For details, contact

Anne Odell:

afodell@outlook.com.



September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 12:15p CVUU Women's	2 9a Labor Day Yard Wor 1:45p Chair Yoga 3p Sandwich Makers	3 9:30a Tai Chi - Beginnir 10:30a Tai Chi - Open F 7p Environmental Initiat	4 6p Membership Meeting 7p Navigator's Board M	5 7p Pro Future Faith Ecd	6	7
8 12:15p CVUU Women's	9 7p Buddhist Affinity Gro	10 9:30a Tai Chi - Beginnir 10:30a Tai Chi - Open F	11	12 10a House Keeping Co 7p Pro Future Faith Ecd	13 3:15p Covenant Circle 7p Girl Scouts	14 12:45p YAG's Board G 2p Navigator's
15 12:15p CVUU Women's	16 1:45p Chair Yoga 3p Sandwich Makers	17 9:30a Tai Chi - Beginnir 10:30a Tai Chi - Open F	18 5:45p Novel Ideas Bool 6p Tidewater Master Na 7p Tidewater Master Na	19 7p Pro Future Faith Ecd	20	21 4p Elements of Participi 5:30p Mabon
22 12:15p CVUU Women's	23 1:45p Chair Yoga 3p Sandwich Makers	24 9:30a Tai Chi - Beginnir 10:30a Tai Chi - Open F 7p Worship Services C	25	26 7p Pro Future Faith Ecd	27 7p Girl Scouts	28 12a Celebration of Eddi
29 12:15p CVUU Women's 2:30p Social Justice U.	30 1:45p Chair Yoga 3p Sandwich Makers	1 9:30a Tai Chi - Beginnir 10:30a Tai Chi - Open F 7p Environmental Initiat	2 6p Membership Meeting 7p Navigator's Board M	3 7p Pro Future Faith Ecd	4	5 9a Worship Committee 4p 2nd Annual Chili Co
6 12:15p CVUU Women's	7 8a Hampton Roads Crir 1:45p Chair Yoga 3p Sandwich Makers	8 8a Hampton Roads Crir 9:30a Tai Chi - Beginnir 10:30a Tai Chi - Open F	9 8a Hampton Roads Crir	10 8a Hampton Roads Crir 10a House Keeping Co 7p Pro Future Faith Ecd	11 8a Hampton Roads Crir 3:15p Covenant Circle 7p Girl Scouts	12 Tidewater Cluster Meeti 2p Navigator's

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.