

CVUU Monthly News

ADMIN & COMMUNICATIONS PUBLICATION



Coastal Virginia
Unitarian Universalists

JANUARY 2020

ISSUE 24

A Word from Rev. Justine

“Seek patience and passion in equal amounts. Patience alone will not build the temple. Passion alone will destroy its walls.”

~ Maya Angelou



I find such wisdom in these words from Maya Angelou, one of the great poets, actors, and activists of our time. The season of Advent calls for us to wait, to have patience and yes, faith, that the light will return. And yet these times call us not to wait, but to act, to speak out against injustice, to use whatever power we have in solidarity with those who have less power.

This call to balance of patience and passion has applications in smaller ways, too. In our personal relationships, in our relationship to ourselves, and in this community of faith. We want things to happen now, yesterday, even! And yet...

Cont. page 2

NEST looking for volunteers

Help us shelter area homeless in February

During the coldest months of last year, Norfolk’s Emergency Shelter Team (NEST) provided about 13,000 “bed nights,” sheltering 120 homeless on average each night in participating churches and synagogues across Hampton Roads.

According to the Union Ministries in Norfolk, there were about 1,200 homeless citizens counted for 2016. More than a hundred of those were veterans.

CVUU will once again be hosting our homeless friends from Feb. 5- 10, 2020. We will need donations of clothing and hygiene products, overnight volunteers, meal makers and more. Planning has started and volunteer opportunities are plentiful. Look for sign-up information in the foyer/social hall. We are scheduling now and we can't do it without YOU! Please check your calendars and look for Julie Hurst and Ann Denton in the sanctuary after services to learn all the ways you can help and get your name on the schedule. Look for Judy Welp and Michael Toepfer at the Committee Table for a wish list of needed items (much like we

do with Thanksgiving baskets and Angel Tree).

Providing love, warmth, and support for our area homeless has been the goal of NEST for the last 27 years. It costs NEST more than

\$25,000 per year to provide transportation, blankets and sleeping mats for those sheltering each night. NEST has no official funding source, but operates totally on volunteer help and the generous donations of its supporters. Since we are not holding a Special Offering for NEST this year, feel free to make a monetary donation if you can.

This community-wide program keeps hundreds of people in need safely indoors and fed during the harsh winter months.



Compassionate Communication seminar Feb. 8th

Rev. Carlton Elliott Smith, UUA Congregational Life Staff for the Southern Region, will offer a daylong Compassionate Communication seminar at CVUU on Saturday, Feb 8th from 9 a.m. to 2:30 p.m.

The goal of the seminar is to teach us how we can use our values and principles as Unitarian Universalists to transform our conflicts. When conflict arises, there may be a tendency to avoid it or to let it fester until it becomes polarizing. Topic matter will include the four elements of compassionate communication that may help us better understand one another and come to a better awareness of our needs in a relationship. The seminar will

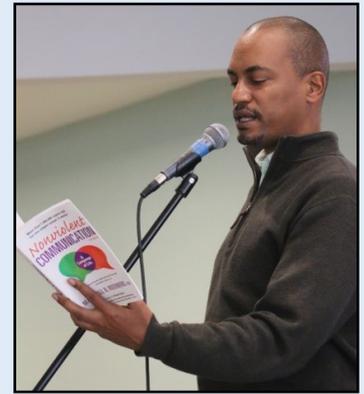
be held in the CVUU sanctuary and UUs from other area congregations in Newport News, Williamsburg, and the Outer Banks are invited to attend.

Compassionate Communication (also known as Nonviolent Communication) was developed by Marshall Rosenberg, author of *Nonviolent Communication, A Language of Life*. NVC is an easy-to-grasp, effective method to get to the root of violence and pain peacefully. By examining the unmet needs behind what we do and say, NVC helps reduce hostility, heal pain, and strengthen professional and personal relationships.

Compassionate Communica-

tion is a simple method, but does require practice. As with anything new, it's not as easy as it seems. The seminar will allow us to practice and play with others who are learning this skill.

The Center for Nonviolent Communication (CNVC) is a global organization that supports the learning and sharing of Nonviolent Communication (NVC), and helps people peacefully and effectively resolve conflicts in personal, organizational, and political settings. Details: <http://www.cnvc.org/> PuddleDancer Press is the publisher for *Nonviolent Communication, A Language of Life* by Marshall Rosenberg. Details



Rev. Carlton Elliott Smith

here:

www.nonviolentcommunication.com

For more details and information on how to sign up, contact Rev. Justine Sullivan: minister@c-vuu.org

Cont. from page 1

doing things in community takes time. It took you all some time to decide that your beautiful, old building on the Hague no longer fit your needs, no longer served your vision of your ministry well; and yet it took time to trust that you could make the move happen. It required passion, yes, but also patience to make thoughtful, careful decisions. We need both, all of us, and while the passionate ones might get the accolades and might also sometimes draw the ire, I have marveled at your ability to work through inertia, indecision, and fear to move carefully in the direction that will best allow you to flourish and grow.

There are more challenges ahead in this new year. The U.S. presidential election is perhaps upper most in many of our minds. Despair at all that has been lost in the last three years may lead some to step back, to hide under the covers, and hope for a better day. We know, however, that hiding and waiting will not bring about the changes we need to see in the world. Abuse and neglect of our mother earth have brought about disastrous changes in climate, and sea-level rise threatens everyone, most especially those who don't have the resources to move their homes or choose another occupation. Those of us with more power, more

resources are called to use both passion and patience to help make the world more just.

There will be lots going on in the new year at CVUU. The first Sunday in January, January 5th will be an all-age service, where we will set our intentions for the new year together. Later in the month I will travel to El Salvador for a service and learning trip with our Unitarian Universalist Service Committee College of Social Justice. I'm sure I will have lots to share about that trip when I return.

Coming Up – Save these dates!

On Saturday, February 1st our own Tret Fure and Narissa Bond will offer a concert as a fundraiser for our new social hall. Suggested ticket price is \$20.00 – let's fill all 200 seats in our sanctuary and have room in the balcony for latecomers! Plan to attend and invite your friends. I could use some volunteers to set up and serve simple refreshments during intermission. Then **on Saturday, February 8** from 9 a.m. to 2:30 p.m. plan to attend Compassionate Communication, a workshop offered by Rev. Carlton Smith. This is the planned follow-up to last year's conversation and workshop with Rev. Hope Johnson. Many communities and congregations like ours spend time talking about the promises we make to each other and our expectations about how we will engage one another. This

workshop offers an opportunity to learn and practice skills for engaging difficult conversations with love, respect, and compassion. Do plan to attend. We will also open this offering to our neighbors from Newport News, Williamsburg, and the Outer Banks. It promises to be an important day of learning and connection.

And of course, our guests from the **Norfolk Emergency Shelter team (NEST) are coming to CVUU Feb 5-11**, and there will be many opportunities for us all to help out during that week. Whenever I talk about you all to my colleagues, I always mention NEST and the important work that you do and have done to offer shelter and warmth in the winter months to those without permanent residences. Let us continue.

In this season of stillness, warmth, and love, I remain grateful to have found my way to all of you and to be serving as your minister during this interim time. May we all find the balance of patience and passion needed to be a balm that helps soothe this beautiful and aching world.

Peace and Love to you,
Justine

Rev. Justine Sullivan
Interim Minister, CVUU
T 757-627-5371
C 508-662-0279
Minister@c-vuu.org

January Birthdays

Happiest of wishes to John Gilson - 1/1; Bill Myers and Jacob Daniel - 1/4; Jennifer Foss - 1/5; Matthew Morales - 1/7; Alexander Sisson and Jeanie Kline - 1/8; Jim Early - 1/9; Taryn Meyers - 1/13; Bobby Strunk - 1/13; Paul Greggs and Gwen Towe - 1/14; Grace Robertson and Sunny Phillips - 1/19; Rosemary Ayres - 1/20; Jo White - 1/23; George Schmitz - 1/24; Leon Sisson - 1/27; Nancy Gillette - 1/28; Sean Donigan - 1/29; and Ryan Smiley - 1/31.



January Services

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

Jan. 5 — Ringing in the New Year

Jan. 12 — Do We Need Another Hero?

Jan. 19 — My Spiritual Journey

Jan. 26 — Rev. Jeanne Pupke visits!

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.

We Cried Power Film screening

Jan. 20th from 7—9 p.m. in the sanctuary. "We Cried Power" tells the story of a bold new social movement to end poverty in the United States, led by Rev. Dr. William J. Barber and Rev. Dr. Liz Theoharis.

The documentary is an account of a "season of resistance", told through the eyes and the mothers, veterans, preachers, and students who are the voices and founding members of this new "fusion" movement.

New 1st Sunday group

Are you atheist, agnostic, nontheistic or completely unsure? Do you have questions about life without a belief in god(s) or goddess(es)?

Join us the 1st Sunday of every month, starting Jan. 5th as we explore together what life, faith, and the free & responsible search means when you are nontheistic.

12th Night Celebration

The Kingdoms of Cornucopia and Alaria, a live-steel medieval re-enactment group, invite CVUU friends to attend their Medieval Twelfth Night January 11th 3-9 p.m. at the CVUU Social Hall. If you wish to join the event, kindly RSVP by noon January 4th with how many you would like to attend to Paige Brage at baronezatre-

vor@yahoo.com or call 757-650-0974. For those attending we ask that you:

- Wear medieval dress from any known geographic area.
 - Bring a beverage, cup, plate, bowl, spoon and knife for each person.
 - Dressing up table settings is encouraged.
- Details: <https://www.facebook.com/events/575107603053992/>

CUUPS meeting Jan. 18th

"Calling the Directions" meeting of CUUPS from 5:00—6:30 p.m. in the CVUU Boardroom on Saturday, Jan. 18th.

RE training

Save the date if you are interested in RE teacher training Saturday, Jan. 4th from 9—11:30 a.m. in Room #205. Learn how you can support our children's faith development! RE classes meet Sundays, 10:30—11:30 a.m. Details: DRE@c-vuu.org

CVUU Book Lovers meet Jan. 25th

Nine Perfect Strangers by Liane Moriarty is the January selection.

They will discuss the novel over a potluck lunch on Jan. 25th at 12:30 p.m. in Room #201. The group is open to all!

Contact Vicki C. more information: vicki0737@hotmail.com

Beloved Pets of the Month



From left, top: CVUU member Allison Martin's beloved Dom, the happy holidays cat. He's a 10-year-old adoptee from the Norfolk Animal Care Center. Top right: CVUU member Lauren Furey's beloved Dobby! He's a 13-year-old Basenji and came from the Basenji Rescue and Transport non profit (yes, BRAT). His mom was a breeder at a puppy mill and Lauren is proud to add that BRAT got them shut down! Bottom left: Allison Martin's Bandit, a 3-year-old schnauzer. And lastly, bottom right: Allison Martin's beloved Abigail. She's a 10-year-old schnauzer, otherwise known as the "fun police". She is the last of the schnauzers Allison bred herself.

Fure & Bond live at CVUU

Tret Fure and Narissa Bond, both professional musicians and CVUU members, will perform live at CVUU Saturday, Feb 1st at 7 p.m. in our sanctuary.

This is a benefit concert to raise funds for the new CVUU Social Hall. Admission price is a suggested \$20.00 donation.

You can buy tickets at the door or on our CVUU website. Just go to:

<https://c-vuu.org/tret-fure-narissa-bond-in-concert/>

If you pre-purchase you will be added to a Will Call list and can pick up your tickets the night of the concert.

Plenty of parking!

Cut down on waste: TFC tour inspires Recycling goals

By Doug Throp

On December 4, 2019 Bob Williams, Steve Hansen, Anne Odell, and I went on a tour of the TFC Recycling facility (Tidewater Fiber Corporation) on Diamond Hill Road in Chesapeake.

Here are my recollections and observations from the tour.

1. We should cut down on the waste we create by buying products that are packaged in ways that reduce waste, such as buying in bulk or purchasing in reusable containers. ["Pre-cycling"]
2. The single-stream method of collecting recyclable materials requires extensive work to remove unacceptable materials and then sort useful materials into various categories, which are then (mostly) compressed into large bales for shipping to various companies.
3. When people put unacceptable materials, such as food, plastic bags, or trash into recycling containers, they make recycling less efficient, less safe, and can degrade the marketability of recovered materials. They also increase the cost to operate recycling programs.
4. Plastic bags are a big problem for TFC. They foul the machinery. TFC would love to see a ban on single use plastic shopping bags.
5. Styrofoam is another material which TFC cannot recycle.
6. TFC wants people to only put materials in the recycle bins which TFC can recycle.
7. The bins typically located outside of grocery stores accept plastic bags and other plastic materials which they send to companies which are able to process those materials.

8. TFC sells the vast majority of the materials it recovers to companies with in the US. The primary exception to that is cardboard / paper, which is usually shipped to various South-East Asian countries for use in making new paper and cardboard.

9. TFC prefers to use trucks which burn compressed natural gas, rather than diesel fuel. They find that natural gas burns cleaner and reduces maintenance issues with their trucks. They compress the natural gas themselves.

10. Materials which TFC cannot recycle, are sent to the Wheelabrator refuse-to-energy plant in Portsmouth.

11. Aluminum cans are shipped to a company for processing to make more cans. Other forms of aluminum, such as aluminum foil are not wanted, because they melt at a different temperature.

12. We saw how aluminum cans are separated from ferrous metals by powerful eddy current magnets.

13. Type 1 and 2 plastic bottles are sorted out by high tech machines which are able to recognize them by their shape. Caps should be left off. They are sold for use in making Trex decking.

14. Butter containers and K-cups are not acceptable.

15. Plastic laundry detergent bottles are separated and baled by themselves.

16. We were told that the numbering sys-



tem for marking different types of plastic are not useful to TFC and should be reformulated.

17. Because of market forces, glass is not currently being made into new bottles and jars. It is currently being ground up and used as a landfill cover.

18. A company called TerraCycle [<https://www.terracycle.com/en-US/>] and related programs [<https://www.terracycle.com/en-US/brigades>] can recycle many materials that TFC Recycling can't

I was surprised by the speed at which workers were required to work because of the conveyor belts which move materials past workers at a rapid pace.

For more tips and information go to: <http://www.tfc recycling.com>

Sign-up open for Pledge to End Racism workshop

The next Racial Justice Workshop begins with a 4-hour Saturday session, Feb. 1 from 9 a.m. to 2 p.m., plus four consecutive Tuesday evenings (Feb. 4, 11, 18 and 25) from 6:30 to 8:30 p.m.

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 at:

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). The primary goal of this workshop is to develop confidence in our abilities to:

- Integrate the Coastal Virginia Pledge into our daily lives
- Recognize and challenge systemic racism
- Confront racism and bias in our everyday lives, and

- Take leadership in ending racism in our community, our culture, and our lives

As part of the workshop, participants will develop a community of support and an understanding of how to use support in deepening their work in building a just and equitable multicultural world.



Questions? Please contact Em Lock (heronwtchr1@aol.com) if you have questions about the class, or to sign up!

Please include any special dietary needs and whether you will be bringing children (we do have childcare available, but our provider wants a count of how many to expect).

We look forward to going on this journey with you!

KEY DATES

JANUARY 7
 JANUARY 8
 JANUARY 13
 JANUARY 20
 MARCH 8

VAratifyERA.org

SAVE THESE DATES!

- January 7:** Women’s Equality Legislative Summit
 - January 8:** Opening Day at General Assembly
 - January 13:** Delta Sigma Theta Sorority, Inc. Founder’s Day
- **Tentative**** passage of HJ1 and SJ1 in their respective

- chambers
 - January 20:** Martin Luther King, Jr Day
 - **Tentative**** final passage of HJ1 and SJ1
 - March 8:** International Women’s Day
- Celebrate! 38 march from Monroe Park (VCU) to the Virginia Capitol
 Details: varatifyera.org

Novel IDEAS Book CLUB

HELP PICK OUR NEXT READS!

6 p.m. Jan. 15TH

Selecting reads for Feb. – June so bring a friend and some book ideas with you!

HELP US GROW:

Leave a Google review!

1. On your phone/computer, open Google Maps and make sure you are signed in
2. Search for Coastal Virginia Unitarian Universalists
3. On the left, scroll down & click “Write a Review”
4. In the window that appears, click the stars to score the place. You can also write a review.

REVIEW US ON Google

★★★★★

CVUU teens and middlers invited to spend the night at UUFF in Fredericksburg

JAN. 18TH

Registration is \$20 per youth. For details contact ypc@c-vuu.org

Find Support With PFLAG

PFLAG Hampton Roads will begin holding meetings in Virginia Beach at Christian Church Uniting, 6049 Indian River Rd. The first meeting will be Wednesday, October 16, 6:30-8 p.m. Contact Carolyn Caywood for more information, cacaywood@cox.net.

Help women in shelters

If you check on any shelter's "Needs" list, you will never find feminine hygiene products. However, some of our local shelters have over 50 women per night, many of whom do not have resources for proper feminine hygiene products.

It is physically unsafe to utilize these products for excess amounts of time, but many, especially if homeless, are forced to do just that, or go without them. And unfortunately, VA is a state that still taxes feminine hygiene products as a luxury item; not a necessity.

For all of these reasons, please donate feminine hygiene products or money! There will be boxes posted in the Social Hall outside of the main sanctuary entrances for all of January and Beth-Ann Martin will happily accept monetary donations after the Sunday service next to one of these boxes.

Move the ERA forward!

VaratifyERA is running a bus up to Richmond on the opening day of the General Assembly, January 8th.

Join us and help move the ERA in to the end zone!

Details, go to:

<https://varatifyera.org/january-8th-welcome-back/>

We'll start with a pep rally, then some will attend the session, and end the day with a Party for Parity. Thank you for all you do for our beloved community!

Wendi White



'Living Simply' discussion group to begin in January

Are you curious to explore other ways of living?

The concept of "living simply so others may simply live" is not a new one, though it grows increasingly relevant as the world around us grows more complex. And the challenge of climate change adds a new urgency to the need to explore other ways of living.

CVUU will be offering a new adult discussion group to explore "A Different Way: Living Simply in a Complex World," from multiple perspectives. The group will meet

for 7 consecutive Thursdays from 7 to 8:30 p.m. starting Jan. 16th.

Karen Forget is the facilitator and the discussion course is based on a book by the Northwest Earth Institute, a nonprofit organization in Portland, Oregon, founded in 1993 with the intention of "inspiring people to take responsibility for Earth."

Class size is limited to 25 people. The cost is \$30 per person. If the course cost is prohibitive, CVUU Environmental Initiative is offering scholarship assistance for those who need it.



To register, contact Karen Forget at karenforget@gmail.com. To read more about the Northwest Earth Institute go to <https://ecochallenge.org/hello/>

Build community through conversation!

Adults of all ages are welcome to join the Adult Discussion Group which meets every Sunday morning from 9 a.m. to 10:15 a.m. in Room 205. Volunteers lead discussions of different topics each week. If you are interested in leading a discussion, talk to Richard Horwege at CVUU or send an email to comm-coordinator@c-vuu.org with Adult Discussion in the subject line.

Purpose:

Listening to one another is a founding principle of the group. Since its origin in the early 1990s, the Adult Discussion Group has provided a forum for exchange of ideas and for community building as participants learn about various topics and each other.

Members feel a bond with one another. It is a great place to make new friends at CVUU. Members believe that personal information revealed during the discussions be respectfully kept within the group.

Attendance ranges from twenty to thirty people each Sunday. Some regular participants in the Discussion Group

have called it "the most important part of CVUU" and "the life-blood of the church."



Policy:

It is the policy or practice of the Adult Discussion Group to create an atmosphere where individuals feel that they can be heard and understood. People treat each other with kindness and differences of opinion are respected.

On any given Sunday, the scheduled topic of the day is the focus. Everyone is given the opportunity to share their thoughts without interruption.

Over time, the Adult Discussion Group explores a wide range of topics including moral, philosophical, and religious principles, current events, science, politics, the challenges of living in families and a multicultural society, and the sharing of poetry.

YOUTH GROUP CALENDAR

January 18th:

Our sister congregation in Williamsburg will be hosting a youth lock-in! Registration is \$20 per youth and can be done online at <https://forms.gle/UnuD8onwF6LGDfZV7> if financial assistance is needed please email me at yqc@c-vuu.org.



February 7th: The youth group will be serving dinner to our Norfolk Emergency Shelter Team (NEST) guests. Save the date so that your youth can attend and take part in this vital service we provide to the homeless in our community.

If you or your youth aren't currently receiving the youth group reminder emails and would like to please email me at yqc@c-vuu.org with the subject line "youth group reminders."

Rayven Holmes
Youth Program Coordinator
yqc@c-vuu.org

Santa didn't bring you the best friend you were pining for?
Head over to the
Norfolk Animal Care Center today!
5585 SABRE ROAD IN NORFOLK
757-441-5505

Our congregation provides a nurturing community, fosters courageous spiritual growth, and inspires compassionate action.

WE ARE UU

CVUU's Covenant of Right Relations

Along with hundreds of other UU churches across the country and the globe, CVUU has its own "Covenant of Right Relations," a promise we share with one another in our community on the ways we will conduct ourselves. This is a living promise between imperfect people and an effective tool for members to not only hear each other better, but to respect one another and build trust. It reads:

We, the members of Coastal Virginia Unitarian Universalists, affirm our love and respect for our congregation and for each other by adopting this Covenant of Right Relations. This covenant is a set of guidelines suggesting how we might best maintain a healthy and vibrant community. It upholds our shared UU principles and provides a welcoming, respectful, and vibrant environment where each person can search for truth and meaning, build connections, renew spirit, and be inspired to action.

As individuals, we endeavor to dwell together in the spirit of these ideals with the knowledge that honoring this Covenant will strengthen our relationships and enlarge our sense of community. We commit to living and working with this Covenant, revisiting it as needed. In this spirit, we will strive toward the following as we participate in the life of the Congregation.

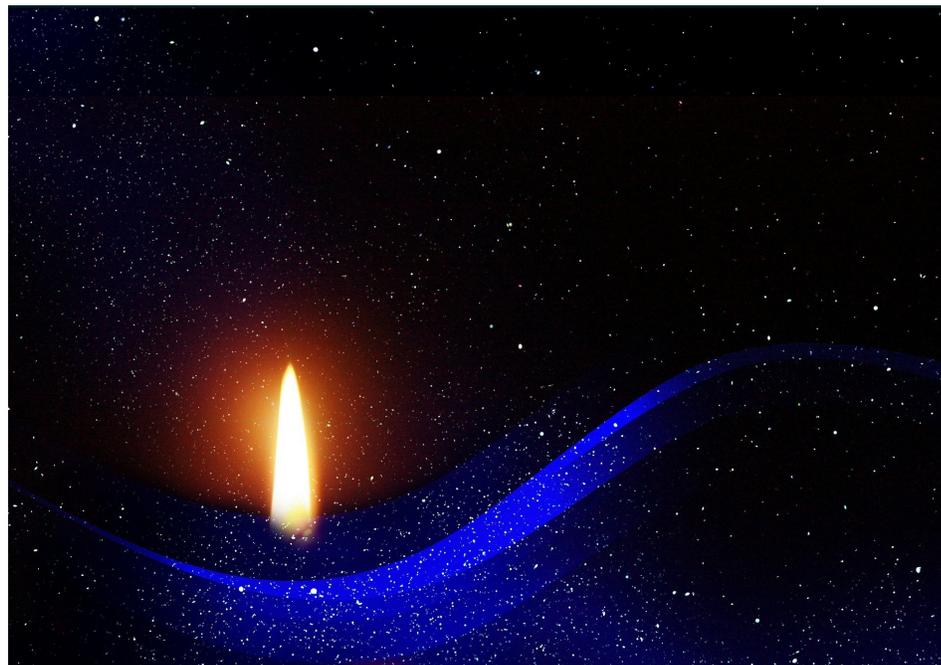
Our Ideals and Our Living Practices

Listening and Speaking

We listen to understand with respect and attention and we speak with care. Listen with an open heart and an open mind; assume the best intentions in others; speak my truth with love.

Working with Conflict

We resolve conflicts directly, using openness and compassion. Accept conflict as inevitable and healthy and work



to turn it into a positive force; react calmly and reasonably, help with conflict resolution.

Solidarity and Caring

We support each other in times of need and of joy. Demonstrate our caring and mutual support for one another both as individuals and as a group; be compassionate toward others; refrain from personal attacks and gossip; put needs of the community before myself; keep it fun; add laughter.

Serving our Community

We serve our congregation with generosity and good humor, and we are grateful for the service of others.

Participate as much as I can in congregational life; honor the service of others; keep my commitments and be honest when I can't; support social justice activities.

Growth and Change

We support our members in their search for truth and meaning in their lives. Be open-minded; support and encourage the personal or spiritual growth of others; explore and share

what I believe.

Welcoming & Hospitality

We practice hospitality, welcoming all who enter. Actively try to integrate others into congregational life; get to know members I don't know; respect the humanity and equality of members and guests of the congregation; be welcoming and invite others to join us.

Diversity in Unity

We promote a multicultural and multi-generational community within and beyond our walls that sees diversity in all its manifestations as a sign of strength. Celebrate differences; conduct myself so that others feel safe emotionally and physically; honor others' points of view and experiences; love, respect, and celebrate our children.

Forgiveness and Reconciliation

We acknowledge our mistakes and shortcomings and forgive those of others. Acknowledge our human fallibility and seek, offer, and receive forgiveness; respect my own limitations and those of others; forgive others and myself.

UUA offer web course for intercultural competency



Beth Zemsky—Intercultural Development Continuum

How do we interact across difference in a way that promotes diversity, inclusion and equity in our UU congregations?

From the UUA website, Beth Zemsky shares how we can use a tool called the *Intercultural Development Continuum*. You can use these course materials as an individual or in a classroom format.

Zemsky is a community organizer, educator, organizational leader, and psychotherapist. She has served as staff at OutFront MN, founding Director of the GLBT Programs Office at the University of Minnesota, co-chair of the

Board of Directors of the National Gay & Lesbian Task Force, Supervisor of the University of Minnesota Diversity Institute, Coordinator of Leadership Development & Organizational Effectiveness at the University of Minnesota.

She also hosts an inspiring podcast here: <http://bethzemskypodcast.com/>

For details and course materials go to: <https://www.uuinstitute.org/courses/co-creating-inclusion-and-equity/>



Come & find your tribe!

Are you looking for a place to socialize with other women, to explore and gain insight into your struggles, your relationship to yourself and others, to receive and give support?

Then you need to check out CVUU's Women's Support Group. They meet every Sunday from 12:15 p.m. to 1:30 p.m. in Room #205.

The group recently voted to change the name of their group to "The Open Rose:

Peer Support Group" (after the UU hymn *I Know This Rose Will Open*).

They invite and welcome non-binary and transwomen to their group to enjoy the support and friendship that their meet-up provides.

Childcare is provided each Sunday.

For more details on the group and how to join, contact organizer, Stacia Sanders at srsand1@gmail.com.

DONATE EGGS!

Got eggs to spare? Donate them to Sandwich Makers! They assemble sandwiches for the homeless each week.

Call Elisa Dickon
757-470-7486

CVUU Book Lovers pick for Jan. 25th!

Liane Moriarty
Nine Perfect Strangers

Buddhist Affinity Group

Jan. 13th at 7 p.m.
Meditation Room #207

JANUARY 2020

today		January 2020					month	week	day
All Event Categories									
Sun	Mon	Tue	Wed	Thu	Fri	Sat			
29	30	31	1	2	3	4			
12:15p CVUU Women's			7p Navigator's Board M	6:15p MST		9a RE Training			
5	6	7	8	9	10	11			
12p TBA	1:45p Chair Yoga	6:30p "Just Unwind"	7p Covenant Circle	10a House Keeping Co	3:15p Covenant Circle	2p Navigator's			
12:15p CVUU Women's	3p Sandwich Makers	7p Environmental Initiat		6:15p MST	7p Girl Scouts	3p Twelfth Night Mediev			
12	13	14	15	16	17	18			
12:15p CVUU Women's	7p Buddhist Affinity Grc	6p Executive Committe	5:45p Novel Ideas Boo	6:15p MST		5p Calling the Direction			
		6:30p "Just Unwind"	6p Tidewater Master Ne	7p Board of Directors M					
		7p Social Justice Comm	7p Tidewater Master Ne	7p A Different Way: Livi					
19	20	21	22	23	24	25			
12:15p CVUU Women's	1:45p Chair Yoga	6:30p "Just Unwind"		6:15p MST	7p Girl Scouts	12:30p Book Group Me			
	3p Sandwich Makers			6:30p YAG's Planning M					
	7p We Cried Power			7p A Different Way: Livi					
26	27	28	29	30	31	1			
12p Racial Justice Task	1:45p Chair Yoga	6:30p "Just Unwind"		6:15p MST		9a Pledge to End Racis			
12:15p CVUU Women's	3p Sandwich Makers	7p Worship Services Cr		7p A Different Way: Livi					

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—8:30 p.m. and Sunday mornings.** It is the responsibility of each committee or organizer to arrange childcare **directly** with our Director of Religious Education, Paul Greggs at DRE@C-vuu.org for hours outside of the above times. It is **not** the responsibility of the Office. Forward your requests for childcare 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 January your deadline is Dec. 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.