



Unitarian
Universalist
Congregation

UUC

inspire • create • transform

FALL 2025 NEWSLETTER

Message from our Minister

Welcome [back] to UUC. Even though we meet throughout the year for worship and all kinds of other activities, we also follow the rhythms of the school year. Many of us take time for vacation and breaks from usual routines during the summer, enjoying the longer days and warmer weather. The annual Water Service acts as our ingathering, marking the beginning of a new program year. It feels like coming home.

This year's water service was especially poignant for me, marking the beginning of our ninth year together in shared ministry. Unlike my first water service in Blacksburg, when very few people brought their own water, instead pouring from pitchers we provided; this year, water was poured from all kinds of containers and came from many

different places. There's nothing magical about bringing your own water instead of pouring symbolic water from a pitcher, especially for



*Rev. Pam
Philips*

those who couldn't transport water from far away places or simply forgot. But it seems to mark a difference in culture – from one where the water service was perhaps not as ingrained to one where it has gained some importance in the life of the community. Shared rituals help us create compassionate community – one part of our mission at UUC.

We'll be exploring the theme of Building Belonging in September's worship services and small group ministry meetings.

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Message from the Minister *continued from previous page*

How do we go beyond welcoming to creating a sense of belonging? To what or whom do we belong? Why is belonging so important to us? So many questions to explore. Our monthly themes come from **Soul Matters Sharing Circle**, a network of Unitarian Universalist congregations that share resources. This year's themes are remarkable for all starting with verbs – October's is *Cultivating Compassion* and November is *Nurturing Gratitude*. The invitation is to go beyond our heads and hearts and get out in the world and **ACT**.



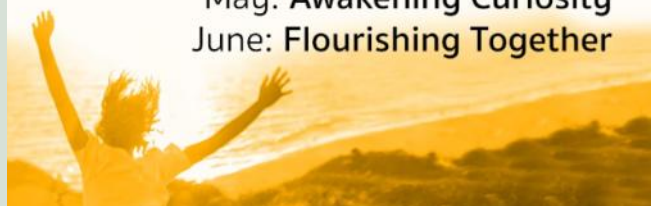
As autumn unfolds, we will all have opportunities to think, feel, and act in addition to Sunday morning services – from joining a **Soul Matters** small group or **adult faith development offering**, enjoying the company of others in a **Circle Supper** or one of our many **social gatherings or support groups**, attending the **annual service auction** (and donating and purchasing experiences and items up for sale), and **volunteering** in myriad ways. With elections coming up in November, consider joining some of our social justice efforts like weekly Get-Out-the-Vote **postcard-writing** in Elarth Hall after the service, and the Defending Democracies event, **Democracy is on the Ballot** on the morning of September 27. Read through the fall newsletter and watch for announcements in our email announcements to find ways you can build your own belonging at UUC. — Rev. Pam

Join a Soul Matters Group!

Pursue self-discovery, enrich your spiritual life, and deepen your relationships with other congregants by exploring our monthly themes in a Soul Matters small group. Each month, you will reflect on themes by engaging in a spiritual exercise and pondering questions on your own, and then join 6-8 other folks for deep sharing and listening. You will also have access to **packets full of resources** for reading, listening and watching to help you explore monthly themes further. We have groups meeting in person and on Zoom. **Sign up here** or get in touch with Rev. Pam if you have questions.

Our 2025-26 Themes

September: Building Belonging
October: Cultivating Compassion
November: Nurturing Gratitude
December: Choosing Hope
January: Practicing Resistance
February: Embodying Resilience
March: Paying Attention
April: Embracing Possibility
May: Awakening Curiosity
June: Flourishing Together





Serving you and seeking your valuable input

Welcome to the 2025-2026 Church year! The Board is getting back into the swing of things with our combined Board Retreat and regular meeting on August 14. We have an amazing crew (as always) serving on the Board. Our board members are Chris Long, Cassy Kost, Wayne Neu, Carolyn Kogan, Joseph Cooley, Helen Renqvist, and Andy Roberts. As with every year, if you have any concerns or topics you'd like to bring to the Board's attention, please reach out to any of these people or send an email to president@uucnr.org.

As we start planning for the year ahead and decide what our goals are, it's important to point out that we serve on the Board as your representatives and your input is valuable. There are some topics we are discussing that will directly ask for your input. **As those come up and Listening Circles are organized, I hope to see you there and hear what you have to say.** The UUC is at its best when we work together as a congregation, and I want to make sure you have those opportunities to share.

In a world full of division, let us continue to be together in community and make an impact.—CL



By **Chris Long**
Board President



UUC is at its best when we work together





**You
make
UUC a
sweet
place
to be.**

What a beautiful summer at UUC!

Together, we certainly made the most of the gifts of summer. Here, young UUC'er Tobias enjoys a sweet bite at our annual Watermelon Social.

Thank you for being part of UUC through your presence and support. See you this fall for another season of connection and community!



A NEW SEASON OF WORSHIP AT UUC

GATHER IN PERSON OR ONLINE EACH SUNDAY AT 10 AM

The Sunday service is at the center of our life as a Congregation. This is a sacred time for us as we gather to reflect on the values that we share, to rejoice in the goodness and beauty of life, and to consider the challenges that we face as individuals and as members of the global community.

Check your weekly email newsletters and our website for more details about our worship themes!



Lifespan Faith Development

Children and Youth Religious Education Programs

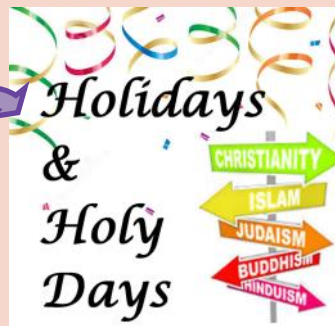
Our **preschool and kindergarten** children will enjoy playing and learning together in the Rainbow Chalice room (formerly rooms 1&2) with "**Chalice Children**," a UU identity curriculum.



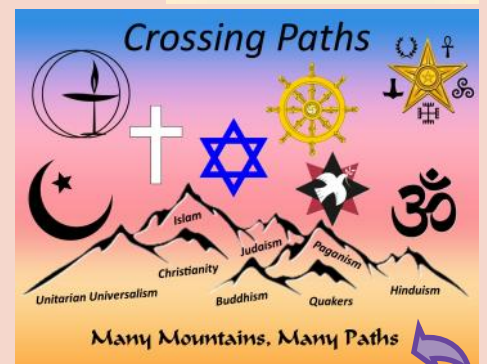
World Blessings



In "**World Blessings**" children in grades **1, 2, and 3** will explore other religions and cultures through stories and food. You won't believe the things they'll be cooking up downstairs in the Loving Hearts room (formerly rooms 3&4.)



Children in grades **4-5** will learn about other cultures and religions by studying their **Holidays and Holy Days**. Every Sunday is a party in the Helping Hands room (formerly room 5.)



In the Open Minds room (formerly room 6) our **middle school** youth are ready for a deeper dive into world religions. Crossing Paths is a curriculum rooted in religious pluralism. Rather than seeing all religions as different paths leading to the same mountaintop, this view sees each religion as its own uniquely beautiful mountain, thus the tagline "Many Mountains; Many Paths." Visits to other houses of worship are a feature of this year.

Grades 8-9—Our Whole Lives: Sexuality Education. This program teaches caring, compassion, respect, and justice, moving beyond the intellect to address the attitudes, values, and feelings that youth have about themselves and the world. The program is comprehensive and progressive. In an inclusive and developmentally appropriate manner, it addresses sensitive topics that are typically excluded in other programs.



Middle School and High School Youth Groups

YRUU (Young Religious Unitarian Universalists) meets weekly, Sundays from 6-8pm. Our high schoolers will also be exploring religions using the YouTube series "Crash Course World Religions" as a jumping off point. They will also have lots of FUN. YRUU starts on September 7 at 6pm.

MSYG (Middle School Youth Group) meets monthly, usually on a Friday night. MSYG has its kick-off on Friday, September 12 from 6:30-8:30 PM.

Youth Groups Combine: YRUU and MSYG will engage in activities together.

- > Friday, Oct. 17—Sinkland Farms, 6-8pm
- > Sunday, November 16— Friendsgiving at UUC, 6-8 PM.

Still need to register?

New Families Click Here



Returning Families Click Here



Lifespan Faith Development

Social Action Projects

Got Books? Now accepting donations of all kinds of gently used books. Please leave donations outside Rachel's office between now and September 21. YRUU will be hosting a book sale fundraiser on **Sunday, September 28—October 5**. Proceeds will benefit their trip fund, and remaining books will be donated to support literacy programs in the New River Valley.

It's Scary to be Hungry!

It's that time of year again. Time for the ghoulies and goblins to make their annual visit to scare us in exchange for candy. And while we totally support trick-or-treating, here's an opportunity to turn Halloween fun into something meaningful to others!

Sunday, October 26 is our annual It's Scary To Be Hungry event. That Sunday, kids should come to church in costume, and adults should bring lots of canned goods and other non-perishable food. During *A time for All Ages*, the kids will trick or treat for the food!

After church, LFD will be running a donation drive at the **UCB Kroger** from **12:00-4:00 p.m.** This is an ideal social action project for the whole family! Cute kids in costume get big donations! **Sign up for a 1-hour shift online!** Those interested can also go to the Interfaith Food Pantry after the event to help stock the warehouse shelves.

All donations help support the Interfaith Food Pantry, an all-volunteer organization which helps provide food to those in need in our community.



Mitten Tree

November 1-23

Kick off the holiday season with a fun social action project for the whole family! Come experience the real meaning of the holidays by giving to others and help keep our neighbors in the NRV warm this winter.

Donate new mittens, gloves, hats, and scarves to be donated to the Montgomery County Christmas Store. Hang your donations on our Mitten Tree in the lower level as you attend RE classes or the service. Gently used winter coats are also appreciated!

Learn more about the **Montgomery County Christmas Store!**



Lifespan Faith Development

Adult Religious Education Programs

God Is Not One—As our children study world religions this year, adults are invited to explore other faith traditions by discussing *God Is Not One: The Eight Rival Religions That Run the World—and Why Their Differences Matter* by Stephen Prothero.

Join Rev. Pam to discuss how different religions address the problems of living in the world in 9 sessions. Alternate Sunday afternoons at 1:00.

Starts September 28. [Register Here](#)



Date with Death Club—Join Cynthia, Gretchen, and Amanda for a

practical exploration of mortality in community, with a balance of humor and earnest regard for the topic of mortality.

Topics include:

- Hospice, Palliative Care, & End-of-Life Documents, Oh My!
- Medical Aid in Dying / Death with Dignity
- Owning Your Dying
- Planning Your Own Memorial Service
- What to Do with a Dead Body?
- Writing Your Own Obituary



Meets the 3rd Wednesdays of each month from 6-8pm at UUC. Starts October 15.

[Register Here](#)



Special Program for Young Adults

“Building the World We Dream About”

This program is designed for people age 18-35 and seeks to interrupt the workings of racism and transform how people from different racial/ethnic groups understand and relate to one another. As Unitarian Universalists, we hope developing anti-racist, anti-oppressive, and multicultural habits and skills will lead us to build the multicultural world of beloved community we dream about. Meets 2nd Tuesdays from 7-9pm, starting October 14.

[Register Here](#)



Transgender Inclusion in the Congregation—

This 6 session workshop from the Transforming Hearts Collective focuses on helping our congregation to be fully inclusive, and affirming of, the full breadth of

gender diversity. Gain the context and skills to help us transform into a fully welcoming congregation. Alternate Sunday afternoons at 1:00. Starts October 5. [Register Here](#)



Lifespan Faith Development

Adult Religious Education Programs



Sunday Circles are a time gather for stimulating conversation on a variety of topics. Join us!

Upcoming Sunday Circles 8:30-9:30 AM, Library & Zoom

September 7— Activism with Anna Vijayan and Justin Askins. Curious about volunteering to help elect candidates who share your values, but not sure you'd be comfortable? Get the inside scoop from folks who've done it. Anna Vijayan will share her experiences knocking on doors canvassing, and Justin Askins will share his experiences phone banking. There will be time for questions.

October 5—Rhythms in the Sleeping Brain | We sleep over one third of our lives, yet the exact function of sleep remains a mystery. **Sujith Vijayan** will explain the basics of sleep and how scientists study sleep. We'll explore scientific beliefs about the functions of sleep, the role of sleep in memory, and how sleep changes over the course of one's lifetime.

November 2— Integrated Pet Medicine with Carol Kern | Acupuncture is used in veterinary medicine to treat a wide variety of issues including pain, arthritis, anxiety, skin, kidney and liver disease and cancer to name a few. Come with your curiosity to hear about some cases that Carol is working on and ask your questions.



Have an idea for a Sunday Circle or a class? Contact [Rachel](#) and let's make it happen!

The Shared Pulpit with Rev. Pam

Have you ever wondered what goes into writing a sermon? Join Rev. Pam Philips in a transformational small-group program that is founded on the belief that laypeople have the wisdom, skills, and lived experience to create meaningful sermons. This 8-session workshop written by Rev. Erika Hewitt centers personal experience, refined through theological reflection, as participants learn about the theory and theology of preaching. Participants practice writing and speaking with authenticity, gradually building toward sermon-length reflections.

Saturdays, 9 AM—12 PM at UUC

September 27, October 18, November 8, December 6,

January 3, January 24, February 14 & February 28 [Register](#)



Lifespan Faith Development

Ongoing Programs

Meditation Group—Meets Tuesday 5:00-6:00 PM

Our meditation group meets weekly for those interested in starting or deepening their meditation practice. Our format is drop-in, so you need not attend all sessions. Open with centering words and basic instruction, followed by sitting practice. Meditators from all traditions and all levels of experience are welcome. [Zoom link](#).



Conversations on Our Faith—Meets Wednesdays 12:00-1:00 p.m.

Bring your lunch and join the conversation, as we discuss a book that deepens our spiritual journey. All are welcome, even if you have not read the chapters being discussed. Group members share their insights and personal experiences and all thoughts and opinions are welcome. Meets Wednesdays at noon, in person or on [Zoom](#).

Upcoming books include:

- September: *Where Buddhism Meets Neuroscience*, Dalai Lama
- October: *Faithiest*, by Chris Stedman
- November: *So Help Me God*, by Forrest Church
- December: *After the Good News*, by Nancy McDonald Ladd

Parent Covenant Group—Meets monthly on a Friday from 5:30-7:30 p.m.

Join other parents for socializing and guided discussion. Discussion topics are loosely based on the *Soul Matters* theme, but with emphasis on topics relevant to parents. This year, a light meal of child-friendly foods will be provided at 5:30. Meeting and childcare begin at 6pm. Childcare provided at no cost, but you must RSVP to [Rachel](#) so we can have the appropriate number of providers.

Dates for Fall:

September 19
October 10
November 21

OUT@UUC— A social group for LGBTQ+ adults to meet for a variety of activities, from hiking, to games and potlucks.

Queer Book Group Starting—This month we will be reading *Living Queer History: Remembrance and Belonging in a Southern City*, by local author Gregory Samantha Rosenthal. First meeting September 20 at 5pm.

For more information or to joint the out@uuc mailing list, contact [Rachel](#)



Monthly Community Game Nights

Come to UUC for a night of fun and games. A light kid-friendly meal and snacks will be provided. You are welcome to bring your friends, your games, and snacks to share.

Saturday nights from 6-9pm.

Dates for the Fall: September 13, October 11, November 1, December 6





Gratitude & Gifts

We are grateful for all the rain we've had this summer. Plants, trees, and shrubs thrived — as well as the weeds! Some folks have downsized or decluttered, and the grounds ministry inherited a garden wagon, cordless leaf blower, and cordless weed whacker from Jim and Brigitte Flowers; and a wheelbarrow and assorted hand tools from Gloria Heath.

We could still use:

- Hay forks (5–7 prongs)
- Leaf rakes
- Mucking or strong snow shovels
- Functional wheelbarrows (the "icing on the cake")



Donating gardening items to UUC helps replace broken tools and increase efficiency on big ground work days.

Let's take a personal journey on the UUC Grounds



Labyrinth & Water Feature



Let's start in the upper grounds first. Elizabeth Dell, pictured on the left, is one of our newest grounds helpers and is shown hand-weeding the labyrinth. She treats the labyrinth and its entrance as a sacred space.

In the water feature area managed by

Amanda Morgan, bees and butterflies pollinate the Russian Sage and Joe-Pye Weed.



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Pollinator Paradise

Onto the peacock meadow, where Greg Evanylo inspects the pollinator garden, which he's beautifully redesigned to be more manageable and attractive.

From a meditation bench in the meadow, you can observe the three bee hives. Look closely and you'll see bees entering and leaving the hives.



Hive Life



Beekeeper extraordinaire Richard Reid manages the three hives and reports they're healthy. In spring, one hive swarmed, leaving behind queen cells. As new queens emerge, they fight to the death. The surviving queen takes a mating flight — if she survives predators and storms, she returns to lead the colony. Ask Richard more about this and learn something new!

In fall, Richard weighs the hives to determine how much honey can be extracted, ensuring enough remains for winter survival.



Main Lawn



We will follow the white brick "wayfinders" on the meditation path to walk back to main lawn, home to gardens and the picnic area.

The main lawn and its gardens are my "happy place." The memorial garden features a stunning piece of donated stained glass, framed by marigolds and zinnias grown from seed by Ellen Rummel.



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Our journey through the Grounds continues...



Crescent Garden

Shaped like a crescent, this garden bursts with colorful flowers that attract pollinators. Sit in a rocking chair and enjoy the scents, textures, and buzzing life.

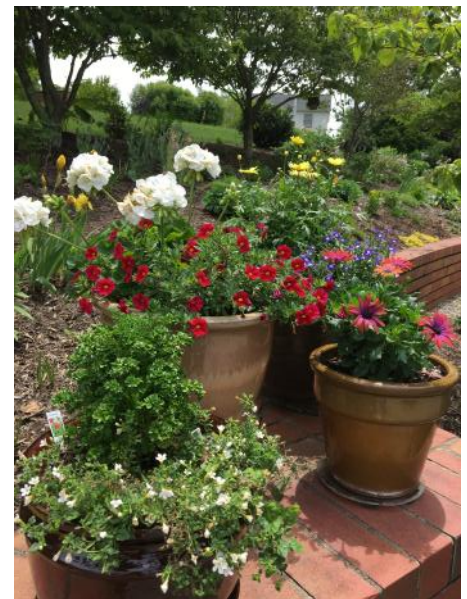
As we head back to our cars, we spot a fresh pile of mulch — a joyful sight for fall preparations!



Grounds Team Gratitude

Maintaining nearly six acres takes a village. Here are just a few of our amazing volunteers:

Name	Contribution
Cindy Barden	Mowing the front entrance
Joe Powers	Mower maintenance, playground mowing, detention ponds
Sally & Doug Pfeiffer	Monitoring bluebird boxes
Ellen Rummel & Jane Hundley	Watering potted plants
Susan Sisk	Front entrance & sculpture garden
Beth McClellan	Main lawn area
Sharon Day	Pruning roses
UUYA's	Picnic area
George Lally	Meditation path & memorial walkway
Denise Martin	Pruning & leadership/planning
Amanda Morgan	Consultation and planning
Rachel Craine	Mowing and weeding playground
Susan Baker	Garden Maintenance and more



"Put It to Bed" Work Day

This fun day of service will occur in late October or early November. It's a big effort and all ages are invited to help. Stay tuned — more details coming in September!

Volunteers are always needed.
Consider helping keep our grounds a special place! Email [Susan Baker](#) or [Rev. Pam](#)



As we begin the new program year, I thought I'd take a moment to share some thoughts about Stewardship. At its core, stewardship is about managing what is entrusted to us; it is a gift of Self. As Unitarian Universalists, we are called to Create communities where members are Inspired and Transformed; where we strive to put Love at the Center. Pretty lofty goals!

So how does that look in the real world? Have you noticed the beautiful new sign at our entrance or how our gardens are now filled with flowers and monarch butterflies; have you seen the amazing garden art donated by some of our members? I recently went to the Friday Women's lunch get together at Buffalo and More where we shared stories, laughed, and had a delicious meal. There are so many activities, learning opportunities, committees and just plain fun people to get to know available here to anyone who wishes to partake. All of these are the essence of how Stewardship takes shape.



At its core, stewardship is about taking care of what is entrusted to us; it is a gift of Self.



Many people think Stewardship is just about a delicious brunch once a year where we pledge our financial resources to support the obligations of the community and see some funny videos featuring the children and a character like the "Fanged Steward." It is that, but it is so much more. Offering your time, talent or financial resources is also a path to belonging. This anonymous quote sums up what being part of this community means to me, "My friend is one who knows my sound and sings it to me when I forget." There have been so many times over the last few years when someone has reminded me that my song belongs here.

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"Stewardship & You" by Denise Martin continued from previous page

I joined the Stewardship committee last year and was privileged to be mentored by the amazing Mary Ann Hansen. This year I have chosen to take on the role of Stewardship Coordinator. You'll be hearing more from me in the coming months as we gear up for our 2026/27 Pledge campaign. In the meantime, I invite you to find a place that calls to you within this community.

There have been so many times over the last few years when someone has reminded me that my song belongs here.

Thank you for Giving! Your gifts help UUC be a welcoming place for people near and far. UUC relies solely on the generosity of congregants. Your generous gifts help provide:

- a caring congregation that is a welcoming place for all
- weekly worship gatherings that inspire, connect, and transform
- religious education and meaningful faith development for all ages
- support and care for each of us as we encounter joys and sorrows in life
- opportunities to serve the greater good, take care of others and the environment, and advocate for social change

THANK YOU!

New to UUC (or even not-so-new) and interested in learning more about our congregation and Unitarian Universalism in general? Want to meet other newcomers?

You're invited to our **Newcomers' Orientation** on **Saturday, November 1!** Gather for conversation, coffee and refreshments at **9:30 AM** followed by the orientation from **10 AM—**

12 PM. Meet others, get your questions answered, and learn more from members of our Connections Committee and Rev. Pam. Email [Lisa Evanylo](#) by **October 28** if you can attend or for more information. Need **childcare**? Let Lisa know by October 25.



*Laissez les bon
temps rouler!*



That means "Let the good times roll!" and it's what they say down in New Orleans, particularly when it's time for Mardi Gras. **Our annual Service and Goods Auction is October 25 at 5 pm at UUC.** And our theme this year is **Mardi Gras!** We will having a **live** and **silent auction** that night. Bidding will start at **6 pm** for the live auction. During the week prior, there will be an **online auction**. We are asking for goods and services for donations. We also need lots of people to help: making food, decorating, cleaning up, computer help, bartending and auctioneers. If you need ideas about

what to wear, the colors of Mardi Gras are **purple**, **green** and **gold** - the more flamboyant, the better! As always, dressing up is optional. But, don't miss this opportunity to let your freak flag fly! We will be serving finger foods, desserts, and non-alcoholic and alcoholic drinks. There will be child care on the lower level with pizza. Please sign up in advance if you need child care. If you have questions please email [Carol Kern](#) or [Gretchen Luke](#) Check the weekly UUC emails for how to send in your donations. We hope to raise **\$23,000** in this year's auction so please get your donations in and come to join the fun on **October 25!** *Laissez les bon temps rouler!*





ARTS COMMITTEE

By Jennifer Thomas

Join us for our 2nd annual craft fair this November as we celebrate the skill and talents of our maker members and friends. This year, we'll hold the fair on two Sundays!

A portion of the proceeds will go to UUC. We ask vendors to donate in lieu of charging a table fee.

Please contact Jennifer Thomas by October 15 if you would like to reserve a vendor table. Both new and returning vendors of handmade items are welcome. Priority will go to UUC members and friends.

In addition to handmade items, we'll also have a sustainable gift wrapping station, so bring your holiday gifts to the fair for fun and reusable packaging. —JT

Save the Dates!

**UUC
CRAFT
FAIR**

*November 16
& November 23*

Elarth Hall

Calling all music lovers!

Sing? Play an instrument? Come make music and have fun with the Breakfast Club at UUC! The group gathers on one Saturday each month — usually the first Saturday — for breakfast and rehearsal. See our weekly News & Updates emails for dates and contact Music Director, Jared Gibbs, for more details.



DEFENDING DEMOCRACY



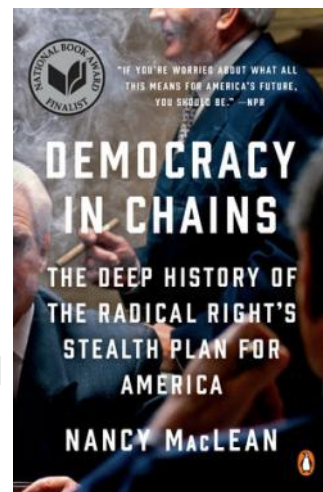
Books, Events, Newsletter and more!

We've got a book rec for you! Nancy MacLean's "Democracy in Chains: The Deep History of the Radical Right's Stealth Plan for America" includes research and insights tracing Virginia's political history from Massive Resistance in the '60s to today.

Jim Bohland, leader of the local Defending Democracy initiative, just led a discussion about this book as a special guest of the League of Women Voter's "First Tuesday Talk."

The book highlights the work of political economist and Nobel Prize winner James Buchanan and his coterie of wealthy millionaires and politicians to reshape our democracy. Buchanan served on the faculty at Virginia Tech and worked with a *Who's Who* of Virginia political leaders to develop strategies for curtailing majority rule.

Nancy MacLean details how Buchanan, while on the faculty at University of Virginia in the '50s and '60s, worked with the "Byrd Machine" and other Virginia politicians to support massive resistance to integration of Virginia's public schools. The book also traces his work with the wealthy Koch brothers and others to reshape American politics. Give it a read!



"A functioning, robust democracy requires a healthy, educated, participatory followership, and an educated, morally grounded leadership."

- Chinua Achebe

NEW NEWSLETTER

"The Democracy Advocate"

Defending Democracy now publishes a newsletter. *Subscribe Here*



**Save the Date
September 27**

10 AM - 12 PM

***"Democracy on
the Ballot"*
Event at UUC**

VOTER INFORMATION FOR FALL ELECTION

In Virginia this November we will elect the Governor, Lt. Governor, Attorney General, all 100 members of the House of Delegates as well as local candidates in some jurisdictions.

★ **CANDIDATE INFORMATION**

★ **VOTER GUIDE**

★ **REGISTER & FIND YOUR POLL**



Important Dates and Deadlines:

Sep. 19, 2025 | Early In-Person Voting Begins, Continues through Nov. 1

Oct. 24, 2025 | Deadline to Register to Vote/Update Your Address

Oct. 24, 2025 | Deadline to Apply for a Mailed Ballot

Oct. 25, 2025 | Saturday - Office Open for Early In-Person Voting

Nov. 01, 2025 | Saturday - Office Open for Early In-Person Voting

Nov. 04, 2025 | Election Day ★★

**Note: In Virginia, voters may register and vote using a provisional ballot In-Person after October 24, 2025, through Election Day.*

The UUC Voting Rights Team will be hosting a non-partisan voter information table at UUC on Sundays as well as posting voter information in the weekly UUC News and Updates.

VOTE – DEMOCRACY DEPENDS ON IT! ★★



PLACE
STAMP
HERE

Blank area for stamp or message

POST CARD CAMPAIGN

UUC's Anti-Racism and Voting Rights committees are working together to encourage more voting in the Virginia General Election by partnering with [Center for Common Ground](http://www.centerforcommonground.org), a non-partisan, Black- and women-led *get-out-the-vote* organization founded in 2018. Their goal is to send 900,000 post cards to Virginia voters for our fall election, emphasizing outreach to voters of color living in historically minority voter suppression states.

At UUC, we hand-write postcards with a non-partisan message that includes localized information for the recipients on where and when to vote. All are welcome to participate in the effort by writing and/or addressing postcards. We will be staffing a post-carding table after Sunday services, through September 14. **Stop by and help!**

Based on a lovely UU ritual, our classrooms have been renamed!

Our downstairs classrooms are primarily used for children's Religious Education (RE) but are also used frequently for UUC and community meetings and gatherings.

One ritual we use — particularly with children — when lighting the chalice, involves these words and movements:

We are Unitarian Universalists.

(Make thumb and index finger of each hand into a "U".)

This is the church of the OPEN MIND,

(Put hands on either side of the head and open them out.)

The LOVING HEART, *(Clasp hands over heart.)*

And the HELPING HANDS. *(Extend hands in front of self.)*

We used this ritual as inspiration to rename the rooms!
Take a look downstairs the next time you're at UUC.



Welcome, Jocelyn! New Lifespan Faith Development Assistant

We believe that faith development is the lifelong journey of ethical and spiritual growth that each of us takes. UUC's goal is to provide support for our congregants' personal journeys from cradle to grave and we're blessed with a vibrant Lifespan Faith Development program!

Thanks to your faithful generosity, we are delighted to welcome **Jocelyn Hildebrand** as our new Lifespan Faith Development Assistant. Jocelyn grew up in the UUC in Davis, California and loved the Coming of Age program there. She

has worked in non-profits, grassroots organizing and teaching and identifies as a disabled activist, artist and parent. Join us in welcoming her!

A background image showing several blue paper cutouts of people holding hands in a circle, with one green cutout in the center. The text "ONGOING GATHERINGS" is overlaid in white.

ONGOING GATHERINGS

Support Groups

Parent Bereavement Support

A community-wide support group for bereaved parents and grandparents who have lost an adult or adolescent child. We come together once a month on 2nd Mondays from 6-7 PM to help one another on our journeys. For more info and the Zoom link, contact [Katherine](#) or [Lisa](#).

Caregivers Support

Share your experiences and challenges on the 2nd Tuesdays of each month from 7-8:30 PM via [Zoom](#). [Contact](#).

NAMI Connections Support

Persons living with a mental illness are welcome to join this NAMI support group on the 1st and 3rd Monday of each month from 6-7:30 PM. [Email](#) for the Zoom link.

Surviving Spouses Support Group

Meets 2nd and 4th Tuesdays at 2 PM. If you have lost a spouse or partner and would appreciate support, please contact [Rev. Pam](#).

NAMI Family Support

Family and friends of persons living with mental illness are welcome to join this NAMI support group on the 3rd Wednesday of each month from 6-7:30 PM. [Email](#) for the Zoom link.

Second Sunday Potlucks

Everyone is invited to stay and enjoy a potluck after the service on Second Sundays. Bring your family and friends, and a dish to share (enough for eight), to enjoy a delicious meal together. Please include a small card with the ingredients for those with allergies.

ONGOING GATHERINGS

Women's Lunch | Fridays at 11:30 AM at local restaurants or noon at UUC.

UUYAs | Unitarian Universalist Young Adults (UUYAs) A group for Young Adults in their teens and twenties. Gather to play games, engage with the community, and support our congregation each Tuesday, 7-10 PM. For more information, contact uuya@uucnrv.org.

Women's & Men's Breakfasts | Gather any Monday you're able at UUC for coffee, breakfast (bring your own), and conversation with the men gathering from 7-9 AM and women from 7:30-9:30 AM.

Sages | Gather on the 1st & 3rd Tuesdays of the month at 2 PM at UUC for stimulating conversation on topics that affect older adults and more. All ages welcome.

Yoga | Join this free weekly group at UUC on Wednesdays at 5:30 PM. Bring a mat if you have one. To get on the email list for the weekly status of class, contact [Lori](#).

Men's Group | Open to anyone who identifies as male and would like to connect with others. Gathers in the evening on the 1st Tuesday of each month. Contact [Graham](#) for more.

Thank you for reading our Fall 2025 Newsletter!

UUC Unitarian Universalist Congregation

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