



Unitarian
Universalist
Congregation

UUC

inspire • create • transform

FALL 2026 NEWSLETTER

Message from our Minister

As I consider the congregation entering into the fall season, I'm struck by a sense of beginning and newness -- including how many new faces I've been seeing on Sunday morning. Some faces are actually familiar, but I haven't seen them in a while, as people have been off on summer adventures or just taken a break from UUC for a variety of reasons. Something about the change in season, individual circumstances, or the state of the world is drawing folks back to this community. Whatever their reasons, I am grateful to welcome them back, because their presence enriches the congregation.



***Rev. Pam
Philips***

Likewise, I've seen brand-new-to-me faces of folks who have heard about our congregation or about Unitarian Universalism and are ready to check it out. I think back to my first visit to a UU congregation -- back in White Plains, New York when I was a young teacher in an independent school. I was so nervous the first time I went, and so elated that I had summoned up the courage to go. I'm grateful that people are willing to risk trying something new and eager to get to know them and their stories. Their presence enriches the congregation.

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Message from the Minister *continued from previous page*

Then there are folks who are brand-new to UUC but not to Unitarian Universalism, who have moved to the area, perhaps hoping to find the same kind of welcome and programming they had at their former congregations. Having my own experience in five different congregations, I'm aware that they are all different. Yes, most UU congregations light chalices, have flower and water services, and sing many of the same hymns – but each community has its own personality and way of doing things. I'm grateful for new-to-us UU's because they bring those experiences with them, helping to enrich this congregation.

I'm also grateful that some of our members have offered to take up new roles in the congregation – offering leadership for groups working on the building, the grounds, the endowment fund and volunteering to teach religious education and to plan the upcoming auction, among other things. A vital congregation relies on both the longtime leaders and volunteers who have experience and institutional memory AND the newer leaders and volunteers who bring fresh enthusiasm and ideas.



I'm struck by a sense of newness and opportunity -- opportunities to get to know many new people and opportunities for new engagement. If you missed the activities fair we had in August, where most of the groups and committees had a table to share information and sign up new members, it's not too late to learn more about [ways to serve and connect](#). For those who are relatively new to UUC, we'll have a **Newcomers' Orientation on Saturday, October 24** (refreshments at 9:30 am, program at 10). Please come even if you're a long-time UU; your perspective is a great one for new UU's to hear.

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Message from the Minister *continued from previous page*

Our **Annual Auction** (the most fun FUNdraiser of the year) is coming up on **November 7**, and you'd be welcome to join the folks planning it. Likewise, the grounds committee will have a **Fall Work Day (October 31)**, complete with a pizza lunch after, which is a great way to get to know people and enjoy the beautiful fall weather. I encourage you to check out the offerings for adult faith development and social justice activities, along with the usual social groups which are listed on the [calendar](#) and twice-weekly emails.

If you're having difficulty choosing which opportunities you might like to take up, I encourage you to heed the advice of Howard Thurman, *"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive."* Here's to a season of coming alive!

In faith,
Rev. Pam

"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive."



A Message from Rev. Ellen Plummer

UUC's Affiliated Minister

I love being a community minister! I have known from the start of preparing for ministry that my call was to serve beyond congregational walls. What I did not know from the start is that I would find myself serving hospice patients as a chaplain.

The call to ministry has been a journey in self-discovery and significant changes in the focus of my work and life. As a university administrator, I served in many roles and was deeply engaged in the ebbs and flows of academic life. In the fall of 2024, I left university life to complete a ministerial internship, during which I fell in love with hospice chaplaincy. As a spiritual care coordinator with Good Samaritan Hospice, Palliative, and Home Health Care I provide spiritual support to patients in facilities and in their homes.

On August 30, the UUC and I affirmed our relationship in the form of a covenant and ritual during which we promised one another to respect boundaries and our shared ministries. I am a member of the UUC and Rev. Pam is my minister – as she is yours.

Professionally, I benefit from being affiliated with a “bricks and mortar” church. As recently evidenced by my filing with the Clerk of Circuit Court as an ordained minister who can officiate weddings. The Court required that I prove that I am in good standing with the UUC – with a letter, on letterhead, signed by our board chair and Rev. Pam. Fortunately, I did not have to beg Rev. Pam or Cassy too much to sign this letter!



We have officially affirmed our relationship with Rev. Ellen Plummer as an affiliated minister. In this covenant, we promise one another respect, care, and support in our shared ministries. Let's celebrate this beautiful partnership together!

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Message from our Affiliated Minister, Rev. Ellen Plummer

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In addition to hospice chaplaincy, I respond to needs in the community as they emerge. For example, I've been invited to provide memorial services for families with limited resources and I have officiated weddings. Community social justice organizations have reached out including the Funeral Consumer Alliance and the gerontology center at Virginia Tech.

It is my joy to continue to be a member of UUC and am grateful for the privilege of being affiliated with the UUC as a Community Minister. —Rev. Ellen



Thank you for continuing to support UUC with your financial gifts!

Your gifts help UUC continue to be a place to gather and grow. UUC relies solely on the generosity of congregants. With your support, together we can 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 people here and across the world, and advocate for social change

THANK YOU!



Update from the Board

The UUC Board has kicked-off the new fiscal year with a Board Retreat on August 13, allowing us to discuss goals, priorities, and what success will look like for the year. A big welcome to all our new members serving on the board and all of our committees this year. The Board hopes to round out the Strategic Planning survey this year by making plans to analyze responses from our many UUC members. Thank you to everyone who took the time to fill out this carefully crafted survey, helping shape the directions and focus of our congregation.



**By Cassy Kost,
Board President**

On August 16 the Board hosted a tabling and snacks after service with all '26-'27 Board members, as well as a few of our Trustees. We enjoyed getting to talk to all those who stayed after and recognize that each of our members has something to say. Please reach out to us if you have questions, concerns, or would like to have a chat about the UUC. You can contact me directly at president@uucnrv.org. If you'd like me to share something with the Board, I can forward your message. We would absolutely love to hear what our members have to say. We host a members' forum each Board meeting (in-person, and zoom options available), and our agendas can be found linked on our [UUC Board page](#). I'm so grateful to be serving my third year on the UUC Board and look forward to hearing from all of you! Love and support to all those entering this busy fall season! - Cassy Kost, UUC Board President



Lifespan FAITH DEVELOPMENT



MARK YOUR CALENDAR!

Fall Religious Education begins **Sunday, September 13**. Each Sunday, children begin in the sanctuary and are sung out to their classes.

REGISTER A
CHILD



RELIGIOUS EDUCATION for Children

This Year in PreK–K: Picture Book UU Values and World Religions

Through stories, crafts, games, and hands-on activities, children explore religions and cultures from around the world while discovering Unitarian Universalist values of love, justice, equity, pluralism, transformation, generosity, and interdependence. This class celebrates the many ways people find meaning and helps children appreciate both differences and common ground.

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Grades 1–3: Picture Book UU Values and World Religions 2

Building on the foundation of Picture Book UU Values and World Religions 1, this class continues exploring world religions, cultures, and UU values through engaging picture books, discussions, games, crafts, and interactive activities designed for older elementary children. Participants deepen their understanding of both the diversity of religious traditions and the shared values that connect us, while strengthening friendships, curiosity, and respect for others.

4th & 5th Grade: A Year of Social Justice

This year-long class explores how we can build a more just and compassionate world. Students will spend 10 weeks in **Our Whole Lives (OWL)**, our comprehensive sexuality education program, followed by 8 weeks of **MOSAIC**, an anti-racism and anti-oppression curriculum. In the spring, they'll dive into **The Magic of UU**, discovering that real change is possible through courage, creativity, and community. Children will learn how they can make a meaningful difference in their congregation, their community, and the wider world.



Grades 6-12: Games That Build Community

This class uses a wide variety of cooperative, creative, and strategy games to build community while exploring Unitarian Universalist values. Through play, discussion, and reflection, youth will deepen friendships, strengthen communication and teamwork skills, and engage with topics such as justice, pluralism, identity, compassion, and interdependence. Designed primarily for grades 6–7, the class is also open to older youth as well.



Making Fruit Chalices in RE last year was fun!

RELIGIOUS EDUCATION for Youth

Coming of Age (Grades 8-12)

Coming of Age is a meaningful milestone program that helps youth prepare for the transition from childhood to young adulthood. Participants work with adult mentors from the congregation as they explore their values, beliefs, identity, and place in the world. Through discussion, reflection, service, and community-building, youth develop greater self-awareness and confidence while deepening their connection to Unitarian Universalism. The year culminates in a special Coming of Age affirmation ceremony. This year, our program will use the **Soul Matters** curriculum, *Becoming*.



High School Sunday Morning Options

High school youth have several meaningful ways to participate in Sunday mornings, allowing them to choose the level of involvement that best fits their interests and stage of life. They may enroll in **Coming of Age**, participate in **Games that Build Community**, volunteer as classroom assistants in our younger Religious Exploration classes, or remain in the worship service. Those attending worship are encouraged to take on leadership roles by serving as greeters, ushers, or helping with other aspects of Sunday morning hospitality. We encourage youth to explore different opportunities throughout the year as they deepen their connections, develop leadership skills, and discover how they want to be part of our congregational community.



RELIGIOUS EDUCATION for Youth

YOUTH GROUPS

Middle School Youth Group (Grades 6–8)

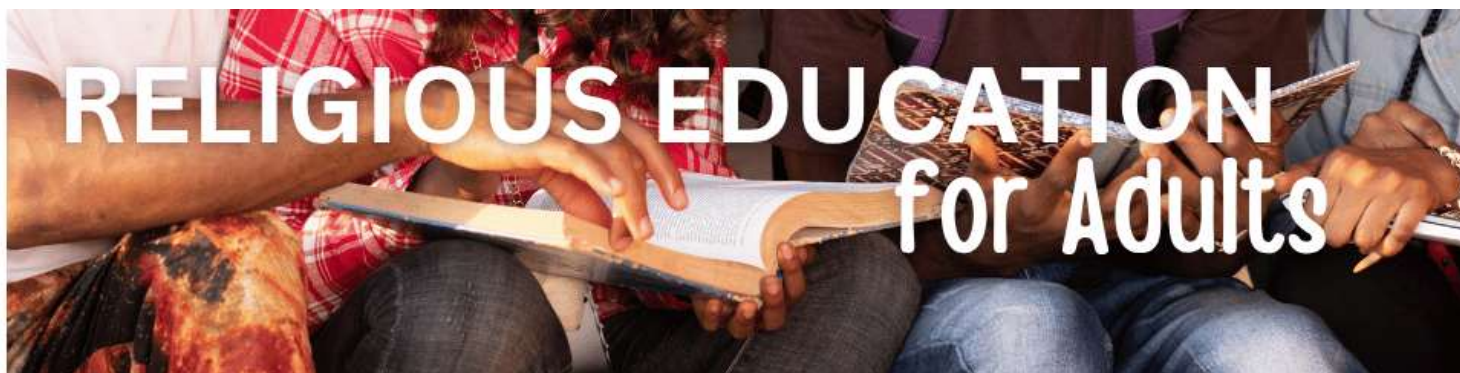
Our Middle School Youth Group meets twice each month on Sunday evenings from **6:00–8:00 p.m.** Once a month, middle school youth join the high school group for a fun activity or out-of-church experience (OOCE), such as hiking, bowling, or another adventure. The other monthly gathering is just for middle school youth, providing time to build friendships, play games, and strengthen community in an age-appropriate setting.

YRUU (Young Religious Unitarian Universalists, Grades 9–12)

YRUU meets every Sunday evening from **6:00–8:00 p.m.** and is a youth-led community where high school teens build friendships, have fun, and support one another. While the group is primarily social, at least once a month they focus on spirituality or social justice through discussions and activities centered on issues that matter to the participants. They also enjoy at least one monthly out-of-church experience (OOCE), such as hiking, bowling, or other community adventures.

**UUC has
youth groups
for students
in grades
6th-12th**

**Youth Groups
kick off on
Sunday,
September 13
at 6 pm.**



Abolition, Transformation and Faith Formation

Engage with the 2025 Congregational Study Action Issue “Abolition, Transformation and Faith Formation,” through three opportunities—a video series, a book study, and a series of workshops.



Abolition Theologies: Praying for Liberation – Rev. Jason Lydon

In this four-part Minns Lectures Series, Rev. Jason Lydon and responding scholars discuss the violent theological underpinnings and inherent racism of today’s prison system, and show that prison abolitionism is a theological imperative for Unitarian

Universalists. Join us to watch the videos

followed by discussion. **In person and online, Sundays September 20, October 4 and 18, and November 1, from 2-4 p.m.**

We Do This Til We Free Us - Mariame Kaba

BOOK STUDY

What if social transformation and liberation isn’t about waiting for someone else to come along and save us? What if ordinary people have the power to collectively free ourselves? In this timely collection of essays and interviews, Mariame Kaba reflects on the deep work of abolition and transformative political struggle. **In person and online, Sundays January 17 and 31, February 14 and 28, from 2-3 p.m.** ...continued >



Mosaic Workshops

In this series of 4 workshops developed by the UUA's Mosaic team, we will explore some of the following topics:

What Is the History of Racism and Anti-blackness in Unitarian Universalism?

What Would It Take to Create an Explicitly Anti-Racist Unitarian Universalism?

What Is White Entitlement And How Does It Show Up In Ourselves And Our Communities?

Reparations: Addressing Historical and Contemporary Wrongs

What Is the History of Policing and the Carceral System, and Why It Conflicts With Our UU Values

Confronting Our Fears About the Abolition of Policing

Beyond Policing and the Carceral System

**Meeting in person and online
Sundays April 11 and 25, and
May 2 and 16 from 2-3:30 p.m.**

REGISTER
for any and all options



GET CURIOUS
OUR WHOLE LIVES

***NEW* Adult OWL (Our Whole Lives)**

This class is a chance to explore sexuality, relationships, identity, intimacy, and values in a thoughtful, supportive setting—and it's about so much more than sex! Join us for honest conversation, new perspectives, and meaningful connection. Starts September 27. Alternate Sundays from 2–4 p.m.

[Register here.](#)



Meets 1st Sundays from 8:30-9:30 a.m. in the library and online. Have an idea for a Sunday Circle? Contact [Rachel Craine](#).



The Shared Pulpit

Have you ever wondered what goes into writing a sermon? Join Rev. Pam in this transformational small-group program that is founded on the belief that everyone has 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 we learn about the theory and theology of preaching. Participants practice writing and speaking with authenticity, gradually building toward sermon-length reflections. We'll meet once a month on Saturday mornings. [Register here.](#)

Being UU

What does it mean to "be" a Unitarian Universalist? Based on a UU Institute course called "Coming of Age for Adults: Building a Faithful UU Identity" -- we will explore our faith journeys. Topics will include understanding stages of faith, acknowledging & honoring our religious pasts, claiming our UU identity, and constructing our credos (faith statements). Meetings will be online Tuesday evenings and in-person Thursday afternoons to accommodate different schedules. [Register here.](#)

UNITARIAN UNIVERSALIST VALUES



Love

We center our choices around love



Equity

We help everyone flourish



Interdependence

We honor the web of life



Justice

We build a Beloved Community



Generosity

We give generously and joyfully



Pluralism

We embrace and celebrate diversity



Transformation

We change and grow together

All ages: Sign up now for a “Buddy”

The *new* BUDDY Program—Building Understanding, Deepening Diversity, Year-round—pairs people from different parts of our congregation to exchange letters and get to know someone they might not otherwise meet. Connect across generations, experiences, and interests while building new relationships and strengthening our congregational community! [Register here.](#)



community
Game & Crafts! Night AT UUC

September 12	December 5	March 13
October 17	January 9	April 10
November 14	February 13	May 8

October: It's Scary to Be Hungry

Coming this October, it's our annual "It's Scary To Be Hungry event." Kids can come to service in costume, and adults should bring lots of canned goods and other non-perishable food.

During the Time For All Ages, the kids will trick or treat for the food! After church, we will be running a donation drive at a local grocery store. This is an ideal social action project for our whole congregation.



September: Stuffing Drive

Bring your boxed stuffing donations to UUC and we will donate them to Blacksburg Interfaith Food Pantry. Help us reach our goal and make sure no belly goes hungry this winter!



November: Mitten Drive

Bring mittens during the month of November and "decorate" our mitten tree. We will donate this items to the Montgomery County Christmas Store, and they will share warmth with others.

News from the Connections Committee

We are an active and involved congregation, providing many opportunities to connect with others and socialize. Also, helping others is an integral part of UUC. Thanks to the leadership of the Connections Committee, we are committed to supporting our shared UU principles through action and service within our congregation!

Keep finding where you belong.



New to UUC 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, October 24!** 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 22** to attend. Need **childcare**? Let Lisa know by October 18.

UUC Potluck for all ages

Everyone is invited to gather together for a congregational potluck on Friday, October 16 at 6 PM in our picnic area or Elarth Hall if it is raining. Bring a dish to share! Non-alcoholic beverages provided.

This year, we will hold quarterly evening potlucks in lieu of Circle Suppers, so bring the family and join the fun!



Craft Fair

We are excited to host our 3rd annual craft fair on Sunday, November 15 from 11 a.m. to 1 p.m. in Elarth Hall. Members and friends can display their creative talents and folks will have the opportunity to purchase local handmade items in time for the holidays.

We invite interested vendors to sign up using the link below. You can reserve a table of either 3- or 6- feet in exchange for a donation of 10% pr more of your proceeds to our congregation's operating funds. Space in Elarth Hall is limited, so please fill out the form [here](#).

Learn to Quill with Sue Hossack

This spring, versatile artist Sue Hossack exhibited her work at UUC along with Mary Ratliff and Judy Niehaus. We're excited that Sue is offering a workshop on Saturday, October 3 from 10 a.m. to 12 p.m. Space is very limited, but she is interested in offering additional days if the first one fills.

About paper quilling, Sue explains that it's an art form that involves rolling, shaping, and gluing thin strips of paper together to create intricate, three-dimensional decorative designs. It is easy and fun to learn. It can be used to make cards, magnets, Christmas ornaments, framed art, and more.

Please contact [Jennifer](#) if you'd like to sign up. All materials will be provided, and you will take home a quilling tool, paper strips, and a piece of finished art.

You can also enjoy more of Sue's beautiful work by visiting her [website](#).

Mother-Daughter Art Duo on Display

This fall, we're hosting works from local artists **Kaily Schenker** and **Lauren Cooper** in our front and back lobbies.



Lauren Cooper is an artist, herbalist, farmer, and mom living and working in Blacksburg. Since 1991, she has been co-running Greenstar Farm and Apothecary, a certified organic micro farm which provides produce and herbal medicines to the community. You may recognize her from the Vintage Market in Blacksburg, the Christiansburg Farmer's Market, or the December "Book, Art & Zine" fair here at UUC.

Lauren completed a B.F.A. in painting and drawing at SUNY Purchase. Influences and inspirations include folk art, Medieval alchemical illustrations, art brut, outsider art, and children's book illustration. She creates mostly 2D art with watercolor, pen and ink, collage, and sometimes work on birch or Masonite panels. Lauren's art explores themes including life as a farmer and herbalist, the grief within confronting the Anthropocene Age, and an animistic connection to our Mother Earth. She is delighted and grateful to show some of her work with her daughter, Kaily Moon.

Kaily Schenker is an artist and musician from Blacksburg. She has been making pottery since the age of ten under the tutelage of Ellen Braaten. She is also a self-taught fiber, collage, and mixed media artist. Kaily is strongly influenced by her upbringing in Appalachia, as well as medieval art, tattoos, tarot, early American crafts, folk music, and DIY culture. She also works in arts administration and technical theatre, where she draws great inspiration from her work and her peers.

*Take a moment
to appreciate the
art on display in
our lobbies*





The UUC grounds have seen a lot of use this summer – large and small picnics, meetings, labyrinth meditations, celebrations of life ceremonies, dog walkers and lots and lots of butterflies, pollinators, birds and insects. Problems with deer have been minimal; problems with chipmunks have been major. BUT we all live together. The grounds are a spiritual place!



It's the first impressions that make you feel you are in a good place when you turn into the UUC driveway and approach the front door entrance. Thanks to Steve Hurlbert for keeping the entryway grass mowed and for Susan Sisk's arrangements of colorful flowers at both entrances which help create the positive and welcoming vibe



Ellen Rummel, Jane Mahone, and Karen Holstein have been lugging heavy hoses and buckets of water to keep the potted flowers looking beautiful.

Sharon Day prunes the roses and battles the onslaught of Japanese Beetles that love the rose flowers. The two retention ponds are kept in shape, thanks to Joe Powers. The retention ponds capture the run-off water from the non-permeable surfaces. Sally and Doug Pfeiffer periodically check the bluebird boxes, and they report there were a significant number of nestings this summer. There are others who contribute, as time allows, to assist with grounds upkeep.

Thanks to all our Volunteers!

'Round the Grounds...continued from previous page

For the past 2 years, we have been working to increase the number and varieties of native flowers found in the flower beds. The Joe Pye Weed and Butterfly Weed are particularly popular with the bees, butterflies and caterpillars. Unfortunately native flowers are expensive so the acquisition is a gradual process, but definitely a priority.

Greg Evanylo is the caretaker of the peacock meadow that is located at the back of the UUC property, and he is a master with using the chainsaw. He has also volunteered to help with some leadership duties. We still need to recruit a chair. Might YOU be interested?

We invited everyone to take a stroll on the grounds; stop to sit on a bench and watch and listen – very therapeutic! We are always recruiting grounds workers. Please consider helping with the fall “put-it-to-bed” grounds workday and adopting a spot to care for.



*Check out these beautiful pink flowers
in our Crescent Garden*

Grounds Volunteers are always needed

Consider helping keep
our grounds a special
place! There are a
variety of tasks. Email
[Greg](#) for more.



*George Lally, Lisa Hair, and our
other volunteers invite you to join
them. There are many types of tasks!*



Take a Look!

at these hidden gems and "visitors"
on the UUC grounds

PHOTOS INCLUDE:

Black Snack in bird house

Slender "pipestem" flower

Buzzing Bumblebees

Lovely White Rose

Polyphemus Moth

Manduca Rustica Caterpillar

Mushrooms thriving after rain

Monarch Caterpillar on Butterfly Weed

Yellow Flowers in Crescent Garden

Moth on Coneflower in Crescent Garden

Spider in Crescent Garden



Can you see
who's hiding?



VOTING RIGHTS TEAM



All About Elections in 2026

On November 3, Election Day, Virginians will elect a senator to the US Senate, a representative to Congress from each of the 11 Virginia districts (district 9 in the New River Valley), and various county and town officials, with each person's ballot depending on where one resides.

In addition, Virginians will vote on three proposed constitutional amendments on Reproductive Health, Marriage Equality, and Restoration of Voting Rights. *Cardinal News* has developed a [substantial review of the amendments](#) with arguments for and against each. Their [Voter Guide](#), which covers candidates on the ballot, includes a shorter review of the amendments.

One thing that's different about this General Election is all the efforts at the national level to suppress votes. Mail ballots, for example, are being targeted in multiple ways.

In the past, you could mail your ballot on Election Day. Now there are efforts to let the Post Office hold ballots for a week before delivering them. If that plan succeeds, a ballot mailed on Election Day would arrive too late to be counted. Voting by mail should be safe if you mail your ballot at least a week before Election Day.

The safest way to vote in this year's election is early and in person. Early voting begins September 18. In addition to weekday voting through October 30, Offices of Election must offer early voting on Saturdays and Sundays for the two weeks prior to the election—thus, on October 18, 24, 25, and 31. Hours on weekends are abbreviated.

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VOTING RIGHTS TEAM



Cast your early ballots at the Office of Elections in your county:

- [Montgomery County](#), 1546 N. Franklin St, Christiansburg
- [Radford City](#), 619 2nd St, Radford
- [Floyd County](#), 100 East Main St, Floyd
- [Pulaski County](#), 87 Commerce St, Pulaski

You can also take your mail ballot to the Office of Elections.

If you know someone who votes by mail and who doesn't drive, offer to take them to the Office of Elections for early voting. Or take their mail ballot to the Drop Box inside the Office of Elections.

And check your own voter registration at elections.virginia.gov. To check important deadlines, go to the calendar at that site.

So much is on the ballot this year that will define our values for years to come!



DEFENDING DEMOCRACY

Are you signed up for the Defending Democracy newsletter?

"The Democracy Advocate, A Guide to Strengthening our Democratic Institutions" is published regularly by our Defending Democracy Group.

Never miss an issue! Visit our website to read issues and to sign up to be added to the mailing list.

READ MORE »



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](#).

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 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.

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 the second Sunday of each month. Bring your family and friends and a dish to share and we will enjoy a delicious meal together. Please include a small card with the ingredients for those with food allergies.

ONGOING GATHERINGS

All gender-based groups and events at UUC are open to anyone of that gender (cis or trans) and nonbinary people who are comfortable in a context that centers that gender. Our goal is to be welcoming and inclusive of the gender spectrum.

Women's Lunch | Fridays at 12 PM. Contact [Elizabeth](#) for more.

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.

Social Breakfasts | Gather any Monday you're able at UUC for coffee, breakfast (bring your own), and conversation with men gathering from 7-9 AM and women from 7:30-9:30 AM. You are welcome to attend whichever group best suits you!

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](#).

Writers' Group | Writers of all types are invited to gather to work on their craft and connect and support each other in their writing projects. Meets via Zoom, usually the 3rd Thursday of each month. Contact [Britton](#) for more.

UUC Unitarian Universalist Congregation

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