



Unitarian Universalist Congregation

Our Mission: Inspire. Create. Transform.

www.uucnrv.org

Spiritual Growth

Discussion Groups

- *Soul Matters*: introspective discussion group on monthly worship themes; meets monthly; contact: Rev. Pam
- *Conversations on Our Faith*: book-based discussion group; meets 12-1 pm on Wednesdays via Zoom; contact: Tim Pickering

Spiritual Practices

- *EarthSpirit Sisters*: earth-centered rituals and community for women-identified individuals; meeting times/locations vary; contact: Eileen Wiegand
- *Meditation*: meets 5-6 pm on Tuesdays in person and via Zoom; contact: Cynthia Luke and Tim Pickering
- *Yoga*: meets 5:30-6:30 pm on Wednesdays @ UUC; just show up!

Community + Connection

Interest Groups

- *Sunday Circle*: member and friend-led presentations and discussions on rotating topics; meets 8:30-9:30 am on 1st Sunday @ UUC; contact: Rachel Craine
- *Piecemakers*: meets twice a month @UUC, 1st Thursdays at 6:30 pm and 3rd Saturdays at 10 am, to create quilts to provide comfort to those in the congregation undergoing hardships. All skill levels welcome: contact: Polly Stimson
- *Writers Group*: meets on the 3rd Thursday of the month via Zoom. Contact: Britton Gildersleeve

Food + Fellowship

- *2nd Sunday Potlucks*: after services on 2nd Sundays @ UUC
- *Women's Breakfast*: meets 7:30 am on Mondays @ UUC; just show up!
- *Men's Breakfast*: meets 7:00 am on Mondays @ UUC; just show up!
- *Women's Lunch*: meets noon on Fridays at UUC or 11:30 am at local restaurants; check UUC calendar for weekly location and just show up! contact : Elizabeth Dell
- *Men's Group*: meets monthly at member's home for dinner and conversation. Contact: Graham Glynn.

Lifestage Groups

- *UUYAs (UU Young Adults)*: group for those 18-25; meets 7:00 pm Tuesdays @ UUC; contact: Lucas Machi & Niko Rensberger
- *Quarterlifers*: group for those in their 20s and 30s; meeting times/locations vary; contact: Rene Lowry
- *Parents' Covenant Groups*: meets 5:30-7:30, Friday or Saturday @UUC; contact: Rachel Craine
- *Sages*: discussion group for elders; meets 2-3:30 pm on 1st and 3rd Tuesdays @ UUC; contact: Cynthia Luke
- *Surviving Spouses*; meets 2:00-3:00 pm on 2nd and 4th Tuesdays @UUC; contact: Rev. Pam Philips



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Religious Education

Children

- *Religions Education (RE)*: classes available for preschool through grade 8 students; program seeks to encourage spiritual growth, provide religious literacy, encourage a social conscience, and help our children to develop their own UU identity; contact: Rachel Craine

Youth

- *Middle School Youth Group (MSYG)*: meets one Friday a month; contact: Rachel Craine
- *Young Religious Unitarian Universalists (YRUU)*: high school youth group meets weekly on Sunday evenings; contact: Rachel Craine

Adults

- Classes, films, discussion groups, spiritual practice groups and online learning are just some of the opportunities for adults to deepen their faith development through UUC; see UUC website for current offerings; contact: Rachel Craine

Outreach + Social Justice

Social Justice Teams

- *Racial Justice*: contact: Barbara Taylor.
- *Reproductive Justice*: contact: Sara Dalton
- *Voting Rights*: contact: Sara Dalton
- *Defending Democracy*: Jim Bohland

Ongoing Outreach Opportunities

- *Caring Network*: provide temporary assistance (meals, rides, visits, etc.) to congregants in need; contact: Polly Stimson
- *Community Service Team*: help with various community service opportunities; contact: Molly McClintock
- *Interfaith Food Pantry*: provide food to Blacksburg and McCoy residents in need; UUC volunteers staff the pantry the 3rd Wednesday morning each month; contact: Crosby Houston

Semi-Annual and Annual Outreach Opportunities

- *To Our House*: provide food, activities, and companionship to homeless men and women in the New River Valley; part of a program where local churches provide temporary shelter during the harshest winter months; one to two weeks between November 1 and March 31; contact people: John Kelso and Joe Powers
- *Adopt a Highway*: pick up litter along Rt. 460; group from UUC volunteers quarterly; contact: Bob Stimson



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Sharing Your Time + Talents

Sundays

- *Music*: UUC Breakfast Club performs on the first Sunday of the month, with a rehearsal Saturday morning. Contact Jared Gibbs if you are interested in singing or playing.
- *Greeters*: offer a friendly welcome at Sunday services; once a month; contact: Akiko Nakata or Lisa Evanylo
- *Coffee Makers*: prepare coffee before the service and clean up afterwards; once a month; contact: Pauletta Copenheaver
- *Flowers*: provide flowers for the service; contact: Polly Stimson
- *Religious Education (RE)*: help with classes occasionally or regularly; contact: Rachel Craine
- *2nd Sunday Potlucks*: set up before the service and clean up afterwards; 2nd Sundays; contact: Franklyn Moreno

Committee Work

Most of what happens at UUC is made possible by volunteers, staff, and our minister working together. If you are ready for a deeper commitment, some of the following areas and committees may fit your skills and interests!

- Facilities (building, grounds, safety, etc.); contact people: building, Joe Cooley; grounds, Greg Evanylo; safety: Lauren Oliver
- Finance (financial management, fundraising, etc.); contact: Ann Ruple
- Lifespan Faith Development (religious education, youth groups, etc.); contact: Rachel Craine
- Connections (newcomer orientation, engagement activities, etc.); contact people: Lisa Evanylo or Robin Cooley
- Pastoral Services (lay pastoral care); contact: Jane Mahone or Earle Irwin
- Stewardship; contact: Denise Martin
- Worship (worship services, accoutrements, etc.); contact: Cynthia Baute
- Auction; plan and oversee our primary fun and fund-raising activity; contact: Carol Kern