



Unitarian Universalist Congregation

Our Mission: Inspire. Create. Transform.

www.uucnr.org

Spiritual Growth

Discussion Groups

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

Spiritual Practices

- *EarthSpirit Sisters*: earth-centered rituals and community for women-identified individuals; meeting times/locations vary; contact person: Eileen Wiegand
- *Meditation*: meets 5-6 pm on Tuesdays via Zoom; contact people: 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 / 11:30-12:30 on 1st and 3rd Sundays @ UUC; contact person: Rachel Craine or Jamie McReynolds
- *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 person: Polly Stimson

Food + Fellowship

- *2nd Sunday Potlucks*: after services on 2nd Sundays @ UUC
- *Circle Suppers*: intergenerational potluck groups; meet monthly in members' homes; contact person: Jill Kiecolt
- *Women's Breakfast*: meets 7:30 am on Mondays @ UUC; just show up!
- *Men's Breakfast*: meets 7 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 person: Cynthia Luke

Lifestage Groups

- *UUYAs (UU Young Adults)*: group for those 18-25; meets 7:00 pm Tuesdays @ UUC; contact person: Lucas Machi
- *Quarterlifers*: group for those in their 20s and 30s; meeting times/locations vary; contact person: Ashley Dugan
- *Parents' Covenant Groups*: meets 6-8, 3rd Friday of the month @UUC; contact person: Rachel Craine
- *Sages*: discussion group for elders; meets 2-3:30 pm on 1st and 3rd Tuesdays @ UUC; contact person: Rev. Pam Philips
- *Surviving Spouses*; meets 2:00-3:00 pm on 2nd and 4th Tuesdays @UUC; contact person: 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 person: Rachel Craine

Youth

- *Middle School Youth Group (MSYG)*: meets on the 3rd Friday of the month; contact person: Rachel Craine
- *Young Religious Unitarian Universalists (YRUU)*: high school youth group meets weekly on Sunday evenings; contact person: 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 person: Rachel Craine

Outreach + Social Justice

Social Justice Teams

- *Racial Justice*: contact person: Barbara Taylor. Includes the *Anti-Racism Book Group*: meets second Sundays at 1 pm via Zoom (contact Katherine Allen)
- *Environmental Justice/Climate Change*: contact people: Anita Puckett
- *Reproductive Justice*: contact person: Sara Dalton
- *Voting Rights*: contact person: Sara Dalton
- *Defending Democracy*: Jim Bohland and Bob Stimson

Ongoing Outreach Opportunities

- *Caring Network*: provide temporary assistance (meals, rides, visits, etc.) to congregants in need; contact person: Polly Stimson
- *Community Service Team*: help with various community service opportunities; contact people: 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 person: 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: Kimberly Homer and Joe Powers
- *Adopt a Highway*: pick up litter along Rt. 460; group from UUC volunteers quarterly; contact person: Bob Stimson



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Sharing Your Time + Talents

Sundays

- *Choir*: sings at 1st and 3rd Sunday services and rehearses 7-8:30 pm on Wednesday @ UUC; contact person: Ella Kromin
- *Greeters*: offer a friendly welcome at Sunday services; once a month; contact person: Akiko Nakata or Lisa Evanylo
- *Coffee Makers*: prepare coffee before the service and clean up afterwards; once a month; contact person: Pauletta Copenheaver
- *Flowers*: provide flowers for the service; contact person: Polly Stimson
- *Religions Education (RE)*: help with classes occasionally or regularly; contact person: Rachel Craine
- *2nd Sunday Potlucks*: set up before the service and clean up afterwards; 2nd Sundays; contact person: 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, Liz Craine; grounds, Jim Flowers
- Finance (financial management, fundraising, etc.); contact person: Jim Bohland
- Lifespan Faith Development (religious education, youth groups, etc.); contact person: Rachel Craine
- Membership (connections, engagement activities, etc.); contact people: Pauletta Copenheaver or Lisa Evanylo
- Pastoral Services (lay pastoral care); contact person: Jane Mahone
- Stewardship; contact person: Mary Ann Hansen
- Worship (worship services, accoutrements, etc.); contact person: Rev. Pam Philips
- Auction; plan and oversee our primary fun and fund-raising activity; contact person: Chris Long