

# ***Unitarian Universalist Congregation*** ***Updated for Building Closure due to Covid-19***

**Contact our Administrator at [administrator@uucnr.org](mailto:administrator@uucnr.org)  
for the Zoom link for each event or check our website.**

## ***Opportunities to Connect***

### **Sunday Services**

- *Worship Services*: 10 AM on Sundays via Zoom. Stay following the services to meet new people in our “coffee hour” chat rooms.
- *Sunday Circle*: member and friend-led presentations and discussions on rotating topics; meets 8:30-9:30 AM on 1<sup>st</sup> and 3<sup>rd</sup> Sundays, September—May, via Zoom; contact person: Rev. Jamie McReynolds

### **Interest Groups – Spiritual Practice**

- *Mid-week Congregational Gatherings*: gather on Wednesdays at 5:30 PM via Zoom for inspirational words, music, and conversation on topical issues; contact person: Stephen Henninger
- *Conversations on Our Faith*: spiritual book discussion group; meets 12-1 PM on Wednesdays via Zoom; contact person: Tim Pickering
- *EarthSprit Sisters*: earth-centered ritual and community for women-identified individuals; meeting times/locations vary or via Zoom; contact person: Kimberley Homer
- *Meditation*: meets 5-6 PM on Tuesdays via Zoom; contact persons: Cynthia Luke and Tim Pickering
- *Yoga*: meets 5:30-6:30 PM on Wednesdays on our grounds; contact person: Mindy Quigley
- *Soul Matters Covenant Groups*: small groups form in the fall and other times during the year. Each group meets monthly and focuses on deeper exploration of the monthly worship theme; contact person: Marilyn DuPont.

See announcements and calendar for other groups and opportunities.

# ***Opportunities to Connect Continued***

## **Interest Groups – Social**

- *Quarterlifers*: group for those in their 20s and 30s; meeting times/ locations vary; contact person: Ashley Spinks
- *Sages*: discussion group for elders; meets 2-3:30 PM on Tuesdays via Zoom; contact person: Isabel Berney
- *Monday Meet-ups*: join together each Monday from 7-8 PM via Zoom for fun and conversation with no agenda. Make new friends; contact person: Isabel Berney
- *Women’s Breakfast*: gathering of women on Mondays at 7 AM via Zoom for stimulating conversation. Bring your coffee and breakfast; contact person: Nancy Bodenhorn
- *Women’s Lunch*: gathering of women for lunch (bring your own) on Fridays at noon in our picnic area (Zoom if raining or cold); contact person: Cynthia Luke
- *Men’s Breakfast*: gathering of men for breakfast, coffee, and conversation on Mondays at 7 AM in our picnic area (Zoom in winter); contact person: George Lally

## **Interest Groups—Adult Religious Education and Social Action**

- *Spiritual Aging*: meets the 1st Sunday of each month from 3-5 PM via Zoom. Rev. Pam Philips leads this workshop that explores the process of aging.
- *Bridging Conversations*: meets the last Sunday of each month from 11:30 -1 via Zoom for discussion on various timely topics while providing an easy structure for engaging in friendly yet meaningful conversation with those with whom we may not agree; contact person: Rev. Jamie McReynolds
- *Anti-racism Discussion Group*: meets the 2nd & 4th Sundays of each month from 1-2 PM for discussion of articles, podcasts, videos, etc. that address white privilege and racism.

See announcements and calendar for other groups and opportunities.

# ***Opportunities to Serve***

## **Sunday Service Opportunities**

- *Special Music*: Provide music during service; contact person: Rev. Pam Philips
- *Worship Associates*: work with Minister preparing and participating in services; contact person: Rev. Pam Philips
- *Religious Education (RE)*: help with children's classes held via Zoom, occasionally or regularly; contact person: Karen Hager

## **Ongoing Service 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 person: Pauletta Copenheaver
- *Interfaith Food Pantry*: donate food items to be left in bins outside building doors; contact person: Crosby Houston
- *Lay Pastoral Care Ministry*: provide compassionate listening and a caring presence to those going through difficult times; contact people: Rev. Pam Philips, Jennifer Mercier, Jane Mahone

## **Semi-Annual and Annual Service Opportunities**

- *To Our House*: provide food, activities, and companionship to homeless men 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 persons: Kimberley Homer and Joe Powers (TBD if this takes place this year)
- *Adopt a Highway*: pick up litter along Rt. 460; group from UUC volunteers quarterly; contact person: Bob Stimson

# ***Opportunities to Serve Continued***

## **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 responsibility, see if any of the following areas and committees fit your skills and interests!

- Facilities (building, grounds, safety, etc.); contact people: building, Dick Luke; grounds, Susan Baker
- Finance (financial management, fundraising, etc.); contact person: Joe Powers
- Lifespan Faith Development (religious education, youth groups, etc.); contact person: Karen Hager
- Membership (connections, engagement activities, etc.); contact person: Isabel Berney
- Pastoral Services (lay pastoral care); contact people: Jane Mahone, Jennifer Mercier, Rev. Pam Philips
- Mental Health (NAMI); contact person: Margo Walter
- Racial Justice (anti-racism work); contact person: Barbara Taylor
- Environmental Justice Team; contact person: Jim Flowers
- Welcoming Congregation Recertification: contact persons: Jane Mahone, Jennifer Mercier
- Stewardship; contact person: Andy Roberts
- Worship (worship services, accoutrements, etc.); contact person: Stephen Henninger

