

## ***Additional Involvement***

The Congregation provides many opportunities to explore your interests and deepen your talents. If you'd like to learn more, call the contact. Most teams welcome visitors and can provide orientation when adding new members.

Team	Contact name	Phone
Auction	Linda Powers	641-1409
Board & Executive Board	Tim Pickering	239-1028
Building Committee	Dave Lievsay	529-6454
Connection Committee	Isabel Berney	961-0804
Finance	Chris Eagan	804-314-4059
Flowers for Sunday Services	Polly Stimson	552-0580
Greeters	Isabel Berney	961-0804
Grounds Committee	George Lally	357-1411
Library	Karen Hager	577-8043
Strategic Planning	Polly Stimson	552-0580
Memorial Garden	Bobbie Littlefield	961-1418
Lifespan Faith Development	Karen Hager	577-8043
Sound System	Mary Ann Hansen	951-4316
Sunday Circle	Jim Copenheaver	951-4290
Worship	David Lally	250-3874
Youth Adult Committee	Jane Benson	239-8946

## **Programs and Opportunities Guide Unitarian Universalist Congregation**

Welcome to the Unitarian Universalist Congregation! We are delighted to have you visit, and we hope you find meaning and connection here. We are a diverse community with a broad range of religious and non-religious backgrounds and a wide array of spiritual and humanistic approaches. Our mission is to inspire, create, and transform our community and the world. There is no mandated creed to which members attest; instead, we believe in the centrality of a free and responsible search for truth and meaning.



# ***Sunday Services Opportunities***

## **Sunday Services**

The minister leads the services three times a month often with the assistance of a Worship Associate. Guest speakers are in the pulpit the other Sundays. Coffee and conversation occur after the service in Elarth Hall (our social room). Contact our Minister, **Rev. Pam Philips (as of August 1), minister@uucnrv.org**, or our administrator, **Lisa Evanylo, administrator@uucnrv.org, 540-257-3612**.

## **Sound**

Join the rotation of volunteers who operate our sound system and record the service each week. Contact: **Mary Ann Hansen, maryannh@vt.edu, 540-818-3259**.

## **Joys & Sorrows**

At each Sunday service, members and friends are invited to express joys or sorrows by filling out a card prior to the service that is read by the Worship Associate or Minister. This is a good opportunity for others to get to know what is going on with you.

## **Choir**

The choir adds to the spirit of the services by singing twice a month. The choir rehearses on Thursday evenings, mid-August to mid-June, from 7:00-8:30. If you'd like to join the choir or learn more, contact **Pat Traynor, pltraynor1@gmail.com, 540-808-6343**.

## **Sunday Circle**

On the first and third Sundays of the month from 8:30-9:30 AM September through May, a speaker presents a provocative topic allowing time for spirited discussion. All adults are invited to attend; just come to our library. Contact: **Jim Copenheaver, Copenheaver@hotmail.com, 540-951-4290**.

## **Social Action programs**

These include the Interfaith Food Pantry, It's Scary to Be Hungry, Mitten Tree, Easter Egg Hunt for the Humane Society, and more. Each week children have a collection in their RE class that goes to a specific social action cause.

## **Summer RE program**

During the summer, children ages 3-11 meet in a combined class for fun activities.

## **Chalice Kids**

Open to children in grades 2-5 who wish to light our chalice during Sunday worship services. This is considered an honor, and the Chalice Kids take turns. Training is provided. Contact: **Karen Hager, DLF@uucnrv.org, 540-577-8043**.

### **Our Whole Lives (OWL)**

A lifespan curriculum about sexuality with age-specific modules designed to help participants make informed choices about their sexual health and behavior. Offered by UUA-trained leaders for children whose families are willing to commit to attending a parents' meeting and to weekly attendance by their child. A class is also offered for adults. Contact: **Karen Hager, DLF@uucnrv.org, 540-577-8043.**

### **Middle School Youth Group**

This group is for students in 6th through 8th grades and meets the third Friday of each month, September through May, from 6:30—8:30 PM. Because the middle school youth also participate in the Sunday morning RE program, this group's purpose is to provide social activities and social action projects. Guidance is provided by approved adult advisors.

### **High-School Teen Youth Group**

The Young Religious Unitarian Universalists (YRUU) is for high school-aged youth. This youth-directed group meets each Sunday evening, September through May, from 6-8 PM to explore UU values through pertinent topics. Emphasis is on community building and service, leadership development, worship, fellowship, and social activities. Guidance is provided by adult advisors. The YRUU lead two Sunday services each year and provides community services and support for Congregational events. Contact: **Karen Hager, DLF@uucnrv.org, 540-577-8043.**

### **Children's Choir**

This choir is open to children grades K-8 and is under the leadership of Ella Kromin, choir director. There are one to two choirs each year depending on numbers. If two choirs, the Junior Choir is for children in grades K-3, and the Chalice Choir is for those in grades 4-8. Contact **Ella Kromin, choirdirector@uucnrv.org.**

### **Greeters**

This is a great way to meet folks in the Congregation as well as new people. Greet occasionally or once a month. No experience is necessary, and training is provided. Contact: **Isabel Berney, iberney7@gmail.com, 540-961-0804.**

### **Hospitality**

Join us for coffee and tea after Sunday services. Volunteers prepare coffee before the service and clean up afterward. This can be a one-time service or part of a regular schedule. Training is given for the process. It's an easy way to contribute. Contact: **Pauletta Copenheaver, copenheaver@hotmail.com, 540-951-4290.**

### **Second Sunday Potlucks**

The Second Sunday potluck follows the service and is a chance to get to know new people. To help provide a balance to the meal, dishes are assigned in the monthly newsletter according to last names rotating through the alphabet. This is a family-friendly event and a good way to become acquainted. Cleanup help is always appreciated. Contact: **Carol King, ckingrd@gmail.com, 540-230-9856.**

### **Flowers**

Each Sunday a volunteer provides flowers for both the podium and the candle table. Flowers can be from your yard or purchased. To be added to the rotation, contact: **Polly Stimson, pollystimson@gmail.com, 540-552-0580.**

### **Joining the Congregation**

Usually Exploring Membership sessions are followed by a Sunday Service at which new members are recognized and welcomed. The official steps of joining are signing the membership book and pledging financial support (or acquiring a waiver, if needed). Membership gives one voting rights at our Annual Meeting. Contact: **Isabel Berney, iberney7@gmail.com, 540-961-0804.**

## ***Getting to Know People***

### **Newcomer Potluck**

Several times a year, we hold a Newcomer's Potluck in Elarth Hall, usually on a Saturday evening, 5:30-8:30. This is a great opportunity to get to know other folks who are new to the Congregation. After a brief welcome and introductions, we share a meal. Contact: **Mark Benson, mbenson8@gmail.com, 540-808-3798.**

### **EarthSpirit Sisters**

EarthSpirit Sisters is a community of women who gather monthly to support each other, create sacred spaces, share rituals, and celebrate life's milestones. Membership is open to women of all ages who seek sisterhood, deeper understanding, and spiritual awareness of earth-centered traditions. Contact: **Darla Bray, darla\_bray@yahoo.com, 540-763-3072.**

### **Quarterlifers**

A group to help those in their 20s and 30s find community, both at UUC and in the area. Contact: **Patrick Feucht, pfeucht@vt.edu, 540-239-0280.**

### **Sages**

Meets on the 1st and 3rd Tuesdays of the month to discuss issues that face us as we age. Contact: **Isabel Berney, iberney7@gmail.com, 540-961-0804.**

### **Conversations on Our Faith**

All are welcome for stimulating discussion on a wide variety of selected books each Wednesday at noon in Elarth Hall. Bring a brown bag lunch and join the conversation. Join us even if you have not read the chapters of the book being discussed. Group members share their insights and personal experiences, and all thoughts and opinions are welcome. Contact **Tim Pickering, timp@vt.edu, 540-239-1028.**

## ***Opportunities & Fun for Youth***

Nursery through 8th grade. Contact: **Karen Hager, DLFD@uucnr.org, 540-577-8043.**

### **Religious Education (RE) Mission**

We aim to encourage our young people to be religiously literate, spiritually aware, make life-affirming choices, develop a sense of social responsibility, and be prepared for life in a multi-faith, multi-cultural world. We seek to create an environment where young people develop self-esteem, respect others, experience worship, and learn to have community with friends and with nature, all in a spirit of caring and sharing. Adults in the community are invited to apply for an opportunity to teach or assist with classes.

### **Nursery**

We provide free childcare for infants and young toddlers while parents attend the service. We also provide a crying room for parents of very young children in which parents are able to see and hear the service.

### **Preschool(ages 3 & 4)**

Chalice Children: based on the premise that children learn best through experience, this program helps nurture spiritual growth, creativity and a sense of community through imaginative activities and rituals. Classes introduce children to concepts such as birth and death, dreams and the natural world.

### **Grades K -8**

The Religious Education curricula for these five grade-appropriate classes focuses on providing an understanding of the world's many faith traditions including holidays and holy days, Bible stories, and UU identity.

# ***Interest Opportunities***

## **Adult Religious Education**

Different classes are offered each year offering insight into world religions, UUism, spirituality, adult sexuality, and more. Contact: **Karen Hager, DLF@uucnrv.org, 540-577-8043.**

## **Wednesday Yoga**

Yoga sessions are primarily for members and friends of the Congregation, but the class welcomes drop-in visitors and guests. The sessions are lightly strenuous though participants can adjust the poses or stretches to match their level of experience or fitness. The sessions run from 5:30—6:30 PM in Elarth Hall. Bring your own mat or use a provided mat. Contact: **Lori Tolliver-Jones, landheritage@earthlink.net, 540-552-3058.**

## **Exploring Membership**

Before becoming a member, most people attend an Exploring Membership meeting. At these sessions you get information about the Congregation and can decide if you'd like to join. Meetings are scheduled in January, April, and October of each year. Contact: **Isabel Berney, iberney7@gmail.com, 540-961-0804.**

## **Tuesday Meditation**

Meets Tuesdays from 7-8 PM. All are welcome from the beginner to the long-time meditator. Come as you are able. Contact: **Tim Pickering, timp@vt.edu, 540-239-1028.**

## **Fun & Fellowship**

Many Fun & Fellowship events occurs throughout the year. The only essential feature for a "Fun & Fellowship" event is a person willing to initiate and implement the fun. Contact: **Lisa Evanylo, administrator@uucnrv.org, 540-257-3612.**

## **Women's & Men's Breakfasts**

Interested women and men meet separately Monday mornings at 7:00 AM at the Blacksburg Panera. Come as you are able. Contact: **Isabel Berney, iberney7@gmail.com, 540-961-0804.**

## **Women's Lunch Group**

All women are invited to join together for good food and fellowship at noon on the first and third Fridays of each month. The locations varies among restaurants in Blacksburg, Christiansburg, and Radford. Contact: **Marilyn DuPont, uumarilyn38@gmail.com, 540-552-2526.** Check the web calendar for locations.

## **Singles 50+**

A social group for those who are at least 50 years old and single. This group is open to members of UUC and the wider community. The group gathers for social events throughout the year. Contact: **Annie Dornberg, water.womyn@yahoo.com. 540-961-8342.**

# ***Service & Community Opportunities***

## **Annual Auction**

The annual auction is held in the Fall and raises funds for Congregational goals. An equally important purpose is to have fun. Members and friends contribute by providing and/or purchasing goods (jewelry, artwork, food, etc.) and services (dinners, childcare, pet-sitting, leaf-raking, etc.). The auction is designed for adults, and a special party is held for children. Contact: **Linda Powers, powers@vt.edu, 540-641-1409.**

## **Leadership Development**

The Leadership Development team cultivates leadership potential. The team recruits and provides training opportunities for individuals who pursue leadership roles. Contact: **Jim Flowers, jmflwrs@gmail.com, 540-808-8484.**

## **Community Services Team**

Community Services Team members participate in short-term and long-term activities to assist local residents and national and international organizations. The activities vary from helping to provide temporary winter shelter for local homeless men to stocking the shelves at our local food pantry. Contact: **Alison Armstrong, alisonma04@hotmail.com, 540-951-0497.**

## **Interfaith Food Pantry**

The Food Pantry offers basic food supplies to low-income Blacksburg residents or those in emergency situations, including homeless individuals and families. We staff the Food Pantry one morning and one evening per month and donate non-perishable food and money. Contact: **Sheila Winett, winettsg@gmail.com, 540-951-3237.**

## **Connections Committee**

Committee members focus on enhancing our membership experience and with helping newcomers find connections and interests in the congregation. Contact **Isabel Berney, iberney7@gmail.com, 540-961-0804.**

## **Annual Stewardship Campaign**

Help with our annual pledge drive held in the spring of each year. Contact: **Andy Roberts, roberts@vt.edu, 540-315-5010.**

## **Mental Health Justice Ministry**

Work to improve services in our community for those whose life is affected by mental health issues. Two support groups are offered at UUC on the 3rd Monday of each month at 6 PM for those with mental illness and for family and friends of those with mental illness. Contact **Margo Walter, margoleewalter@gmail.com, 540-230-0641.**

## **Social Justice Team**

The team provides leadership and guidance to the congregation as we work together on our selected focus for the year, the focus is the environment/climate change. Contact **Janet Sawyers, sawyers@vt.edu, 540-951-3190.**

## **Support Program (formerly Caring Network)**

If you require temporary assistance, for example with meals during an illness, childcare, or a ride to a doctor's appointment, or if you wish to be on the list of those who supply assistance, contact **Polly Stimson, pollystimson@gmail.com, 540-552-0580.**

## **Grounds Maintenance**

Help with maintaining and improving our beautiful 5-acres of grounds which has a meditation path, beautiful water feature, flower gardens, labyrinth, picnic shelter and more. Contact: **George Lally, jorge999@jetbroadband.com, 540-357-1411.**

## **Lay Pastoral Care Ministry**

Each team member has been trained in compassionate listening and caring presence, and is formally commissioned (or recognized) by the congregation for being part of this important shared ministry. Associates are available for those who would welcome a visit or who are experiencing difficult circumstances, or are encountering a time of transition in which they could use some confidential, non-judgmental, on-going support. To serve on the team or to request someone to talk with, contact: **Cynthia Luke, cynthia.luke224@gmail.com, 540-808-6699.**