

**Coastal Virginia Unitarian
Universalists**
(The Unitarian Church of Norfolk)
Summer Series 2018

NUU Beginnings



...Deep Roots

June 24, 2018

The Lessons of Leadership: Personal and Spiritual Growth during Times of Challenge. After five plus years of leadership at UCN/ CVUU Allen Perry will share what he's learned and how being involved in church leadership has led to personal and spiritual growth.

Speaker: Allen Perry: has been a member of this congregation for eight years. He and his beautiful wife, Kathryn, live in Chesapeake with their awesome kids, Elizabeth and Ana. Worship Associate: Harvey Edward Jones

July 1, 2018

Expanding the Circle: UUs Working Towards a Humane Society. Should UU's commitment to social justice extend to other sentient beings, regardless of species?

Speaker: Chris Holbein: and his wife, Angela Conant, were active members in UCN for many years and often miss their UCN family! They'll be visiting from Gaithersburg MD. Worship Associate: Vicki Caminer

July 8, 2018

How Well Fits Your Shell: There comes a time in everyone's life when something has to change. Lee Anne will explore the tell-tale signs that you are growing spiritually, and might need to extend beyond your comfort zone -- try something different or get a bigger shell!

Speaker: Lee Anne Washington: has been an attorney, author, and educator for more than 25 years. She is a graduate of the College of William & Mary in Virginia, the University of Virginia Law School, and Union Presbyterian Seminary, where she learned to read biblical Greek and Hebrew. She was raised in the United Methodist Church, lived 10 years as a Modern Orthodox Jewish woman, and is a member of the Unitarian Universalist Fellowship of the Rappahannock . She has just finished her ministerial internship with Rev. Jeanne Pupke at First UU in Richmond, and will appear before the Ministerial Fellowship Committee in September. She is the author of “The Human Life Equation, A biblical case for choice”. Lee Anne is a native of the Northern Neck and lives in White Stone with her daughter, Lucy, who will be attending University of Virginia in the Fall. Worship Associate: Martha Shore

July 15, 2018

Overcoming Shame and Guilt: I am transgender, and I endured many years of shame and guilt because of it. Even today there are LGBT people who are ashamed of what they are, but LGBT is not the only cause for shame. Gamblers, immigrants, people with mental illness, alcoholics, smokers, and people of color, abuse victims and more are shamed. Unitarian Universalists can offer support and a welcoming community to encourage people to let go of their shame.

Speaker: *Kathleen Caywood*: has degrees in both English literature and computer science. She retired after 30 years in various computer jobs, and took up the violin which now gives her immense satisfaction. Worship Associate: Lee Ellen Knight

July 22, 2018

Interpreting the UU 7 Principles: Their Meaning and Purpose in my Life: Unitarian Universalist communities of faith are referenced as gatherings of religious liberals who moralize justice, equity, and compassion in human relations. This is easy to advocate and reference, but hard to honor and practice. Today, I will share with you my story as a UU since 1969, attempting to live and practice the 7 UU Principles in “my search for truth”.

Speaker: Howard G. Adams: educator, consultant, and author, Howard G. Adams was born in 1940, in Pittsylvania County, Virginia. He became affiliated with UCN in 1968 and became a member in 1969. He is past President of two UU Congregations, Norfolk, VA and South Bend, IN; a former member, Board of Trustees, Meadville/Lombard Theological School, Chicago, IL; and former member, Veatch Foundation UU Small Grants Panel.

Worship Associate: Gerrie Phibbs

July 29, 2018

Being a Good Neighbor. Being a good neighbor can help us grow. How can we become part of the neighborhood community, not just “that group” located outside the entrance? In what ways can we interact with our neighbors? There will be several suggestions. Hopefully we can make some of them work.

Speaker: Harvey Edward Jones: has been an active member since 1977. He has served on the Board and worked with several committees and groups during that period. Currently, he would like to work on outreach to college students and to the community through a lively theater program which he hopes to inaugurate in the future. Worship Associate: Joe Phibbs

August 5, 2018

UU Youth Service Project in West Virginia: West Virginia is almost heaven in the song but according to WV University economists, a “Great Depression” is raging in six counties of the state. Because of those extreme conditions, the Unitarian Universalist College of Social Justice has partnered with the grassroots organizations Appalachian Community Partners and Big Creek People in Action to identify projects that help alleviate some of the suffering resulting from the economic and environmental challenges. Three teens and two teen advisors from UCN CVUU will be traveling to Beards County to learn and work. We will share our impressions from our week in West Virginia.

Speaker: Martha Shore: a woman of many talents has been a church leader and speaker for many years. She is currently a teen advisor, CVUU Board Member, member of the Committee on Ministry and long term member (and former leader) of our Worship Services Committee. Worship Associate: Kathryn Perry

August 12, 2018

When “New” Is Scary: Sometimes, we don't like new things because they're scary and unknown to us. This sermon reflects on why we might resist new things, and why we sometimes find ourselves doing new things, even when we're scared.

Speaker: Dr. Elizabeth Groeneveld: is an Assistant Professor in the Department of Women's Studies at Old Dominion University. She enjoys music and cats. Worship Associate: Elisa Dickon

August 19, 2018

Forged by the C: How the Navy repaired my understanding of the Seven Principles and why we should be “C” students in life: What do Exodus 20, Aristotle, and Conan the Barbarian have in common? A: Compelling responses when asked, “What is best in life?” Join us as we explore who had the best answer, and how to apply it to daily UU life.

Speaker: Michelle Nadeau: was raised in the Unitarian Universalist motherland that is New England. As a Surface Warfare Officer in the US Navy, she has sailed all over the world and lived on both coasts and overseas. A recent transplant to Norfolk, she now enjoys shore duty, where she drives a desk and rarely works on weekends. Worship Associate: Lisa Kilczewski

August 26, 2018

New Access, New Opportunities for Diversity: Learning about the diversity of people with disabilities, issues of equal rights and independent living

Speaker: Lisbet Dula: will share from her 47 years of living independently and her 20 years working as a disability advocate at a CIL, Center for Independent Living, which is a disability advocacy non-profit organization. Worship Associate: Vicki Caminer

September 2, 2018

Nuu Beginning in an Old Situation: How to honor growth when you are already tired. How to keep fighting for positive change when progress is slow. How to keep finding a Nuu Beginning in an Old Situation.

Speaker: Tessa Ellis: in addition to having taught in the public schools of Virginia for the past 14 years, Tessa Ellis is also a well-regarded public speaker. She has facilitated trainings on such topics as life skills, parenting, self-esteem, anti-racism, relationship building, and financial literacy. Tessa's passion is empowering people and motivating them to support one another and the communities they serve. She draws inspiration from and is inspired by studying the work of master teachers Michelle Alexander, Ta-Nehisi Coates, and Bryan Stevenson. **Worship Associate:** Martha Shore



Come join us for Homecoming, September 9th

WELCOME TO THE COASTAL VIRGINIA UNITARIAN UNIVERSALISTS

We are so delighted you are sharing the morning service with us. As one of over a thousand Unitarian Universalist congregations in the United States, CVUU shares a proud denominational history of freedom of inquiry into theological and ethical matters in formulating our individual and communal beliefs. As an activist community, we then seek to effect change for the good of society based upon those beliefs. Foundational to these efforts is our individual Mission Statement (as stated below) and the Principles of the Unitarian Universalist Association. These Principles are:

- ❖ The Inherent worth and dignity of every person.
- ❖ Justice, equity and compassion in human relations.
- ❖ Acceptance of one another and encouragement to spiritual growth in our congregations.
- ❖ A free and responsible search for truth and meaning.
- ❖ The right of conscience and the use of the democratic process within our congregations and in society at large.
- ❖ The goal of world community with peace, liberty, and justice for all.
- ❖ Respect for the interdependent web of all existence of which we are a part.

MISSION STATEMENT

Our congregation provides a nurturing community, fosters courageous spiritual growth, and inspires compassionate action.

Dr. Brian Brennan, Director of Religious Education

Matthew Griset, Music Director

Paul Greggs, Youth Coordinator

Tracy Brune, Communications Coordinator

Susie Gullixson, Administrator

Selene Spelts, Nursery Supervisor

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