

# CVUU Monthly News

ADMIN & COMMUNICATIONS PUBLICATION



Coastal Virginia  
Unitarian Universalists

NOVEMBER 2018

ISSUE 11

## A word from Rev. Sullivan

Dear Members and Friends of CVUU:

*... I looked around that gate of late  
and weary ones and thought,  
This is the world I want to live in. The  
shared world.... Not everything is  
lost.*

- Naomi Shahib Nye

There are times when it feels so hopeless - the violence, the shouting, the ugly rhetoric - times when we might want to pull the covers over our head and wait for a better day. And yet we know that there are some who don't have the luxury of even imagining such a retreat. Those on the front lines of the battle for justice. Those who are targeted because of their gender expression or identity, the color of their skin, the nation of their birth,

Cont. Page 2

## 1<sup>st</sup> Annual CVUU Chili Cookoff

4 - 6 p.m., Saturday, Nov. 10th  
on CVUU's front lawn!

*We need competitive & creative chili chefs  
and cornbread bakers!*



**PRIZES | LIVE MUSIC | CRAFT BEER**

## SAVE THE PLANET AND HAVE SOME CHILI ...

It ain't easy being green, but you can try - our First Annual CVUU Chili Cookoff is going green with compostable & biodegradable plant-based tasting cups, bowls, spoons & drinking cups, as well as recyclable canned CRAFT beer from Coelacanth Brewing in Ghent!

Bring your friends, your favorite beach chairs and your appetite for our 1st Annual CVUU Chili Cookoff and Lawn Party in our new Virginia Beach home.

We are looking for chili chefs, cornbread bakers, tasters and judges!  
Prizes awarded for 1st, 2nd and 3rd place in chili and cornbread!

Tickets are \$10 for adults and \$5 for the kids - all you can eat! Bakers and chili chefs - \$10 entry and all you can eat as well!

We have a full lineup of fun for everyone:

- Live music by the Shadow Brothers
- \$3 craft beers from Coelacanth Brewing
- Local cider
- Hotdogs for the kiddies
- Sweet Bake Sale by our own CREC
- 50/50 raffle

All ticket purchases are added to our Will Call list. You will pick up your wristband the day of the event!

or the religion they follow. We Unitarian Universalists are called to accompany, to be companions to those who have been injured, who are afraid, who have been wronged.

We may not see progress all at once, or even in our lifetimes, and yet we are called to persevere, to use our privilege on behalf of those who have less, to share what we have so that all might have enough. It's what Jesus and Ghandi and Mohamed and the Buddha, taught. It's what those amazing Catholic nuns who visited with us this past Sunday have dedicated their lives to, working for peace, fighting for justice, living lives of purpose. And there is room in that struggle and that work - for joy. Wasn't it wonderful to have a parade of costumed children dance through our sanctuary in worship on the day that we remembered the ancestors, celebrated the pagan holiday Samhain, and heard from two nuns working for nuclear disarmament? Joy and sorrow, life and death, fear and celebrating in the face of that fear all mixed fine, all experienced together

in community. This is the world I want to live in, the world we glimpse together on Sunday mornings and other times, too. You all and the work of your hands and hearts and minds - restore my hope each and every day.

We have work before us both out in the world and here at home. At a time when it feels like many of our elected leaders are engaging in hateful discourse, we choose love. We try, make mistakes, ask forgiveness of each other and begin again in love. Covenant is not about being perfect; it's what we call each other back to when we fall short, as we all do. The worst thing is not making mistakes; the worst thing would be silencing ourselves and each other because we worry about getting it wrong, about saying the wrong thing. One of our



members has this quotation on her email signature. I share it here because it captures so well what I long for for us.

*"Oh, the comfort — the inexpressible comfort of feeling safe with a person — having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are, chaff and grain together; certain that a faithful hand will take and sift them, keep what is worth keeping, and then with the breath of kindness blow the rest away."*

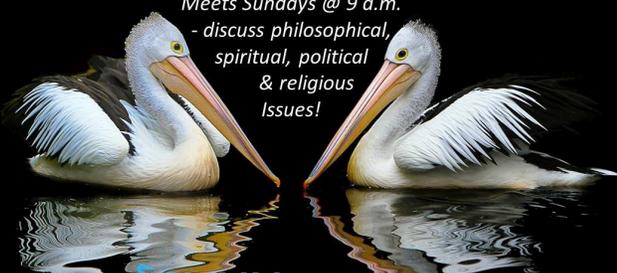
— Dinah Maria Mulock Craik

May it be so. Not everything is lost. Don't forget to vote!

*Blessings,  
Justine*

**The Reverend Justine Sullivan  
Interim Minister, CVUU  
RevJustineSullivan@gmail.com  
757-627-5371**

**Adult Discussion**  
Meets Sundays @ 9 a.m.  
- discuss philosophical, spiritual, political & religious issues!




Looking for direction, balance, support?  
Check out our CVUU Women's Peer Support Group!  
We meet every Sunday at 12:15 p.m. Childcare provided!




**Kwanzaa Celebration  
Dec. 1st**

1 - 3 p.m. Film screening of "The Black Candle"  
3 - 4 p.m. Performances  
4- 7 p.m. Bazaar – traditional food, crafts available




# Buy 'Deeper Than the Skin' concert tickets online!

Buy your tickets after service this Sunday or online at our website for "Deeper than the Skin," a musical performance that engages communities in conversations on race in our time.

UU legends and veteran musicians, Greg Greenway and Reggie Harris will perform at 7:30 p.m., Nov. 16 in our sanctuary. They will take us on a journey through music and storytelling that follows the musicians' lives along different paths and how the power of music united them.

Reggie Harris is a Woodrow Wilson Scholar and the Music Education Director of the Living Legacy Project of the Unitarian Universalist Association, co-leading tours through the historic sites of the Civil Rights movement in the South. Solo, and in the duo Kim and Reggie Harris, he has led hundreds of programs on Race and Social Justice.

Greg Greenway, one-third of the suc-

cessful folk trio, Brother Sun, has been heard on NPR's All Things Considered, Mountain Stage, and Car Talk. He's played Carnegie Hall and had the honor for two years of having his song, "Rosa Parks," play whenever the web page rosaparks.com was opened. The presentation will be interactive and there will be time at the end for discussion.

You may purchase tickets in the Social

Hall after service or go to our website and buy your seats online by credit card: <http://c-vuu.org/deeper-than-the-skin-nov-16/>

Pre-sale prices are \$20 for adults, \$15 for youth, \$25 at the door.

For CVUU members and friends, If you would also like to join us for dinner, there will be a pre-concert Soup Supper at 5:30 p.m.

Deeper Than the Skin

7:30 p.m. Friday, November 16th ♦ 809 Military Highway, Virginia Beach

CVUU Coastal Virginia Unitarian Universalists

Grief & Bereavement Support Group

CVUU Coastal Virginia Unitarian Universalists

Contact Jannie Marvel at [marvva@cox.net](mailto:marvva@cox.net) or 757-352-6150 for more information.

ARTISTS & CRAFTERS!

"Pop up" Craft Show Dec. 9<sup>th</sup>!

To sign up: [sogletree50@yahoo.com](mailto:sogletree50@yahoo.com)

CVUU Coastal Virginia Unitarian Universalists

Book Club pick for November!

Circe by Madeline Miller

"Then I learned that I could bend the world to my will, as a bow is bent for an arrow, I would have done that well a thousand times to keep such a power in my hands."

★★★★★

Young Adult Group

Welcome to all 18+

Social Activities TBA each month

Spiritual Activities every 4th Thursday 6:30p

To join our emailing list: [valerie.rottink@gmail.com](mailto:valerie.rottink@gmail.com) | Check our Facebook: CVUU Young Adults

**Samhain Festival Nov. 3**

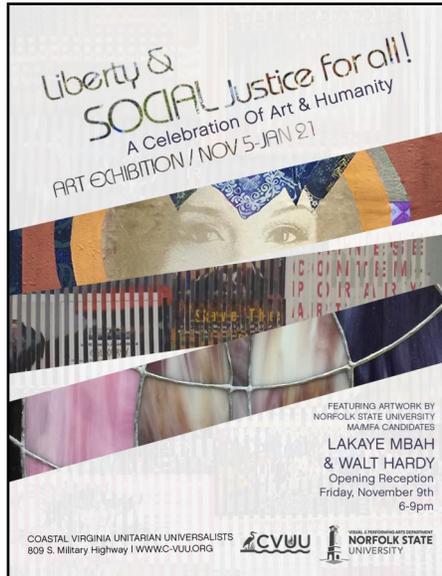
Please join CUUPS (Covenant of Unitarian-Universalist Pagans) as we celebrate Samhain on Saturday, Nov. 3rd at 6 pm.

We will hold an open-to-all ritual celebrating the end of the harvest season and the beginning of winter followed by a potluck. Children are welcome to attend under parental supervision.

CUUPS, observes various Pagan and Earth-centered traditional feasts and celebrations. The CUUPS group is open to all. One does not have to identify as Pagan to attend.

**Liberty & Social Justice for All - A Celebration of Art & Humanity!**

The Art and Walls Committee is proud to introduce LaKaye Mbah and Walt Hardy, accomplished artists from Norfolk State University, who will be exhibiting their art works at CVUU from November 5 through January 21.



Please join the artists in an open reception from 6 - 9 p.m., Friday, November 9, in the CVUU Foyer.

Faculty and artists are being invited; bring your friends too.

**Young Adult Group meeting dates**

The YA's will be gathering for THREE events this month! They will attend the Pledge workshops then gather upstairs for potlucks! Their Spiritual Discussion (pushed to AFTER Thanksgiving) will be on the 7 UU Principles.

- Nov. 3 @ 4 p.m.:** Welcome Table Potluck
  - Nov. 17 @ 4 p.m.:** Friendsgiving Potluck
  - Nov. 29 @ 6:30 p.m.:** 7 Principles Discussion
  - Dec. 1 @ 1 p.m.:** Winter Traditions Party
- 18+ and self-identify as a young adult? Email [valerie.rottink@gmail.com](mailto:valerie.rottink@gmail.com) for details!

**Time to Make History Virginia!**

On Monday, November 19th at 7:30 p.m. in the CVUU sanctuary, the Social Justice Committee will host a speaker from VA-ratifyERA, the campaign to ensure Virginia makes history during the 2019 General Assembly session. Should Virginia become the 38th state to pass the Equal Rights Amendment, the

Cont. page 5

# November 2018

For full details go to: <https://www.ucnorfolk.org/calendar/this-month>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 9a Halloween Buddy Breakfa 11:30a Racial Justice 12:15p CVUU Women's Pee	29 1:45p Chair Yoga 3p Sandwich Makers		30 7p Choir	31 6:30p Pre-Meeting Living the 7p Thursday Covenant Circle 7p CREC	1	2 8a Pledge to End Racism Da 4p YAG Post Pledge Potluck 6p Samhain Celebration
4 12:15p CVUU Women's Pee	5 1:45p Chair Yoga 3p Sandwich Makers 7p Building Council		6 7p Choir 7p Membership Committee M	7	8 7p Girl Scouts 7p Reception for Artists	9 9:30a Spirit in Practice 4p First Annual CVUU Chill C
11 12:15p CVUU Women's Pee	12 1:45p Chair Yoga 7p Buddhist Affinity Group 7p Covenant Circle	13 6:30p Social Justice Commit 7p Executive Committee Med	14 5:30p Committee on Ministry 7p Choir	15 6:30p Pre-Meeting Living the 7p Board of Directors Meetin 7p Thursday Covenant Circle	16 7p Greg Greenway Concert	17 8a Pledge to End Racism Da 12:30p Women's Book Group 4p YAG Post Pledge Friends 5p Cornbread Bake
18 12:15p CVUU Women's Pee	19 1:45p Chair Yoga 3p Sandwich Makers 7:30p Virginia ERA Campaign	20 6p Environmental Initiative C	21 5:30p House Keeping Comm 7p Choir	22	23 7p Girl Scouts	24
25 11:30a Racial Justice 12:15p CVUU Women's Pee	26 1:45p Chair Yoga 3p Sandwich Makers 6:30p PPM Committee	27 2:30p Landscape Committee 7p Wall & Art Committee 7p Worship Service Commit	28 7p Choir	29 6:30p YAG Spiritual Discuss 7p Program Council	30 7p Line Dancing!	1 9:30a Spirit in Practice 1p Kwanzaa 1p YAG Winter Traditions Pa



## November Worship:

*We offer a weekly service every Sunday at 10:30 a.m.:*

**Nov. 4** - "Somebody's Calling My Name," with Rev. Justine Sullivan

**Nov. 11** - "Reconciling the First Principle with Military Service," with Paul Moss and CVUU Veterans and Active Duty Military Personnel. Please wear your uniform if you got it!

**Nov. 18** - "Practicing Gratitude," with Rev. Justine Sullivan and DRE Sally Daniel

**Nov. 25** - "Giving Thanks at Thanksgiving Time for our Lives and Our Blessing," with Howard Adams

## CVUU's Beloved Pet of the month - Hobo!



"three fourths" ratification requirement for an amendment will have been met. Come learn how you can get involved and ensure that the US Constitution extends equality of rights under the law regardless of sex.

Can't attend? Please sign the petition at [VAratifyERA.org/petition](http://VAratifyERA.org/petition)

### New instructor joins Chair Yoga team!

We are excited to invite you to chair yoga with our new instructor, Stephanie Howell, Yoga Therapist.

Stephanee will be instructing our chair yoga class every first Monday of the month. Our first class with Stephanie will be Monday, November 5th, from 1:45 to 2:45 p.m. upstairs in the large group room by the elevator.

Our chair yoga class is adapted for all abilities using seated and standing exercises and welcome to all who want to exercise without worrying about limitations. Hope to see you there! We are still recruiting for additional yoga instructors for additional Mondays.

### Spirit in Practice Workshop dates

Rev. Justine's ongoing workshop has two more upcoming meetings: Nov. 10, Dec. 1 & 8, from 9:30—11 a.m. Anyone can drop in to a session. The workshop offers a forum for learning, sharing, and growth that can enrich your faith journey.

The full program consists of 10 sessions, divided into two parts. Part II will be offered in the spring.

## Planning an event? Things to consider:

Send current requests to Susie Gullixson at [office@c-vuu.org](mailto:office@c-vuu.org) or call (757) 627-5371.

When making a request, consider:

- ◆ Room(s) requested, allowing time for setup and takedown!
- ◆ Childcare needs—**Childcare is available Tuesday and Wednesday evenings from 6—9 p.m. and Sunday mornings.** It is the responsibility of each committee or organizer to arrange childcare **directly** with Selene Spelts at [spelts.selene@gmail.com](mailto:spelts.selene@gmail.com) for hours outside of the above times. It is **not** the responsibility of the Office or the DRE. Forward your requests for childcare to at least **four weeks prior to your event.**

- ◆ Contact name (with phone number and/or email address)
- ◆ Person in charge of locking up, sound setup requiring a sexton
- ◆ Parking needs (note if 'overflow' parking will be needed)

**Large Print Hymnals** are available at the table in the foyer.

**Hearing Amplification Headsets** are available at the sound booth in the back of the sanctuary.

**CDs of the service are available** for borrowing or for \$3 for purchase. Inquire at the sound booth in the sanctuary for CD recordings.

**If you stay late, please double check to see the building is secured!**

The weekly email, The CVUU Courier, is sent out Wednesday at noon.

- ◆ The deadline for the Order of Service newsletter is Wednesday and the deadline for CVUU Courier is Monday at noon.
- ◆ The deadline for the monthly newsletter is the 15<sup>th</sup> of the month. If you would like to place an ad for September your deadline is Aug. 15<sup>th</sup>!

**\*Please Remember,** when advertising events to make sure to include BOTH Susie Gullixson & Tracy Brune. Send your media to [office@c-vuu.org](mailto:office@c-vuu.org) & [comm-coordinator@c-vuu.org](mailto:comm-coordinator@c-vuu.org)

For up-to-date news, check out our website: [www.c-vuu.org](http://www.c-vuu.org).



# MINDFUL MULCHING

My purpose in writing is to make you feel better about mulching. If you're like most people you put down that mulch in your front yard defensively— because you hate to weed, or the HOA said you had to, or your spouse asked you to.

Perhaps it would help if you looked at it from the garden's point of view. Your flowers, shrubs and trees really look forward to that mulch. In the spring, they needed it to keep the weeds from crowding them. In summer, they needed their roots protected from the heat, and to conserve moisture in the soil. In the fall, they need to be protected from the shock of rapid temperatures changes and they need something to sustain them thru the winter. The mulch you gave them earlier has broken down and they need more. Mulch feeds your soil, which feeds your plant.

So, you need to mulch again. I mulch as if I were passing a plate of homemade cookies— I don't skip anybody. I say, here's some for you. And you. And you.

But here at our new home we have a lot of everybody, shrubs and trees old and new. The lawn is easy; the mowing can be done with mulching

Cont. page 7

## Happy Birthday November members!

Wishing a very Happy Birthday to the following members of CVUU:

*Dal Paull - 11/3; Shannon Ayres - 11/4; Eric Strom Sasser - 11/8; Angela Haen - 11/10; Katherine Fitzenrider—11/11; Staci Sisson—11/13; Laura Gilson—11/15; Elizabeth Du-*

*menigo—11/17; Andrew Cifaldi— 11/20; Ross Fetterly—11/21; Kathryn Parsons—11/22; Judy Welp—11/23; Beverly Snowa— 11/24; Ashton Organek—11/26; Sarah Schmader—11/29 and Carolyn Caywood—11/29*



## Fantastic turnout for our Oct. 28th Buddy Breakfast!



mowers, and the leaves can be mulched as they fall and recycle the nutrients the trees took from the soil. Leaves can be left under the trees where they will break down and help cover the painfully exposed roots our trees have now. We are blessed with a lot of trees, and they will give us a lot of leaves. These can be put to good use with a little raking, a little blowing, and a lot of leaving them where they fall.

For those of you who really want to save the earth, here's a start. Our new home needs love and healing. It's just a few acres, we can do it.

For those of you who heard this was going to be a gardening column, apologies. I had to start somewhere and this can't wait. Besides, what better way to start gardening than feeding the soil, right?

UU's, unite around this: the mulch of today is the topsoil of the future. That's mindful mulching.

*Barbara Perry Gelzer is an experienced master gardener and a member of the CVUU Landscaping Team. She moved to Virginia from the Dallas/Fort Worth area where she was an enthusiastic and very active member of the Horizon UU Church.*

## Are you a Yoga Instructor!

If you are interested in volunteering to lead our Monday chair yoga class, which meets three Mondays a month from 1:45-2:45 p.m., contact Lisbet Dula: [lisbet.dula@yahoo.com](mailto:lisbet.dula@yahoo.com)

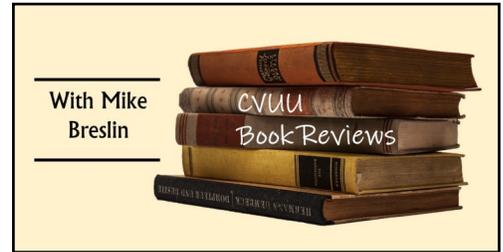


## 'To Shield the Queen' by Fiona Buckley

I'm re-reading one of my favorites, Fiona Buckley's 'To Shield the Queen'. It's the first in the Ursula Blanchard mystery series set at the court of Elizabeth I of England. Buckley has written 16 books for the series, the latest published last year, so she does have a faithful audience.

The heroine is a lady of the Queen's Presence Chamber. Elegant, yes, but not somebody I'd want to cross. She assumes a huntress mode when bringing to light plots hatched by the ambitious or the misguided at Elizabeth's court who swear loyalty but whose machinations would expose the queen and the country to the full fury of the Protestant, Catholic religious wars raging at the time.

In 'To Shield the Queen' Ursula is dispatched to the country estate of Sir Robin Dudley, the Queen's favorite courtier, to soothe and assuage Lady Amy Dudley, Sir Robin's dying wife. When questions arise concerning Lady Dudley's previous medical care they raise Ursula's suspicions as to the motives of others at the estate. Engaging in some clandestine activity to allay those suspicions she stumbles into something deeper and much, much more dangerous than what she originally thought.



The backdrop of a hellish family life makes Ursula a fully sympathetic character. Misused and cheated by relatives she understandably acquires a wary and suspicious outlook which in its turn serves her well when dealing with the ambitions and treachery of nobles at court.

Buckley's descriptions of how things were done at Elizabeth's court and her details of the commoners' daily domestic life offer a fascinating window into that time and say the lady has done her homework.

Most of the Ursula Blanchard mysteries are available at the Norfolk, Virginia Beach and Chesapeake libraries.

*Mike Breslin is a longtime member of CVUU and an avid reader. If you would like to submit a book review for our monthly newsletter, send it to [comm-coordinator@c-vuu.org](mailto:comm-coordinator@c-vuu.org)*

## CVUU Women's Book Group Calendar

Due to the coming holiday months, this group will meet midmonth instead of the fourth Saturday of the month. (In January 2019 we will return to the 4th Saturday for our potluck luncheons and book discussions.) Our meeting room is Room 201, the first room to the left as you leave the second floor off the elevator. Contact person is Vicki Caminer, (H) 757-638-0737 or (C) 757 469-1397.

**November 17th:** "Circe" by Madeline Miller (2018)

In the house of Helios, god of the sun and mightiest of the Titans, a daughter is born. But Circe is a strange child--not powerful, like her father, nor viciously alluring like her mother. Turning to the world of mortals for companionship, she discovers that she does possess power--the power of witchcraft, which can transform rivals into monsters and menace the

gods themselves.

Threatened, Zeus banishes her to a deserted island, where she hones her occult craft, tames wild beasts and crosses paths with many of the most famous figures in all of mythology, including the Minotaur, Daedalus and his doomed son Icarus, the murderous Medea, and wily Odysseus. But there is danger, too, for a woman who stands alone, and Circe unwittingly draws the wrath of both men and gods, ultimately finding herself pitted against one of the most terrifying and vengeful of the Olympians. To protect what she loves most, Circe must summon all her strength and choose, once and for all, whether she belongs with the gods she is born from, or the mortals she has come to love.

**December 15th?:** "Barracoon: The Story of the Last Black Cargo" by Zora Neale Hurston (re-published in 2018)

## Build stronger ties within our Covenant Circles at CVUU

Do you yearn to build stronger interpersonal relationships with other UUs while engaging in spiritual exploration? This takes place regularly each month at Coastal Virginia Unitarian Universalists (CVUU) in covenant circles (CCs) which provide an avenue for confidential discussion and deeper spiritual exploration led by a covenant circle facilitator. You are invited to join such a group for late 2018-2019!

Covenant circles (CCs) offer opportunities for both relationship-building as well as spiritual exploration in small group, private discussions which meet once each month (or twice monthly for the Saturday CC). Group members and facilitators select the discussion topics, though sometimes groups choose to follow the worship theme for the month such as "Community", "Gratitude", etc. These are not intellectual, abstract discussions but instead provide the chance for sharing of personal life experiences related to the themes discussed, such as "For what life experiences do you experience a sense of gratitude, even though you may not have realized the 'gift' in the challenge facing you at the time?" Since our feelings or emotions are engaged any time we explore values and meaning in life, CCs encourage our sharing of how we

feel as well as what we think in response to the themes chosen. These are not therapy groups, but they provide an important avenue for building community and personal exploration at a deeper level. (If you feel the need for individual emotional support, contact Rev. Justine Sullivan or the coordinator of the lay pastoral team Richard Anderson for that kind of assistance.)

Here is the list of current Covenant Circle meetings for 2018-2019:

- **First Thursday night**, Room 205 at CVUU, 7-9:00 pm, Facilitator Richard Anderson

- **Third Tuesday night**, Room 207 Meditation Room at CVUU, 7-9 pm, Facilitator Perry Duncan.

- **Fourth Thursday afternoon**; meets in facilitator Pat Metzler's home, 3610 Gentle Road, Portsmouth, 1-3 pm.

- **Second Friday afternoon** at 890 Poplar Hall Drive, Norfolk from 3:15 to 4:45 pm. Facilitator Vicki Caminer. (Group meets in movie room, ground floor off of lobby on the left, to accommodate a member who resides in assisted living at Commonwealth Sr. Living, located about a mile north of CVUU in Norfolk.)

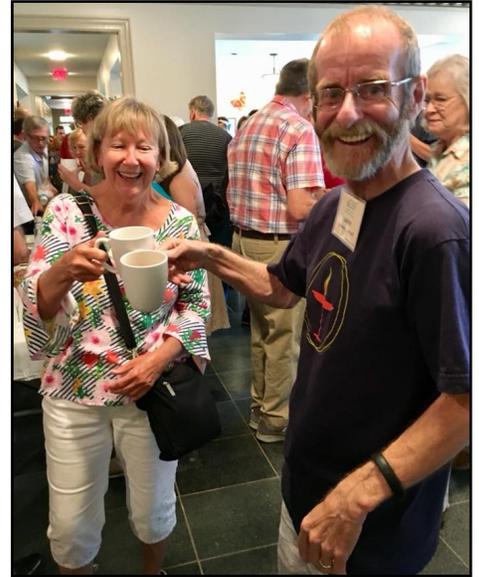


Image credit — Steve Daniel

*Paula Echols and Jimmy Lutrell enjoy a cup of fellowship!*

- **First and third Saturdays**; meets from 2-4 pm. Contact facilitator Joe New for location of meetings on a monthly basis but usually on the first Saturday and elsewhere on the third Saturday monthly.

**How do I find out more about covenant circles or join a covenant circle?** Contact Vicki Caminer, CC convener, call at 757 638-0737, text at 757 469-1397 or via email at [vicki0737@hotmail.com](mailto:vicki0737@hotmail.com).

## A Place to Come in from the Cold by Sheila Dinwiddie

*A place to come in from the cold  
Get out of the rain  
To hang your hat where your heart is  
a safe place, a warm place  
encircled by your own good roof and walls  
A place to put things down  
where they stay – windows that close*

*News with the morning coffee  
Sleeping in on Saturday  
between clean sheets  
with running water in the  
bathroom down the hall*

*Closets of work clothes  
and Sunday best  
drawers for socks and underwear  
Grandma's quilt across the bed  
Flowers next to drawn up future plans  
spread across a dining room table  
inlaid with memories –  
Holy days, birthdays and graduation hopes*

*A radio in the Kitchen  
pouring the outside world  
over cooking smell –  
grocery bags for a fridge  
with room for a six pack*

*Backyard BBQ  
neighbors – company for Sunday dinner*

*A porch lite and a welcome mat  
And a wreath for every season  
A key to the front door*

*All left behind  
When you have to go homeless*

**Sheila is a longtime CVUU member and "Kitchen Table Poet." Sheila penned this while working with area homeless and NEST (Norfolk's Emergency Shelter Team).**