

UCN/ CVUU Monthly News

ADMIN & COMMUNICATIONS PUBLICATION



APRIL 2018

ISSUE 3

Sea creatures, death and fairly traded coffee ...

The next Fabulous First Friday is April 6.

We will have spaghetti dinner in the social hall at 6 p.m. And at 7 p.m., join us for a family-friendly forum with Mark Swingle, Director of Research & Conservation at the Virginia Aquarium & Marine Science Center.



Swingle has helped more than 8,000 animals since co-founding the Aquarium's Marine Mammal and Sea Turtle Stranding Response Team 25 years ago.

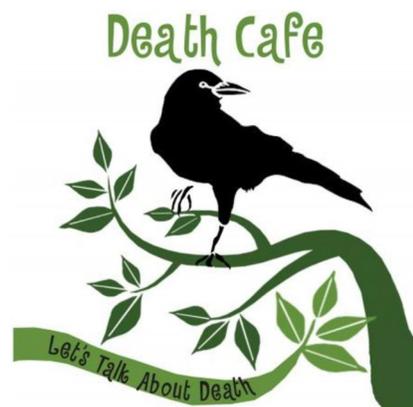
He will speak on his experiences with some of the ocean's most fascinating creatures. This forum is brought to you by UCN's Environmental Justice Committee.

Spring Plant Sale set for April 8—

Could you use some flowers or herbs for your home garden?

We will have a variety of your favorite plants on sale in the parking lot before and after the Sunday service.

Contact Ken Saucer for more details: saucer.ken@gmail.com



Death Café, 7 p.m., April 20th—

Death isn't the easiest topic to dis-

cuss, but chatting about mortality over a slice of cake makes it a little easier!

Join us in the social hall for our Death Cafe, an opportunity to open up conversations about all matters relating to death and end of life, from planning to spirituality.

Members of our Caring Team are organizing the event. We will gather, drink tea and coffee, eat delicious cake and discuss our ends as a means to make the most of life.

CVUU/UCN has hosted two Death Cafes in the past. The idea for such a discussion was the brain child of the late Jon Underwood, who founded Death Café in 2011. He was a student of Buddhism as well a funeral advisor with the Natural Death Centre, a website for the UK funeral industry. The event is free and open to the public. Another Death Café is planned for the fall.

Spring Family Paddling Trip Saturday, April 21st— Join us for a paddling trip at the Dismal Swamp as an early celebration of Earth Day!

This is an all-day event for all ages—our Youth Coordinator, Paul Greggs, will provide canoes and gear or you can bring your own!

For details, contact Paul Greggs at (ypc@ucnorfolk.org).

We're Expecting! Join us for a New Building Shower, April 22nd in the social hall after the 10:30 a.m. service.

We are in need of items large and small, from furnishings to cutlery, to make our new house into a home.

The Design Committee members will be hosting the shower, complete with snacks and desserts!

Look for a complete gift registry on our UCN website very soon!

Share Your Experiences for a special

April 29th lay-led service! *A Sense of Wonder in Nature and Science* -Have you had the experience of profoundly stirring wonder while caught up in nature or in science? Perhaps you found yourself experiencing the calming silence of deep, dark, mossy forests, witnessing splendid sunrises or sunsets by water, gazing across smoky mountain ridges, looking up into starry displays stretching far overhead at night, looking 'micro' or 'macro' into the smallest and largest corners of the universe(s)? The Worship Services Committee would love it if you're willing to share some of those wondrous experiences for a planned worship service on April 29th! If so, contact Vicki Caminer at- vicki0737@hotmail.com or (H) 757-638- 0737 or © 757-469-1397.

Fair is Fair—Join us after the Sunday Service—tentative date is April 29th in the social hall for a special treat! Members of our Fair Trade Team will



be handing out samples of chocolate and coffee available for purchase from CVUU/UCN's Fair Trade Booth.

The booth operates each Sunday after the 10:30 a.m. service in our social hall. They sell a variety of products, from teas and coffees, to chocolates.

CVUU/UCN is one of hundreds of UU congregations across the country that are part of the UUSC's (Unitarian Universalist Service Committee) "Fair Trade Project," a growing movement



We Need to Chat!
To schedule ANYTHING, please contact Susie! If she doesn't know, it's not gonna happen!
757-627-5371
office@ucnorfolk.org



of small farmers, alternative traders (ATO's), religious organizations, and non-profits throughout the world who believe in reclaiming the food system—to make it better for farmers, consumers and the earth.

By making the choice to buy fairly traded products, we help provide health care, education and technical trainings for farmers, workers, and artisans around the world.

According to the UUA, for each pound of coffee, chocolate, tea, and foods purchased through UUSC's Fair Trade Project, 20 cents per pound goes to UUSC's Small Farmer Fund.

That Fund amounted to \$9,724.15 in 2017.

On the Horizon ...

June Teen Service Trip Update— Fundraising efforts for our teen group's spring trip are still underway.

Our teens will be traveling to West Virginia June 16-23. We hope they will gain a deeper understanding of both global and domestic issues while visiting various Appalachian areas.

They have already hosted a successful baked potato fundraiser last month, which raised more than \$700. They are closing in on their goal of \$4,500 and have raised nearly \$4,000 so far.

Contact our Youth Coordinator, Paul Greggs (ypc@ucnorfolk.org) if you would like to help!

Save the Date for Clean the Bay Day June 2nd— Our Youth Coordinator Paul Greggs is the site coordinator for UCN.

We will be cleaning the waterway behind Lakewood Park. It is a canoe/kayak clean-up site only.

Folks can bring their own canoe/kayak or Paul will provide boats, pfd's, paddles and such. Water access is at the crew canoe club.

Kids under 18 must have an adult with them. Look for more details in our next newsletter!



CHESAPEAKE BAY FOUNDATION
Saving a National Treasure

Around Hampton Roads

TRANSGENDER DAY OF VISIBILITY | **APRIL 7** 2-5 PM

CALL FOR TRANS ARTISTS

PARTICIPATE OR VOLUNTEER

FREE AND OPEN TO THE PUBLIC

Transgender Day of Visibility Events

Mark your calendar for March 31st and April 7th!

Hampton Roads Pride is organizing a Transgender Day of Visibility (TDOV) event at the Chrysler Museum on March 31st, details to be determined, and there will be a TDOV celebration of artistic expression the following Saturday, from 2 to 5 p.m., April 7th, at New Life Metropolitan Community Church, 1000 Sunset Dr., Norfolk, VA 23503.

Organizers wish to bring everyone together to showcase the abilities of our local trans and gender non-conforming artists and talent, empow-

er and celebrate trans individuals, and spread knowledge of trans issues to the public.

TDOV area supporters include: Unitarian Church of Norfolk (Coastal Virginia Unitarian Universalist Church), the Transgender Assistance Program - TAP Virginia, VA, LGBT Life Center, Equality Virginia, the LGBTQAI Interfaith Group of Hampton Roads, and the Seven Cities Medic Collective.

To perform, submit art or to volunteer, email transactivistva@gmail.com or message them on Facebook.

Conversations on Climate Change

Lynnhaven River Now is hosting the second program in their series on climate change, Wednesday, April 11, at 6:30 p.m. at the Brock Environmental Center. They will host presentations from the Old Dominion University Resilience Collaborative and the Climate Change and Sea Level Rise Initiative. According to their website, event goers will find out more about these programs and the tools that they have

developed to help us all know what things we should be doing to protect our property and businesses.

Save the Date

16th Annual Oyster Roast

Saturday, April 21, 2018

12 - 3 pm

LYNNHAVEN River NOW

Feast on Oysters, Fun at Annual Roast

Enjoy fresh Lynnhaven River oysters, barbecue and beverages at the 16th Annual Oyster Roast fundraising event on Saturday, April 21, from 12-3 p.m. at the Bayville Farms home of Eleanor and Bob Stanton (4141 First Court Road Virginia Beach, Virginia).

Money raised from the event will go to community education and conservation outreach projects for

Lynnhaven River Now.

Festivities include an oyster shucking contest, yard games, silent auction, live music and raffle prizes. Tickets are \$75 per person.

Lynnhaven River NOW works with residents, businesses, faith communities, schools, and community leaders to restore and protect our Virginia Beach waterways.

Details: Terri Gorman at Terri@lrnow.org or call (757)-962-5398.

Check out NATO Parade and HQ

Enjoy the only parade in the United States to honor NATO, at 10 a.m., April 28 in downtown Norfolk.

See more than 100 parade units, including floats representing each of the 29 NATO Member Nations.

After the parade, join in a celebration



of the local NATO Headquarters in Town Point Park until 3 p.m.

Interact with NATO Representatives and visit their 29 Member Nation tents in the NATO Village. Explore international heritage with cultural performances, art, cuisine and craft beers. Celebrate with the family in a European Street Fair atmosphere!

Panel Discussions to Follow Matinees

The Pulitzer Prize-winning play "Disgraced" is playing April 4-22nd at the Wells Theater in downtown Nor-

folk, 108 Tazewell Street.

The play takes place at a tense dinner party hosted by a Pakistani-American lapsed-Muslim and his Caucasian wife, who are conversing with an African American lawyer and her Jewish husband. The conversation turns to race and religion.

Immediately following the 2 p.m. Sunday performances, April 8 and 15th, are Talk Back Panel Discussions put on by the Virginia Stage Company and CSRF, Center for Study of Religious Freedom of Virginia Wesleyan University.

CSRF will facilitate the discussion with panelists who will share their perspective and insights on issues raised in the play.

Members of the audience are encouraged to respond. To see more community events for "Disgraced," go to: <http://www.vastage.org/disgraced/>

APRIL 2018

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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26 2p Chair Yoga 3p Sandwich Makers 7p Design Committee 7p Kid's Art Group	27 12a HSoBx 7p Art and Wall Commi 7p Worship Services C	28 5:30p Caring Team 7p Choir Practice 7p Moving Committee	29 9:30a HSoBx	30	31	1 9a Sunday Morning Pro 11:45a Getting to Know 12p Women's Support C
2 2p Chair Yoga 3p Sandwich Makers	3 7p Membership Commi	4 7p Choir Practice 7p Moving Committee	5 9:30a HSoBx 7p Thursday Covenant	6 6p Fabulous First Frida 7p Sea Mammal & Sea	7	8 9a Sunday Morning Pro 10:30a Joining Ceremo 12p Women's Support C 2p Hampton Roads Gre 3p UCN/CVUU Public F
9 7p Buddhist Affinity Gro 7p Design Committee	10 12a HSoBx 6p Executive Committe 7p Social Justice Comm 7p Finance Committee 7:30p Lay Pastoral Ass	11 5:30p Committee on Mi 7p Choir Practice 7p Moving Committee	12 9:30a HSoBx	13 3:30p HSoBx Spring D	14	15 9a Sunday Morning Pro 11:45a Getting to Know 12p Women's Support C 12p BOT Listening Ses 12p Elections more ...
16 2p Chair Yoga 3p Sandwich Makers 7p Facility Design Team	17 12a HSoBx 6:30p Green Team 7p Covenant Circle 7p Design Team	18 7p Choir Practice 7p Moving Committee	19 9:30a HSoBx 7p Thursday Covenant 7p Trustees Meeting	20 7p Death Cafe	21 2p Saturday Covenant	22 New Member Luncheon 9a Sunday Morning Pro 11:45a New Building U 12p Women's Support C 12p Racial Justice Com
23 2p Chair Yoga 3p Sandwich Makers 7p Design Committee	24 12a HSoBx 7p Worship Services C	25 5:30p Caring Team 7p Choir Practice 7p Moving Committee	26 9:30a HSoBx	27	28	29 9a Sunday Morning Pro 12p Women's Support C
30 2p Chair Yoga 3p Sandwich Makers	1 12a HSoBx 7p Membership Commi	2 7p Choir Practice 7p Moving Committee	3 9:30a HSoBx 7p Thursday Covenant	4 6p Fabulous First Frida 6:30p Environmental F	5 6p Beltane Celebration	6 9a Sunday Morning Pro 11:45a Getting to Know 12p Women's Support C



Happy Birthday!

Wishing a very Happy Birthday to the following congregants:

Declan Donigan, 4/1; Barbara Buck, 4/3; Lindsay Pryor, 4/4; Jace McBride, 4/5; Lauren Ayres, 4/7; Carson Reeves 4/9; Barbara Zimmer, 4/11; Anne Odell, 4/13; Vienna Harvey, 4/13; Amanda Ruiz, 4/13; Janet Hixson, 4/13; Harvey Jones, 4/14; Jake Schmader, 4/15; Ann Denton, 4/16; Joe New, 4/18; David Stanley, 4/24; Bob Sterling, 4/24; Ari Palczewski, 4/25; Sam Ciganek, 4/26

Hope you enjoy your special day!



All The News That Fits!

Send your news items for the monthly newsletter to Susie or Tracy by the 15th of the month and we will include it in the next newsletter!

SEA CREATURE STORIES

With Mark Swingle
of the Virginia Aquarium & Marine Science Center

7 p.m. April 6th

Brought to you by the
Environmental Forum
Committee



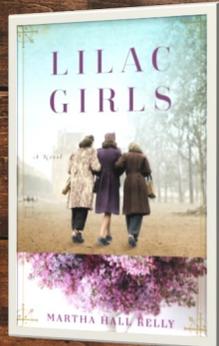
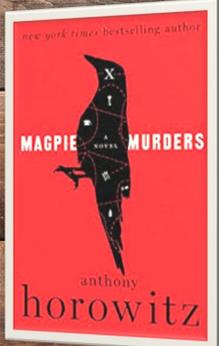


Sunday, April 1

**PREACHING THE
GODSPELL**

10:30 A.M.

Book Club picks for April & May

DEATH CAFE

**Sponsored by the
Caring Team**

7 - 9 P.M. FRI., APRIL 20

*The event is free and open to
the public. Come drink tea, eat
cake and discuss death!*



Buddhist Affinity Group

MEETS APRIL 9TH AT 7 PM



Adult Discussion

Every Sunday
at 9 a.m.




April Worship:

The miracles of spring are now obvious in coastal Virginia. Our attention turns to the world around us with our monthly theme "Nature and Evolution," selected last year by the



congregation. The whole month will be about the return of life both cyclic and evolving.

We begin by considering the Christian sources of our faith, then pay attention to the rhythms of nature and the sacred circle of life. Next we celebrate our own Unitarian ritual of the Flower Communion, then celebrate our world in music and song, and finally reflect

on our evolving planet.

With so many wonderful changes happening in our congregation, may you find our Sunday morning gatherings a time of peace and hope and a place to consider your own evolution. -

Rev. Charlie

April 1

"*Preaching the Godspell*" - Rev. Charlie Dieterich. Let's view Easter from a point of view of the musical Godspell. What does a 20th Century musical have for us in the 21st Century? What does a first century recollection tell us? Come with an open mind and an open heart. The Choir performs.

April 8

"*For the Beauty of the Earth*" - Rev. Charlie Dieterich. "This our hymn of grateful praise" has been around since well before my childhood. On the Sunday after Easter, here's a different view of resurrection. Spring celebra-

tion with an environmental focus.

April 15

"*Flower Communion*" - Rev. Charlie Dieterich. Each year we celebrate our congregation in its diversity – like a bouquet of different flowers. We ask everyone to bring a flower for our vase, and take one away to represent what we get from our participation. Intergenerational Service. The choir sings. Rev. Charlie and Dr. Brennan lead us all in a Unitarian Universalist ritual of community.

Bring flowers!

April 22

"Earth and The People in it" - Matt Griset Music Director leads an All Music Service with the Choir and soloists. Come, listen, join in!

April 29

"A Sense of Wonder: Nature and Evolution" - Worship Services Committee

Planning an event? Things to consider:

Any events must be scheduled through the admin office. Send requests to Susie Gullixson at office@ucnorfolk.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 Thursday evenings and Sunday mornings.** It is the responsibility of each committee or organizer to arrange childcare **directly** with Selene Spelts for hours outside of the above times. It is **not** the responsibility of the Office or the DRE, Brian Brennan. Forward your requests for childcare to childcare@ucnorfolk.org at least **4 weeks prior to your event.**

◆ Contact name (with phone number and/or email address)

◆ Person in charge of opening and 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 Yarmouth Gazette email is sent out on Friday at noon.

- ◆ The deadline for the Order of Service newsletter and Friday email is Wednesday at noon. Please direct your items to office@ucnorfolk.org.

NEW!! The deadline for the monthly newsletter is the 15th of the month. If you would like to place an ad for May your deadline is April 15th!

***Please Remember**, when advertising events to make sure to include BOTH Susie Gullixson & Tracy Brune. We don't want your event left out! Send your media to office@ucnorfolk.org & comm-coordinator@ucnorfolk.org For more news, visit our website: ucnorfolk.org.