

CVUU Monthly News

ADMIN & COMMUNICATIONS PUBLICATION



Coastal Virginia
Unitarian Universalists

NOVEMBER 2019

ISSUE 22

A Word from Rev. Justine

*When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's
lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the
great heron feeds.*

~ **Wendell Berry**

I might just as easily have quoted the 23rd Psalm – “He leadeth me beside the still waters. He restoreth my soul.” For as long as humans have had both words and troubles, we have written about the healing power of nature, of being reminded of our connection to Gaia, to the living, breathing organism that is our home, and we are comforted by that quiet beauty. Early this morning I went for a walk around the Hague with my dog Callie, and we came upon a woman, looking out over the water – she’s praying, I thought. Not wanting to intrude, we walked on, but on our way back, she approached us, wanting to know if the Hague always overflows its banks like this. “It does now,” I said, and we talked for a bit about climate

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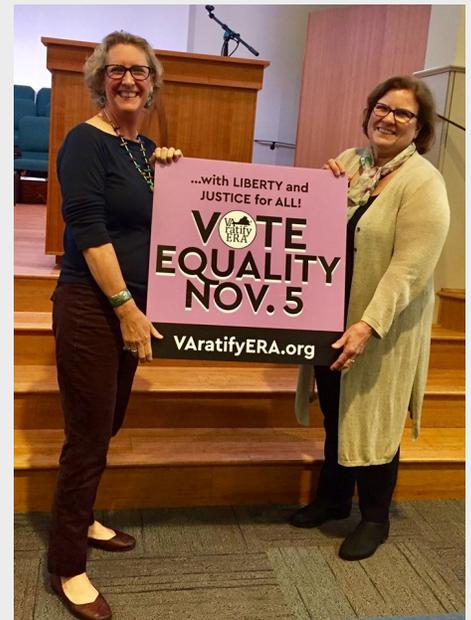
CVUU passes resolutions

We support gun control, equal rights

In keeping with our belief in the right of conscience and the use of the democratic process within our congregations and in society at large, we held a Special Congregational Meeting of the Coastal Virginia Unitarian Universalists on Oct. 27th and adopted two resolutions supporting gun control and equal rights. The following press release was sent to local media, our fellow UU congregations in our southern region and many others:

The mass shooting at the Virginia Beach Municipal Center in May and a failed effort to pass the Equal Rights Amendment in Virginia in February prompted a Special Congregational Meeting of the Coastal Virginia Unitarian Universalists (CVUU) Sunday, where members adopted two resolutions, taking a public stand on gun violence and equal rights.

In keeping with the church’s rich history of heralding social justice issues, these two resolutions mark the 4th and 5th adopted by CVUU in the last decade. The core of the congregation’s mission is to widen the circle of compassion and inclu-



From left, Wendi White and Lynn Waltz, members of CVUU’s Social Justice Committee.

siveness.

During the 1950s and 1960s the congregation was actively involved in the civil

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change and rising sea levels. I knew the rest of the story would come, and it did. A sick child, very sick, at the Children's Hospital across the street. She talked about her grandchild, about her heartache, her worries and her wishes for him. Her words to Callie and me a prayer, which I promised her I would hold in my heart in the coming days.



I am so grateful to be living my call to ministry. I think you know something is a calling when it pours from you naturally, whether you are "on duty" or not. A walk "beside the still waters" offers quiet reflection and sometimes even an opportunity for human connection.

This practice of noticing and naming the gifts all around us – moments of grace – "restoreth my soul." What restores your soul? What practices do you engage in regularly to keep yourself feeling centered, grounded, connected to the holy?

We have many such practices at CVUU – there is nothing better than walking in those doors on a Sunday morning and seeing and feeling and hearing that great buzz of activity in community. This week it was the buddy breakfast – old and young together, breaking bread, sharing stories, becoming each other's. Yes, we might come to church on Sunday morning for worship, but isn't everything we do together worship? Bidding on treasures and dinners at the auction, carefully scraping and painting the trim of a door, planting and weeding and watering, taking up the offering and getting it to the bank – all ordinary tasks like walking a dog, made holy by our intention and by our companions.

Later this month, we will join in a workshop called "Beyond Categorical Thinking." Developed by our Unitarian Universalist Association, this program helps congregations in search stretch beyond the ideas they may have about who can be a minister and about who might be your next minister. We humans all possess certain implicit biases, unexamined assumptions that influence our decisions in daily life. This program helps us to surface those assumptions and decide together if they continue to serve us or if

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rights struggle and the campaign to overturn Jim Crow laws. In 1967 church members were instrumental in forming the local chapter of the American Civil Liberties Union, and for 10 years the church hosted ACLU meetings.

The church then became a center for opposition to the War in Vietnam and provided draft and military counseling. The church was the first in the nation to sponsor a federally funded VISTA project in the late 1960s and early 1970s, concentrating on the problems of the inner city and staffed with the participation of black street leaders.

Since then, the congregation has worked to secure LGBT rights and raise HIV awareness. Most recently, CVUU congregants have worked for marriage equality, redistricting reform, and environmental and climate issues surrounding the Chesapeake Bay.

The newly adopted resolution on gun violence reads:

We, the members of Coastal Virginia Unitarian Universalists, believe that gun violence is a serious problem in our community and our country, and that our elected representatives must take stronger actions to prevent future acts of gun violence. In particular, we support measures to ban military style weapons, high-capacity magazines, bump stocks, and silencers, to limit frequent handgun purchases, to require thorough background checks for all gun purchases, and to remove guns from the hands of people identified as a risk to self or others and/or those who have demonstrated domestic violence or the threat thereof.

Only by enacting reasonable and sane laws that limit gun access and use can we protect ourselves from the increasing threat of gun violence.

CVUU president Anne Odell said congregants stand united behind the resolution. "Too many churches, schools, and workplaces have suffered the terror of gun violence because of the excessive latitude



that we have allowed the gun industry in this country. We can enact reasonable and popular safeguards to reduce the risk of gun violence, and still protect the legitimate rights of individuals to own guns."

The newly adopted resolution on the Equal Rights Amendment reads:

Therefore, be it resolved that we, the members of Coastal Virginia Unitarian Universalists, affirm that sex discrimination is a persistent social injustice afflicting our community and our country, and that the Equal Rights Amendment is an appropriate remedy for this problem. We call on the Virginia General Assembly to ratify the ERA to the U.S. Constitution during the 2020 legislative session.

Odell said CVUU congregants are hopeful the ERA will be ratified next year, since it only failed by a single vote in February when the House of Delegates deadlocked 50-50 on a bid to force a full floor vote. "We believe ratification of the Equal Rights Amendment would provide a clear federal judicial standard for deciding cases of sex discrimination and a strong legal defense against the rollback of women's rights."

If passed, Virginia will make history as the 38th U.S. state (and final one needed) to ratify the Equal Rights Amendment, some 48 years after it was passed by both chambers of the U.S. Congress and signed by President Nixon. Odell said CVUU members would like to see our Commonwealth claim the historical honor of adding the ERA as the 28th Amendment to the U.S. Constitution. For an Amendment to be added to the Constitution, at least 2/3 of states (or a minimum of 38) must pass it. In May 2018, Illinois became the 37th and most recent state to ratify the ERA.

November Birthdays

Happiest of wishes to Ilya Sobol and Ridley Squillace-- 11/1; Andrew Martin - 11/2; Dal Paull - 11/03; Shannon Ayres and Ariana Curiel - 11/4; Eric Strom - 11/08; Camm Boyd and Angela Haen—11/10; Katherine Fitz-enrider - 11/11; Staci Sisson - 11/13; Laura Gilson - 11/15; Maggie Hamlin and Elizabeth Dumenigo - 11/17; David Martin - 11/18; Andrew Cifaldi - 11/20; Ross Fetterly - 11/21; Kathryn Parsons - 11/22; Judy Welp -11/23; Beverly Snowa - 11/24; Seth Holmes - 11/25; Ashton Organek - 11/26; Gus Pryor and Kate Hamlin - 11/28; Carolyn Caywood and Sarah Schmader - 11/29 and Caela O'Connell - 11/30.



November Services

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

- Nov. 3** - All Souls
- Nov. 10** - Veterans' Day
- Nov. 17** - Beyond Categorical Thinking
- Nov. 23** - Thanksgiving/Harvest

Our Worship Services weave together our experiences with music, beauty, poetry, and words that both comfort and challenge. Our programs for all ages inspire us, and awaken us to our capacities to make a difference in our own lives and in the world.

Charlie King to perform at CVUU

Charlie King, a musical storyteller and political satirist, is coming to CVUU Nov. 9th.

He will perform from 7 - 9 p.m. in the sanctuary. There is a suggested donation of \$20 at the door.

Hailed by Pete Seeger as "one of the finest singers and songwriters of our time," King is an award-winning song writer whose works have been recorded and sung by performers such as John McCutcheon, Arlo Guthrie, Chad Mitchell and Judy Small.

In October of 2017 he received the Phil Ochs Award in recognition of his music and activism for social and political justice in the spirit of Phil Ochs.

He sings and writes passionately about the extraordinary lives of ordinary people. King recreates the history of people's dreams and struggles for a better world in his powerful songs.

To hear King perform, check out the videos here:

<https://charlieking.org/p/54/VIDEO>

NIBC hosts movienight of cult classic

Join the NIBC for Movie Night at 6 p.m. on Wednesday, Nov. 20th —They will host a watch party of the 1971 cult classic "Harold and Maude," on the 3rd floor, complete with popcorn and refreshments!

"Harold and Maude" is the zany, humorous love story, turned screenplay, of two people who find each other at just right moment - each fulfilling a desperate need for the other that allows

them to move forward on life's journey. Young Harold has nothing to do in his life but go to funerals and fake his suicides. When he meets 79-year-old Maude, his life changes completely.

SPOILER ALERT: For NIBC members who choose to read the novelization of the screenplay, please come early, 5:45 p.m., for a short book discussion followed by the screening of the film.



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we wish to extend ourselves beyond what we have imagined before. I can promise you that the material presented and the conversations it will spark will be well worth the time we will spend together. Plus, time together is good. Do come. Sunday, November 17th following worship.

I have set the months of October and November as a time to experiment with an early service. We have met a few times, and while attendance has been light so far, people have found the intimacy of the smaller worship circle powerful. Our final early service of this experimental time will be Sunday, November 24th (with special

music by Amy Ferebee!). We will take time over December to evaluate and see if we will resume early services in January or try something else another time. Thank you to the Young Adult Group for taking the lead on this year's auction. It was fun and creative, and as always, a joy to be in community with all of you.

Don't forget to vote on Tuesday, Nov. 5th!

In faith,
Justine

Rev. Justine Sullivan
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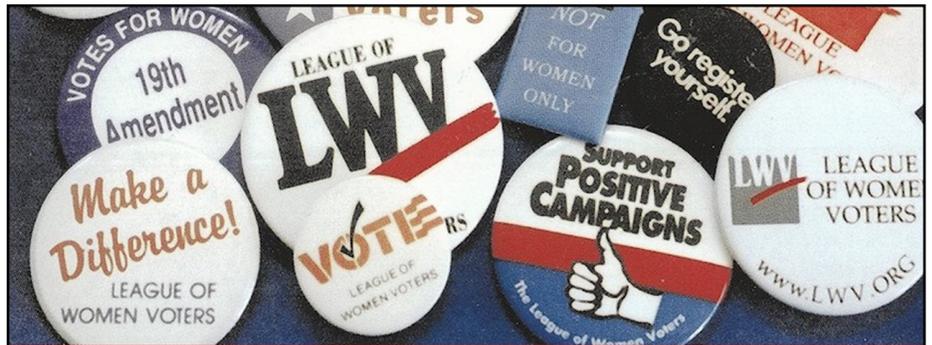
Auction raises funds and fun at CVUU

Our annual auction was a fabulous success last Saturday, raising more than \$11,000 for our congregational programs.

Local businesses and members of CVUU donated 85 items to our silent auction - everything from a handmade chalice to salsa lessons; and donated 23 items to our live auction, from vacation stays to sailing lessons.

The drinks were delightful and food aplenty. We owe a big round of applause for the following volunteers: Auctioneers: James Hutcheson and Cake; Live Auction Admin: Valerie Rottink, Nick Agreste; Silent Auction Assistants: Emmett Foster, Lance Rottink; Registration & Check-Out: Rick Docksai, Darcy Ferguson-Blouch; Music: Jimmy Lutrell; Food Team: Bryn Smernoff, Tyler Smith, Matthew Morales, Addison Phoenix, Rick Docksai, Darcy Ferguson-Blouch; Bartenders: Alexa Land, Andrew Martin; Runners: Emmett Foster, Nancy Shuford, Lance Rottink, Shuihui Brennan; Sound: Doug Throp, Dave Hamby; Projection: Ken Saucer; Childcare: Selene Spelts; Catalog & Copy Editors: Valerie Rottink, Rick Docksai.

A special, extra thank you to Valerie Rottink for being the driving force and energizer bunny that kept this event on track! Pics on p. 5!



BE A PART OF THE CHANGE Join the League of Women Voters!
This grassroots group seeks to empower citizens to shape better communities worldwide through education and advocacy.
For details, contact Carolyn Caywood - cacaywood@cox.net

Two services offered!

We have added an earlier, family-friendly service to our Sunday Worship. It will be offered weekly at 9 a.m. in Room 207, second floor. All our welcome!

CVUU Coastal Virginia Unitarian Universalists

Beloved Pets of the Month



Far left: This is Holly. A rescue adopted from the Norfolk SPCA by CVUU members Ken and Carmel Saucer. Holly likes camping and sunsets in the park. She's 12 and probably an Aries. She was born in March, but, her dad says he doesn't think she's a Pisces because she hates the ocean.
Center: Meet CVUU member Kate Parsons beloved pets, Roxie, 4 and her feline frère, Prince Charming, 16. Both are rescue pets who enjoy synchronized napping and being adored by the Parson family!

Monster Mash Bash and Auction Oct. 26th



Samhain Potluck Saturday

Please join CUUPS (Covenant of Unitarian-Universalist Pagans) on Sat., Nov. 2 from 5:30 p.m. to 7:30 p.m. as we celebrate the sabbat of Samhain.

An open-to-all ritual will be followed by a potluck. Bring a dish to share. Email cuups@c-vuuu.org if you need childcare.

Grounds Work Party

Join us for a Grounds and Building Work Party this Saturday, Nov. 2! Tasks include picking up trash, mulching the shrub borders, cutting privet, pruning the pyracantha, and prepping the shed doors for painting.

Come for an hour or work 9 to noon. Questions? Call or email Barbara Gelzer bpgelzer@cox.net (757) 284-1880.

Suicide Prevention Training

The Lay Pastoral Care Program at CVUU is pleased to offer safeTALK from 9 a.m. to noon on Nov. 16th in conjunction with the Sarah Michelle Peterson Foundation. The foundation is working to save lives by providing suicide prevention programs and resources in our community.

safeTALK is a 3-hour training in suicide alertness. Training participants will learn to recognize and engage persons who might be having these thoughts and connect them to intervention resources. Participants do not need any formal pre-

paration to attend — anyone 15 or older can learn the safeTALK steps. The training is free and open to the public. CEU's are available. Please arrive a few minutes early to check-in. Please register in advance for the training at sarahmpetersonfoundation.org. If you have any questions, contact Francie Siegfried at francesiegfried@cox.net.

Help needed for Thanksgiving

Every year we gather together in our social hall for a Thanksgiving dinner potluck with our CVUU family and friends.

This year's gathering will be at 2 p.m. Thanksgiving Day, Nov. 28th. We need several volunteers (or even a covenant group) to help organize the effort (cooking, cleaning up, etc.) Please contact Marcia Slosser at marciaslosser@gmail.com if this is something you might be interested in!

Thanksgiving Baskets

We will begin signing up for Thanksgiving Basket donations on Sunday, Nov. 10th. This year we will be supporting Virginia Beach Community Services as well as a Norfolk group servicing our homeless, or newly housed, neighbors.

Look for the ladies wearing turkey hats during social hour after church, a.k.a. Sandy Ogletree and Ann Denton.

Cornbread Communion

We will celebrate with our annual pre-

Thanksgiving Cornbread Communion at our 10:30 a.m. Sunday service on Nov. 24th.

A Cornbread Bake Night is set for Saturday, Nov. 23rd—look for more details in the weekly email.

The Cornbread Communion is a tradition in many Unitarian Universalist congregations at this time of year to honor freedom and abundance.

Whimsical Art show

Nancy Topping Bazin's art is, to steal a line from Willy Wonka and the Chocolate Factory, a world of pure imagination.

All 21 pieces of her make-believe world of fantastical feathered beasts are on display in our gallery through Dec. 31st.

Bazin's art, hung in mid-October, has garnered more than 70 awards and has been juried into local, statewide, regional and international exhibits.

For details, email nancybazin@yahoo.com. A price list of her work is available in our Social Hall.

Save the date for Kwanza

Please save the date for our 4th Annual Kwanzaa Celebration, Saturday, Dec. 7th.

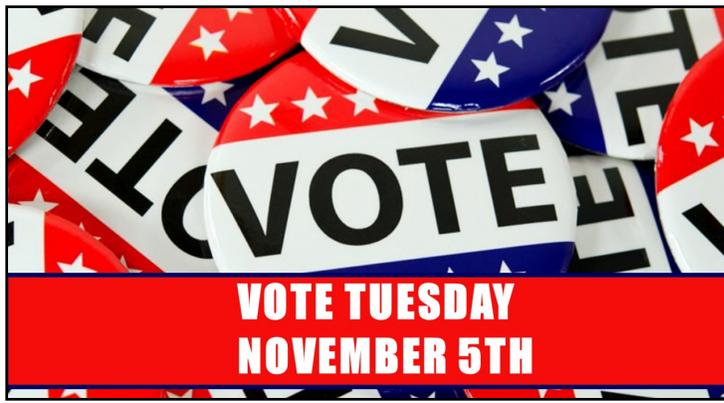
We are still seeking vendors, performers and presenters. Interested parties should contact Rayven Holmes at: rayven@rayvenholmes.com.



Thanksgiving
Potluck
Nov. 28th @ 2PM



Coastal Virginia
Unitarian Universalists



VOTE TUESDAY
NOVEMBER 5TH

It's not easy being green

We do our best to keep our communications paperless where we can, but our use of both paper and color ink have been unusually high lately.

If you need to print items for church business, please print sparingly and choose black ink!

Thank you!



NEST IS COMING

Mark your calendars for our week to house area homeless. We need volunteers to help operate our temporary overnight shelter! More details coming!

February 5-11
2020



Coastal Virginia
Unitarian Universalists

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?

You can do this each month at CVUU in Covenant Circles (CCs)! These small groups provide an avenue for confidential discussion and deeper spiritual exploration led by a covenant circle facilitator(s). You are invited to join one of these groups for late 2019-2020!

Covenant circles offer opportunities for relationship building as well as spiritual exploration in small group, private discussions which meet once each month (or twice monthly for the Saturday afternoon CC). Group members and facilitators select the discussion topics, though sometimes groups choose to follow the worship services theme for the month such as "Community" or "Remembrance and Gratitude" to share from their own personal experiences with one another.

These are not forums for intellectual, abstract discussion but instead provide us the chance to share personal life experiences related to the chosen theme such as; "What life experiences have challenged you along the way even though you may only later have realized the 'gift' those challenges brought you?" Since our feelings and emotions are engaged any

time we explore values and meaning in our lives, CCs encourage our sharing but also provide important bridges to build community and personal exploration at a deeper level.

If you feel the need for individual emotional support, contact the minister (minister@c-vuu.org) or the coordinator of the lay pastoral team Francie Siegfried for that kind of assistance.

Here is the list of current Covenant Circle meetings for 2019-2020:

- **Third Tuesday night**, 7-9 p.m. in Room 207, Meditation Room at CVUU, 2nd floor. Facilitators: Perry Duncan and Rosemary Ayres.
- **First Thursday night**, 7—9 p.m. at Talbot Manor, 3rd floor, 6311 Granby Street, Norfolk, VA. Facilitator is Richard Anderson. (elevator access; three group members reside there)
- **Fourth Thursday afternoon**, 1-3 p.m. at facilitator Pat Metzler's home, 3610 Gen-



Claire Beasley, Robert Williams and Maxine Fetterly enjoy an evening of fellowship during a CVUU cooking class offered by our Kitchen Committee in April.

tle Road, Portsmouth, VA.

- **Second Friday afternoon**, 3:15—5 p.m. in Room 207, Meditation Room at CVUU, 2nd floor. Facilitator is Vicki Caminer.

- **First and third Saturdays**, 2-4 p.m. Contact facilitator Joe New for location of these twice monthly meetings at CVUU and in the community for shared activities.

How do you find out more about how to join? Contact Vicki Caminer, CC convener at (H) 757-638-0737 or (C) 757-469-1397 or email at vicki0737@hotmail.com.

In need of a handyperson!

Housekeeping Team is looking for someone skilled in dry wall repair. If you can help contact Judy Welp at 757-409-0178 or call the office and leave a message for Judy with Susie!




CVUU will be offering a 4-Week Adult ESL Class on Tuesday evenings in November from 7 p.m. to 9 p.m. We are seeking a few volunteers to help lead discussions and small group activities. No experience is necessary! For details, contact Laura Ray at L.Ray@odu.edu or 757-769-4094.



Samhain: Marking the Harvest

ENGLISH AS A SECOND LANGUAGE

CALLING ALL READERS!

We are looking for book review submissions for our Monthly Newsletter! For details, send an email to: comm-coordinator@c-vuu.org




podcast

CVUU Coastal Virginia Unitarian Universalists

<http://c-vuu.org/series/sermons/>



November 2019

November 2019

today month week day

All Event Categories

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 9a Halloween Buddy Br 11:45a MST Focus & cc 12p Racial Justice Task 12:15p CVUU Women's	28 1:45p Chair Yoga 3p Sandwich Makers	29 9:30a Tai Chi - Beginnir 10:30a Tai Chi - Open F	30	31 2:30p Photo Essay 6:15p MST	1	2 5:30p Samhain
3 12p Pathways to Memb 12:15p CVUU Women's	4 1:45p Chair Yoga 3p Sandwich Makers	5 9:30a Tai Chi - Beginnir 10:30a Tai Chi - Open F 7p Environmental Initial	6 6p Membership Meeting 7p Navigator's Board M	7 6:15p MST 7p Pro Future Faith Ecc	8 3:15p Covenant Circle 7p Girl Scouts	9 2p Navigator's 5:30p Charlie King Con
10 12:15p CVUU Women's	11 1:45p Chair Yoga 3p Sandwich Makers 7p Buddhist Affinity Grc	12 9:30a Tai Chi - Beginnir 10:30a Tai Chi - Open F 6p Executive Committe 7p Social Justice Comm	13	14 10a House Keeping Co 6:15p MST 7p Pro Future Faith Ecc	15	16
17 12p Beyond Categorical 12:15p CVUU Women's	18 1:45p Chair Yoga 3p Sandwich Makers	19 9:30a Tai Chi - Beginnir 10:30a Tai Chi - Open F	20 5:45p Novel Ideas Bool 6p NIBC hosts movie ni 6p Tidewater Master Ne 7p Tidewater Master Ne	21 6:15p MST 7p Board of Directors M	22 7p Girl Scouts	23 5a Yule Planning & Potl
24 12p Racial Justice Task 12:15p CVUU Women's	25 1:45p Chair Yoga 3p Sandwich Makers	26 9:30a Tai Chi - Beginnir 10:30a Tai Chi - Open F 7p Worship Services Ct	27	28 6:15p MST	29	30

Planning an event? Things to consider:

Send current requests to Susie Gullixson at 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 our Director of Religious Education, Paul Greggs at DRE@C-vuu.org for hours outside of the above times. It is **not** the responsibility of the Office. Forward your requests for childcare 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 15th of the month. If you would like to place an ad for September your deadline is Aug. 15th!

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

For up-to-date news, check out our website: www.c-vuu.org.