

CVUU Monthly News

ADMIN & COMMUNICATIONS PUBLICATION



Coastal Virginia
Unitarian Universalists

FEBRUARY 2020

ISSUE 25

‘Building Council Sunday’ is Feb. 9th

Do you ever wonder how this amazing new church home we have built works? Every wish you could help, but just did not know how?

Sunday, February 9th will be Building Council Sunday! We will learn a little about the Building Council during our Sunday service but the big opportunity will come during coffee hour. All of the teams who make up the Building Council will have tables set up on third floor during coffee hour. You can visit the various teams, enjoy special treats and talk to members about what they do and how you can help.

It takes a lot of love and work to keep our building functioning, clean and attractive. If all of us do a little piece, it is a much more manageable task. We look forward to talking with you on the 9th and working with you in the future.

Judy Welp

A Word from Rev. Justine Sullivan

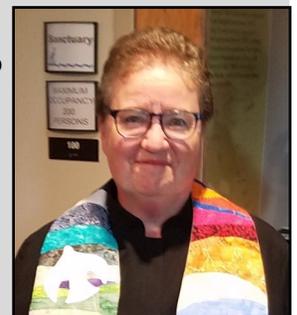
*There is a balm in Gilead
to make the wounded whole.
There is a balm in Gilead
to heal the sinsick soul.*

The words of this African American spiritual offer healing and comfort to a world-weary people. I have just returned from a week-long trip to El Salvador, a country whose people, especially poor and often indigenous people, have suffered and have found refuge and solace in religion. I would not presume to equate political disappointment with the kind of suffering that people of African descent have experienced in the United States or that of poor and largely indigenous people of El Salvador and other Latin American countries. These days we are learning, however, that political contests have real-world consequences.

The policies of the current administration have led to great harm with children being separated from their parents at the border, and those seeking asylum being “detained” in prison, only to be returned to the country where they have been persecuted or, perhaps worse still, sent to a third country

where they have no people and no resources. The policies of this administration have seen roll-backs of environmental protections, assaults on the rights of lesbian, gay, bisexual, and especially transgender people, and for the first time in decades, women’s self-determination in matters of reproductive health is in great jeopardy. Politics may seem irrelevant and frustrating, but elections – elections at every level – have consequences, and we must all exercise our freedom of the ballot box.

Please, everyone, make sure you are registered to vote and then vote on election day. No matter your party affiliation or your view on a particular issue, vote. Vote for candidates who support your highest ideals. Use your vote to give voice to the voiceless, to those who have been removed from the rolls – often illegally. Be a



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NEST begins Feb. 3rd

CVUU hosts Norfolk's Emergency Shelter Team (NEST) Feb. 5 - Feb 11. Our NEST organizers have filled all volunteer positions, but are still accepting donations of underwear, lunch bag items and warm clothing (looking for larger sizes – undershirts in sizes L-3XL & t-shirts in sizes L-3XL). The donation bin is in the foyer!

Julie Hurst is also looking for extra names for a volunteer back-up list in case of last-minute cancellations. If you would like to be on the emergency list, contact her: jbhurst@cox.net.

Learn Compassionate Communication

Rev. Carlton Elliott Smith will offer a day-long Compassionate Communication seminar at CVUU on Saturday, Feb 8th from 9 a.m. to 2:30 p.m.

Here at CVUU, we have been talking about how we are together and how we wish to be together, also known as our covenant. Often those conversations focus on what

we don't want, on what behavior is out of bounds. We spend less time, though, on talking about how we work through conflict and call each other back into covenant. This class offers tools for communicating clearly and directly and also compassionately. All are welcome. We will meet in the sanctuary. Light lunch will be served. Click the link below to enroll. We are also opening this offering to our neighbors in Newport News, Williamsburg, and the Outer Banks. Please sign up so our presenter knows how many materials to bring and so we have enough food for lunch!



Rev. Smith

To sign up go here: <https://signup.com/go/ecdEkWQ>

Civil Rights Art Display

An exhibition of civil rights drawings in honor of Black History Month is on the

2nd floor of CVUU. They are by Patricia Jacobson who attends CVUU.

So many of the people who resisted threats and violence in order to obtain voting rights were ordinary people. This is an attempt to give a feeling of who they are. The drawings of Hartman Turnbow, Ozell Mitchell and Youth Marching for Civil Rights are adapted from photos from "Minds Stayed on Freedom: The Civil Rights Struggle in the Rural South", an oral history by the 8th and 9th graders attending the Rural Organizing and Cultural Center in 1989 in Holmes County, Mississippi. Bob Moses, just out of college, was the organizer for Mississippi voter registration.

Death Café on Feb. 21st

The Caring Team is having a Death Cafe on Feb. 21 at CVUU. Death isn't the easiest topic to discuss, but chatting about mortality over a slice of cake makes it a little easier!

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voice for the young, for immigrants, for all the disenfranchised people who are being left behind in this world that seems increasingly driven by greed and hatred over generosity and love. Remind your friends to do the same. Help them get to their polling places. Contact your elected officials to tell them what you care about and to remind them that they represent you.

Sometimes we need a balm, some healing, some care, but to me it feels like it is this republic of ours is in need of healing for its "sinsick soul." Let us reclaim this republic, holding our elected officials to account and replacing those who put self interest above the common good. We may not win every battle or every argument or every vote, but we must stay in the fight; there is no alternative. From the Talmud, "Do not be daunted by the enormity of the world's grief. Do justly now, love mercy now, walk humbly now. You are not obligated to complete the work, but neither are you free to abandon it."

In faith,
Justine

Rev. Justine Sullivan
Interim Minister, CVUU
T 757-627-5371
C 508-662-0279
Minister@c-vuu.org



CHAIR YOGA
Mondays at 1:45 p.m.

All donations
from Chair
Yoga go to the
Green
Initiative



February Birthdays

Happiest of wishes to Kyle Martin – 2/1; Allie Martin - 2/2; Kate Sterling - 2/3; Maryanne Donigan – 2/4; Brendan Donigan, Allen Perry, Joe Phibbs, Judith Schooley & Claire Thompson - 2/5; Steve Hansen & Thelma Carroll - 2/11; Asher Wilcox, Teagan & Bodhi Squillace - 2/12; Caleb Woodworth & Vicki Hagel – 2/17; Miriam Turpin – 2/18; Joseph Lock – 2/19; Emma Robinson- 2/20; Sam Hutcheson – 2/22; Sarah Marks – 2/24; Mary Jean Kledzik – 2/26; Ellery Jacobs - 2/7 and Brenda Williams – 2/28.



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Join us for our Death Cafe, an opportunity to open up conversations about all matters relating to death and end of life. We will gather drink tea and coffee, eat delicious cake and discuss our ends as a means to make the most of life. The event is free and open to the public.

Board Bouquets

The CVUU Board of Directors would like to send "Board Bouquets" to the following people:

- New Year's Eve Dance: **Mark and Ellie Fetterly, Michael Toepper, Jimmy Lutrell** and ALL WHO ASSISTED WITH SET UP OR CLEAN UP, Thank you!
- Nursery Sanitizing: **Nancy Schafer, Steve Wallace, Tamara Hamlin, and Jean Greggs.**

- **Al Kiefer:** He removed all the old tanks and plumbing (tanks were 1,400 pounds) by himself. He also fixed the DRE's flat tire the weekend of the teen Washington D.C. and Fredericksburg trip!

Upcoming opportunities for CVUU youth

NEST – Friday, February 7th

We'll be part of the Welcome Shift by providing and serving dinner. To ensure we have enough food for our guests that evening please sign up for an item(s) here: <https://www.signupgenius.com/go/70A044DA5AE2AA3F85-nest>

Foodbank – Saturday, March 7th

The CVUU youth group is scheduled to volunteer from 9 a.m. – noon at the Foodbank of South Eastern Virginia located on Tidewater Drive in Norfolk.

Teen Con – Friday, April 17th – Sunday, April 19th

In April, CVUU youth will be hosting a Teen Con called "It's a UU World." They are currently in the planning stages and are working with youth from UUFF to put this event on. We are all immensely proud of the hard work they put in this past weekend and will continue to put into making this event happen.

Equality Virginia Day of Action, 2/4 LGBTQ Lobby Day

Attendees do need to register and shouldn't wait until the last minute. The day's events are free, as is the fantastic evening reception with most of the state government. For lunch, you can order a sandwich box lunch when you register, or go out to eat, or brown bag. There are excellent workshops in the afternoon. Best of all, there's a free bus! Details here:

<https://www.facebook.com/events/2714831028574382/> The bus departs Ocean View at 6:30 a.m.

More information here: <https://www.equalityvirginia.org/dayofaction/>

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February Services

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

Feb. 2— "400 Years in One Month," with Rev. Justine Sullivan

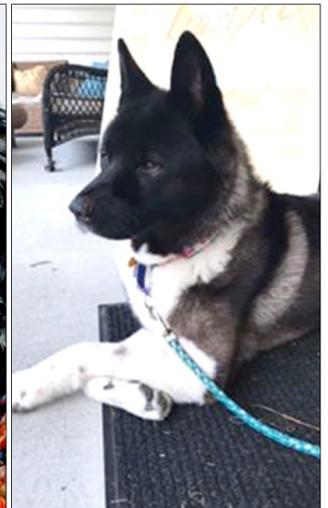
Feb. 9— "Behind and Beyond Our Walls," with Rev. Carlton Smith

Feb. 16— "Facing our Fears: The Power of Love," with Rev. Ryu

Feb. 23— "Moving Beyond the Shadow of Your Fears," with Rev. Justine and Howard Adams

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.

Beloved Pets of the Month



Left: Ryan Smiley's best friend Woody, a 10-year-old German shorthaired pointer mix rescued from the VB humane society in 2016. "Just a week before my wife and I got married, it was a very busy week with our new housemate and he's now family. Even if all he does is sleep and snore." Middle: Snuffy, a 14-year-old Cockapoo found on Granby Street about 10 years ago. He is now living a life of comfort and ease with Paula Echols. Right: Meet Yumi, Suzanne Miles' furry friend. She's an 11-year-old pooch who came to the Miles household in 2012 from Rakki-Inu Akita Rescue (RIAR) in Virginia Beach.

Zipper Zupper—zip code circle suppers

The Caring Team has launched a new activity, "ZIPPER ZUPPERS" (That translates to "zip code circle suppers.") for the last two weeks of February.

In other words, CVUU has grown and some of us do not know each other even in our own zip code. Winter (and all year) is a perfect time to get together in small groups for dinner, or dessert and decaf, or hot chocolate, hospitality and hilarity. You decide. Make it a potluck, or a themed affair—like tacos and tamales.

Details on the big chart in the social hall! Contact Elisa Dickon: eldickon@cox.net

Climate Change Symposium

Join the conversation affecting us all on Leap Day, Sat., Feb. 29th at the Norfolk Botanical Gardens.

You will have the chance to hear from local officials on how cities in the Tidewater

area are preparing to mitigate the challenges associated with sea level rise.

Details: <https://norfolkbotanicalgarden.org/events/leaping-to-solutions/>

Stewardship campaign 2020-2021

Hats off to Eric Sullivan who is heading up this year's stewardship campaign, The stewardship team has chosen the theme "Gaining Altitude" for this year. The campaign will kick off next month on Sunday, March 15th.

The growth of CVUU is exciting and the energy contagious. We now have:

- more children, visitors, and members, all actively engaged
 - an abundance of lively events
 - Social Hall & 3rd floor re-make
- All that is required is a strong flow of fuel to fire the burner to:
- support our excellent minister (current &

future) and staff

- maintain & improve our beautiful building & environs
- cover the requisite utilities, interest, and operating expenses.

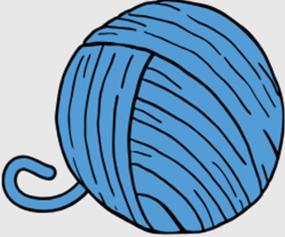
If you are interested in contributing your time and talent to this vital work, please contact him at sullivan15@cox.net.

Stay tuned - details to follow!

Valentine Buddy Breakfast Feb. 16th

Please sign up to be a part of our child/adult buddies while you enjoy pancakes and get to know each other at our Valentine's Buddy Breakfast, 9 a.m. to 10 a.m., Feb. 16th.

We ask that each buddy bring a "side dish" for the breakfast as well as a small Valentine's present (no more than a couple of dollars) for your buddy. For details, email DRE@c-vuu.org.



STITCHERS PAL-ENTINE'S CIRCLE
Tea Time & Dessert Potluck
02.08.2020, 2:45p | CVUU 3rd Floor

Calling all crafty-types! The Stitcher's Circle is gathering for an off-hours (i.e. not Tuesday) meeting! Bring your favorite heart-shaped cookies, decadent chocolate brownies, or other sweet treats and tea-time snacks to share while crafting to our heart's content.
Co-hosts: Valarie Rottink & Susie Gullixson

LET'S GO CAMPING

Join your fellow congregants & outdoor enthusiasts at Westmoreland State Park, Montross, VA on Memorial Day weekend this year! You can reserve a campsite at <http://reserveamerica.com/> but hurry, this park fills up quickly for Memorial Day (May 25th). There are camping sites & cabins available. Come for the whole weekend or just a part of it. If you have questions, contact Ken Saucer, phone 757-235-2322, saucer.ken@gmail.com.

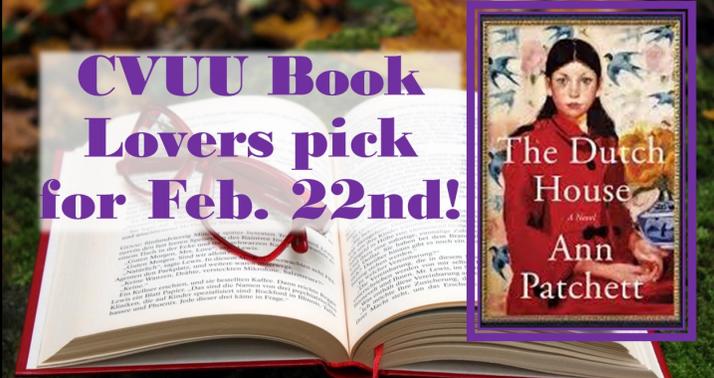


COVENANT OF UNITARIAN-UNIVERSALIST PAGANS (CUUPS)

IMBOLC CELEBRATION
SATURDAY FEBRUARY 15
5:30-7:30 PM



CVUU Book Lovers pick for Feb. 22nd!



CVUU Coastal Virginia Unitarian Universalists

podcast

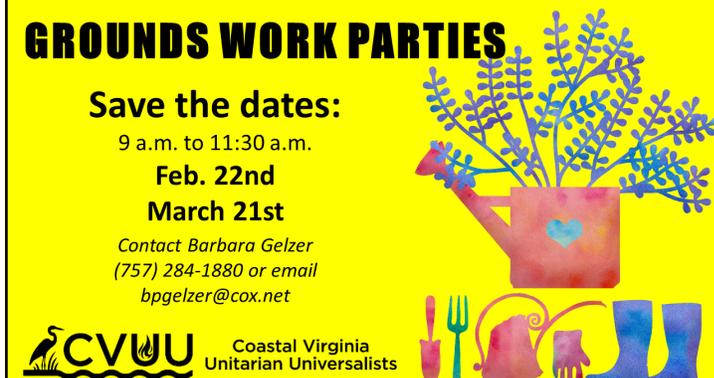
<http://c-vuu.org/series/sermons/>



GROUNDS WORK PARTIES

Save the dates:
9 a.m. to 11:30 a.m.
Feb. 22nd
March 21st

Contact Barbara Gelzer
(757) 284-1880 or email bpgelzer@cox.net



Keep your eyes on upcoming legislation

CVUU’s Environmental Initiative legislation team is striving to update its positions on environmental legislation weekly. The team recommends the following Virginia legislation. Contact your legislators and share your feelings about these bills:

1. **Virginia Clean Economy Act (HB1526/SB851)**. Extremely important. Reduce use of fossil fuels for electricity generation and increase energy efficiency. Click on bill numbers for description.
2. **Solar Freedom Act (HB572 / SB710)** Promote growth of customer-owned so-

lar, including Power Purchase Agreements (which could make CVUU eligible for this desirable financing of a solar system.)

3. **Responsible Fisheries Management Act. (menhaden) (HB1448/SB791)**. To transfer management authority of menhaden from the General Assembly to the Virginia Marine Resources Commission.
4. **Increasing the transparency of campaign finance in the legislature (SB217)**. This bill advances public disclosure by requiring the reporting of contributions of \$1,000 or more, made in early January

before the session begins, within 24 hours of receipt.

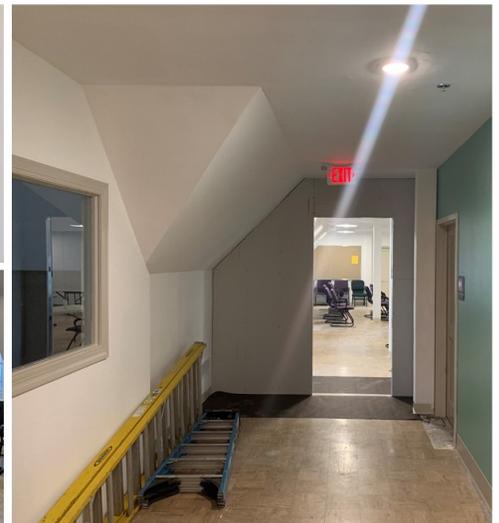
We are monitoring and favor:

- **SB 406/HB 704**. Environmental Justice Act
- **HB 1726**. Authorizes Hampton Roads to create a real regional bus system. More information can be found at: lis.virginia.gov and <http://www.vcnva.org/bill-tracker/> For previous updates see our webpage: <https://www.c-vuu.org/justice-2/environmental-justice/>

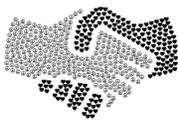
Our third floor is getting a facelift!

The storage area on the third floor has been framed and is being readied for the removal of the contents of the social hall.

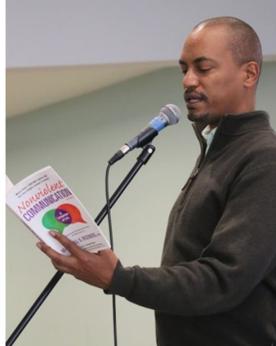
Two walls to accommodate doors were built upstairs at the entrance to the gathering space and a wall was removed to enlarge the middle school classroom. Another storage closet was built in the upstairs hallway. Things are moving apace!



Compassionate Communication



Saturday, Feb 8th
9 AM to 2:30 PM
Led by Reverend Carlton Smith



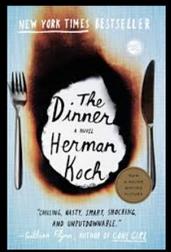
CVUU Coastal Virginia Unitarian Universalists

Novel IDEAS Book CLUB

Join our discussion!

6 p.m. Feb. 19TH

“The Dinner”
by Herman Koch



CVUU Coastal Virginia Unitarian Universalists

THE OPEN ROSE: PEER SUPPORT GROUP

Looking to socialize with other women, to receive and give support? We meet every Sunday at 12:15 p.m. Childcare provided. Non-binary and transwomen welcome!



CVUU Coastal Virginia Unitarian Universalists

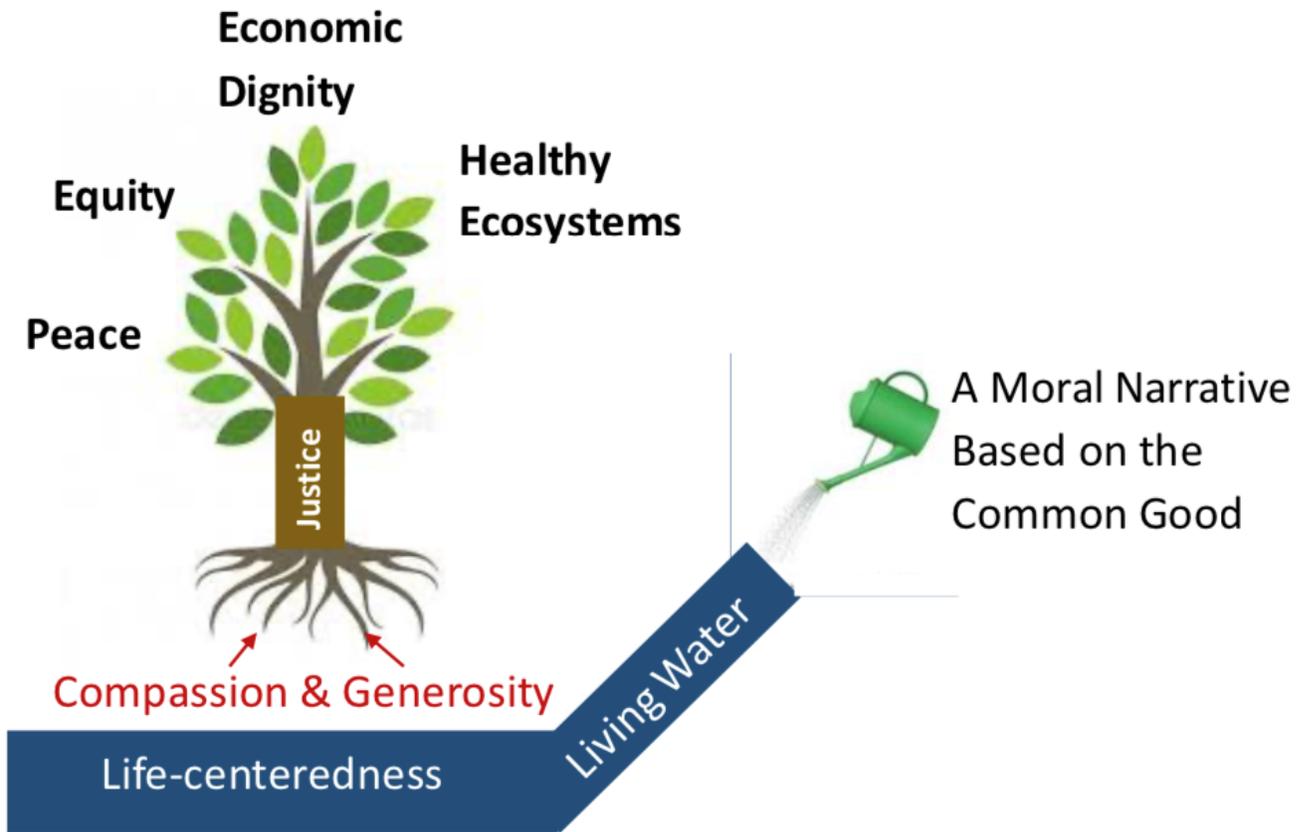
Buddhist Affinity Group

Feb. 10th at 7 p.m.
Meditation Room #207



A Moral Narrative Promoting Justice Produces a Healthy National Tree

“Never forget that justice is what love looks like in public.” — Cornel West



Understanding the Effects of Injustice

Intersectionality of Poverty, and the Importance of our Moral Narrative

By Steve Hansen



The opposite of poverty is **injustice**. (Bryan Stevenson, Founder/Executive Director of the Equal Justice Initiative)

The outcome of injustice always is poverty in one or more forms. The root cause of all injustice is a distorted moral narrative driven by fear and greed.

All injustice manifests itself in one or more forms of poverty:

- Poverty of living standards,
- Poverty of stable climate, abundant natural resources, clean air, clean water, healthy food, forests,

- Poverty of opportunity, and/or
- Poverty of peace

Economic Injustice leads to labor exploitation in the form of depressed wages, poor working conditions, lack of healthcare, etc.

Environmental Injustice leads to environmental exploitation and devastation.

Racial/Sex/Gender Injustice leads to discrimination, inequality, mass incarceration, and lack of opportunity.

Security Injustice leads to paranoia, national bullying, unbalanced funding away from social programs, the myth of redemptive violence, civil militarism.

Why we all need to stand up against injustice everywhere:

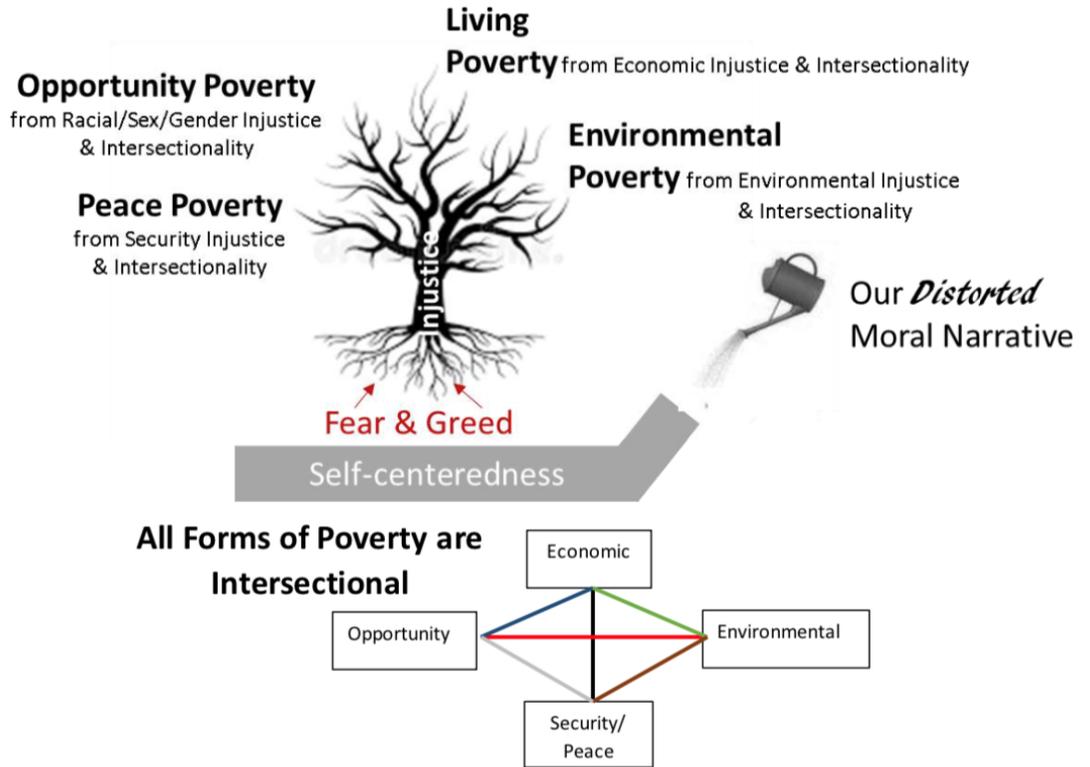
First they came for exploited workers, and I did not speak out— Because I was not a laborer. Then they came for the environmentalists, and I did not speak out— Because I was not an environmentalist. Then they came for LGBTs, and I did not speak out— Because I was not LGBT. Then they came for the Blacks and immigrants, and I did not speak out— Because I was not a Black or immigrant. Then they came for peacemakers, and I did not speak out— Because I was not a peacemaker. Then they came for me—and there was no one left to speak for me.

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In this article I hope I've demonstrated to you that no matter what your social justice focus is: the environment, economic poverty, racism, sexism, gender bias, immigration, and/or peace, they all are a form of poverty—a poverty caused by injustice that is promoted by our distorted national narrative driven by fear and greed. These forms of poverty are all inter-relational, interdependent, and intersectional. An advancement in one area produces collateral benefits in others. If we all work together to change our national narrative based on greed and fear to a national narrative of compassion and generosity, we all will benefit. Forward Together!

Steve Hansen is the Virginia Poor People's Campaign Environmental Committee Co-chair and a Tri-chair of Virginia Poor People's Campaign in Hampton Roads. Steve is a member of CVUU and he lives in Chesapeake, VA. He can be reached at shansen@lumos.net.

When Injustice is Unchecked, the Whole Tree Dies



Intersectionality	Example of Effect
Living on Environmental Poverty	Cost of many good environmental practices unreachable by poor
Environmental on Living Poverty	Industrial pollution centered near low-income communities
Environmental on Security Poverty	Climate refugees create border tension; sea rise threaten Naval bases
Security on Environmental Poverty	Large Defense Department is major polluter
Living on Opportunity Poverty	Opportunities like quality education come at a cost unaffordable by the poor
Opportunity on Living Poverty	Biased restrictions/limitations negatively influence income mobility
Living on Security Poverty	Wealth gap affects social class tensions
Security on Living Poverty	War economy diverts resources from social programs
Environmental on Opportunity Poverty	Restricting Green Economy limits job opportunities
Opportunity on Environmental Poverty	Big, non-green industry financially supports college degree programs favoring science and engineering biased towards their purpose
Security on Opportunity Poverty	Biased incarceration is the New Jim Crow
Opportunity on Security Poverty	Gender and sexual orientation bias sub-optimizes security structure



Members of CVUU attended the 36th Annual Dr. Martin Luther King Jr. Community Leaders' Breakfast put on by the Urban League of Hampton Roads last month. From left, front row: Tessa Ellis, Alicia Phillips and Anne Odell. Back row: Sandra Ogletree, Marcia Slosser, Steve Ciganek, Ken Saucer, Rayven Holmes, Lee Ellen Knight and Gwen Towe. This annual event recognizes the distinguished service of citizens contributing to the improvement of society. Community support enables the Urban League of Hampton Roads, Inc. to provide services in the areas of youth employment, scholarships, health seminars, job training, and housing assistance.

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
9a Music Rehearsal 11:45a YAG Spring Plan 12p Racial Justice Task 12:15p CVUU Women's	1:45p Chair Yoga 3p Sandwich Makers	6:30p "Just Unwind" 7p Worship Services C	6p Tidewater Master N 6p The VUUpoints Ban 7p Choir	6p Stewardship 6:15p MST 7p Program Council 7p A Different Way: Livi		9a Pledge to End Racis 10a Environmental Sub 7p Fure-Bond Concert
2	3	4	5	6	7	8
9a Music Rehearsal 12p Non-theistism 12:15p CVUU Women's	1:45p Chair Yoga 3p Sandwich Makers 7p Building Council	6:30p "Just Unwind" 6:30p Pledge to End R 7p Environmental Initia	6p The VUUpoints Ban 7p NEST 7p Choir 7p CREC Board Meetin 7p Navigator's Board M	6:15p MST 7p A Different Way: Livi		9a Compassionate Cor 10a Environmental Sub 2p Navigator's 2:30p Stitcher's Pal-ent
9	10	11	12	13	14	15
NEST 9a Music Rehearsal 12p Second Sunday Se 12:15p CVUU Women's	7p Buddhist Affinity Gro	6p Executive Committe 6:30p Pledge to End R 7p Social Justice Comm	6p The VUUpoints Ban 7p Choir 7p Covenant Circle	6:15p MST 7p A Different Way: Livi	3:15p Covenant Circle 7p Girl Scouts	10a Environmental Sub 5:30p Imbolc
16	17	18	19	20	21	22
9a Music Rehearsal 9a Buddy Breakfast: Sp 9a Valentine Buddy Bre 12:15p CVUU Women's	1:45p Chair Yoga 3p Sandwich Makers	6:30p "Just Unwind" 6:30p Pledge to End R	5:45p Novel Ideas Boo 6p Tidewater Master N 6p The VUUpoints Ban 6p Yarmouth Chamber 7p Choir more ...	6:15p MST 7p Board of Directors M 7p A Different Way: Livi	6:30p Death Cafe	10a Environmental Sub 12:30p Book Group Me
23	24	25	26	27	28	29
9a Music Rehearsal 12p Racial Justice Task 12p YAG's February Po 12:15p CVUU Women's	1:45p Chair Yoga 3p Sandwich Makers	6:30p "Just Unwind" 6:30p Pledge to End R 7p Worship Services C	6p The VUUpoints Ban 6p Yarmouth Chamber 7p Choir	10a House Keeping Co 6:15p MST 7p Program Council 7p A Different Way: Livi	7p Girl Scouts	10a Environmental Sub 5p Creating Sacred Sp
1	2	3	4	5	6	7
9a Music Rehearsal 12p Nontheist 12:15p CVUU Women's	1:45p Chair Yoga	6:30p "Just Unwind" 7p Environmental Initia	6p The VUUpoints Ban 6p Yarmouth Chamber 7p Choir 7p CREC Board Meetin	6:15p MST		6p Stewardship Leader

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—8:30 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 March your deadline is Feb. 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.