

## **Welcome Table FAQs (and Answers!)**

### **Virtual Participation Guide**

There are many ways to get involved at CVUU. Many groups are still active virtually while we wait to get together again in person. Feel free to reach out to any group that interests you!

**WEEKLY SERVICES: Sunday Service** is at 10:30 a.m. on Zoom and Facebook. Coffee hour, which immediately follows Sunday service, is on break for the month of June but will return!

**Getting To Know UU Coffee Hour** is an opportunity for people new to CVUU or who have attended occasionally, to meet in their own Zoom coffee hour chat room with members of the CVUU Membership committee, ask questions and share observations with other new visitors! The Getting to Know UU Coffee Hour will be on the third Sunday of each month. To sign up, email [Membership@c-vuu.org](mailto:Membership@c-vuu.org) before the service on that day.

**Wednesday Night Vespers** is at 7:00 p.m. on Zoom and Facebook, offering beautiful music, inspiring poems and other messages to bring beauty and social connection into this often stressful and isolating time. To attend, contact [comm-coordinator@c-vuu.org](mailto:comm-coordinator@c-vuu.org) for meeting ID and password... Or another option--

#### **Sign Up for our Wednesday CVUU Courier!**

The weekly Courier email provides information on current activities and groups at CVUU for the following week. The email explains how an event is being held (Zoom, Facebook live, Discord etc.), and the steps to join in (including links, passwords etc.). If you would like to receive the Courier weekly by email, follow this link to subscribe: <http://eepurl.com/dLqnOw>

#### **Other Virtual Ways to Connect:**

##### **Facebook Page: CVUU:**

<https://www.facebook.com/Unitarian-Church-of-Norfolk-109465732425249/>

##### **Facebook CVUU Group to Join: Tidewater UU Community Forum:**

<https://www.facebook.com/groups/58023473219>

You can chat back and forth on this forum with other CVUU attendees.

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## **Children's Religious Education Committee**

The Children's Religious Education Committee (CREC) partners with the Director of Religious Education to support our children's faith development.

**Virtual Chalice Chapel** for children is on Zoom, Sundays at 9:45 a.m.

Contact:

Paul R. Greggs, Director of Religious Education. Email: [dre@c-vuu.org](mailto:dre@c-vuu.org)

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## **Middlers (Middle Schoolers)**

Religious Education is at 2:00 p.m. on Zoom on Sundays.

Contact:

Rayven Holmes, Youth Program Coordinator. Email: [ypc@c-vuu.org](mailto:ypc@c-vuu.org)

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## **Teens**

Religious Education is at 11:30 a.m. on Zoom on Sundays.

- Every 4th Sunday is Teen Coffee Hour at 12:30 p.m. on Zoom, Teen Coffee Hour is open to UU teens throughout VA so lots of new friends!

Contact:

Rayven Holmes, Youth Program Coordinator. Email: [ypc@c-vuu.org](mailto:ypc@c-vuu.org)

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## **Social Justice Committee**

Currently, CVUU's social justice priorities are:

- Affordable housing and homelessness
- Affordable healthcare and healthcare access
- Environmental quality, climate change, sea level rise and community resiliency
- Equal rights and gender equality
- LGBTQ rights and ending discrimination
- Racial justice and fighting racism in our community

The Social Justice Committee's role is to increase the congregation's knowledge of these topics and to encourage participation in appropriate local organizations and activities.

Contact: Lynn Waltz: [lynn@lynnwaltz.com](mailto:lynn@lynnwaltz.com)

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## **Open Rose Support Group**

The Open Rose Support Group is open to women, non-binary and trans women. Held virtually through Zoom, the group provides a space for people to get to know each other, develop deeper relationships, and provide support in times of need.

Contact: Stacia Sanders, Email: [srsand1@gmail.com](mailto:srsand1@gmail.com) or Addison Phoenix, Email: [Addisongracephoenix@gmail.com](mailto:Addisongracephoenix@gmail.com)

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## **YAG- Young Adults (and Median) Group**

The Young Adult Group (YAG) is an inclusive group open to adults ages 20-40. YAG meets once or twice a month for official gatherings, and sometimes more with unofficial gatherings. In person meetings normally occur 1-2 times a month, locations/dates TBD. Currently YAG is staying connected on an online chat medium called Discord, with official meetings generally being held on Zoom.

Facebook: <https://www.facebook.com/groups/CVUUYoungAdults>

Contact: Valerie Rottink [YAG@c-vuu.org](mailto:YAG@c-vuu.org)

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## **Covenant of Unitarian Universalist Pagans (CUUPS)**

The Covenant of Unitarian-Universalist Pagans, or CUUPS, observes various Pagan and Earth-centered traditional feasts and celebrations, and offers a forum for exploring our sixth UU source: spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature. The CUUPS group is open to all. One does not have to identify as Pagan to attend. The group meets to celebrate the 8 solar festivals (sabbats) each year and in between as a discussion group. Current meetings are by Zoom and an online chat medium called Discord. To get started, here's a few options:

- Please check out our dedicated website at <http://tidewatercuups.org>
- Facebook: <https://www.facebook.com/cvuucuups/> Email: [cuups@c-vuu.org](mailto:cuups@c-vuu.org)
- Text **@cuups** to 81010 to be put on the text alert list for upcoming events. You can unsubscribe at any time. You can also use the direct link: <https://www.remind.com/join/cuups>

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## **Non-Theist Group**

Are you atheist, agnostic, nontheist or completely unsure? Do you have questions about life without a belief in god(s) or goddess(es)? In the Non-Theist Group, we all believe in each other, and strive together to be better humans. Whether you count yourself among our ranks, or are curious, come join us for the discussion, and stay for the friendships gained!

Join us as we explore together what life, faith, and the free & responsible search means when you're a nontheist. Current meetings are through Zoom and on an online chat medium called Discord.

Contact: James O'Brien Email: [james.carlin.obrien@gmail.com](mailto:james.carlin.obrien@gmail.com)

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## **Buddhist Affinity Group**

For those interested in the teachings of Buddhism and how to apply Buddhist concepts in our everyday lives. Meetings are held on the second Monday of the month from 7 to 9 p.m., and now are offered through Zoom. Email Paul (below) to obtain the Zoom link and password. The meetings include a meditation session followed by discussion of a topic chosen by the group. Discussion is not limited to the Buddha and Buddhist teachings but may also include work from authors using Buddhist concepts in their writings.

Contact: Paul Harrell, Email: [buddhists@c-vuu.org](mailto:buddhists@c-vuu.org)

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## **Stitchers Circle**

The Stitchers Circle is an interest group of CVUU. They currently meet every Tuesday at 5:30 p.m. over a voice chat application called Discord. When Stitchers begins to meet in person again, meetings will occur every Tuesday at 6:30 p.m. at CVUU. All crafters are encouraged to join but the primary attendees are stitchers of various types (crochet, knitting, cross-stitching, etc).

Facebook: CVUU Stitchers Circle <https://www.facebook.com/groups/cvuustitchers>

Contact: Valerie Rottink. Email: [Valerie.rottink@gmail.com](mailto:Valerie.rottink@gmail.com)