

# CONNECTIONS

A COASTAL VIRGINIA UNITARIAN UNIVERSALISTS QUARTERLY

## Living our Values.

As many of you know, a number of member congregations of the Unitarian Universalist Association are currently in the process of affirming an 8th Principle, which will call for all Unitarian Universalists to join the fight against racism. Last June, CVUU decided to join other UU congregations across the nation to affirm the 8th Principle and commit to living our UU values in the fight against racism. The congregation voted overwhelmingly to affirm the 8th Principle:

We, the congregation of Coastal Virginia Unitarian Universalists, covenant to affirm and promote: journeying toward spiritual wholeness by building a diverse, multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

Our new signage proudly lets others in our community know of our commitment. Our actions will show implementation.

Faithfully,

Anne Odell

President of the CVUU Board of Directors

Coastal Virginia  
Unitarian Universalists

BLACK  
LIVES  
MATTER

Sunday Services 10:30 at [c-vuu.org](http://c-vuu.org)

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## A WORD FROM OUR MINISTER



Image credit/Viola Abbitt

Dear Ones,

Spring is almost here, and with this edition of *Connections*, you will have something to read outside on some of the warm days that are coming our way! There is so much wonderful content in what is a beautiful (and fun) new layout. I hope you enjoy it!

In peace and love,

Rev. Viola Abbitt  
**Minister of CVUU**

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# CONNECTIONS

A COASTAL VIRGINIA UNITARIAN UNIVERSALISTS QUARTERLY



## Pledge workshop puts 8th principle into action

By Joseph Lock

Members of the CVUU Racial Justice Task Force will offer the Pledge to End Racism Workshop entirely virtual for the first time! The goals of this workshop are to:

- ♦ Integrate the CVUU Pledge (which states ways we can stand against racism) into our daily lives
- ♦ Recognize and challenge systematic racism
- ♦ Confront racism and bias in our everyday lives
- ♦ Take leadership in ending racism in our community, our culture, and our lives.

This class is for those who have taken anti-racism/multicultural classes before and those who have not. The series will deepen the understandings you already have while accepting the challenge to invest in and deepen your learning.

Anita Lee and Annette Marquis of First UU Church of Richmond developed the Pledge to End Racism curriculum. The workshop has been previously offered six times at CVUU/UCN, and you now have the opportunity to be part of Lucky Class Number 7! It is open to both the public and CVUU members. So far, 80 people have completed the workshop through CVUU/UCN and have signed the banner in our sanctuary as a culminating activity as they vow to stand against

racism.

There has never been a more significant time to engage in anti-racism work given the widely publicized murder of George Floyd last May and the resulting outcry across the country. CVUU members and friends protested daily outside of our church home throughout much of June and July. And at the CVUU Annual Meeting on June 28, 2020, our members voted overwhelmingly to adopt the 8th Principle as an addition to the seven principles that guide us, becoming one of only about 35 Unitarian Universalist congregations across the country that have done so to date.

I am so proud to be a member of a congregation that has taken this step! Our adoption of the 8<sup>th</sup> Principle reads: “We, the congregation of Coastal Virginia Unitarian Universalists, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse, multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.”

One part of the 8<sup>th</sup> Principle that most resonates with me is that of Beloved Community, as stated on the [8<sup>th</sup> Principle](#).



[ple website](#): “Beloved Community happens when people of diverse racial, ethnic, educational, class, gender, sexual orientation backgrounds/identities come together in an interdependent relationship of love, mutual respect, and care that seeks to realize justice within the community and in the broader world.” Additionally, the 8th stresses accountability. One of the originators of the 8<sup>th</sup> Principle, Paula Cole Jones, was concerned that people could follow the other 7 Principles without “thinking about or dealing with racism and other oppressions at the systemic level.” The Eighth Principle seeks to correct this.

The Principle was introduced as a Responsive Resolution at General Assembly in 2017. Both Black Lives of Unitarian Universalism (BLUU) and Diverse and Revolutionary UU Multicultural Ministries (DRUUMM) support it. And, some form of it may be up for national adoption by 2022.

An excellent way to engage with the 8th Principle, and continue the work it asks us to do, is to participate in the workshop. We hope that many of you will choose to register! [CLICK HERE](#)

*Joseph Lock is an member of CVUU's Racial Justice Task Force and a workshop organizer. This piece was written with material compiled from the Pledge to End Racism and [The 8<sup>th</sup> Principle of Unitarian Universalism](#).*



# Children's curriculum focuses on spiritual value

By Paul Greggs  
Director of Religious Education

These are the Soul Matters themes for the rest of this church year.

**March:** Commitment

**April:** Becoming

**May:** Story

**June:** Play

In March, we will explore Commitment and review the four C's of commitment. They are Curiosity, Change, Conscience, and Compassion. The practice of being loyal to something larger than ourselves and loving even when it is hard; making, breaking, and re-making our promises. Our Religious Education children said they wanted to participate in a clothing-used toy-and-game drive for one or more family shelters in the area.

**In April, we will explore Becoming.** The practice of discovering that something inside you which wants to be born. No longer hiding. Continual growth. We will have a virtual Easter Egg Hunt on Easter Sunday during Religious Education.

Our monthly themes focus on a spiritual value that our Unitarian Universalist faith has historically honored and calls all of us to embody in our lives. We have been averaging 17 – 21 participants in Religious Education from pre-K to teens. Attendance is just a little less than half of what we averaged when we were meeting in person. Your RE team has worked



Sharing Resources  
Supporting Leaders  
Deepening Connections

hard at providing interesting, engaging, and entertaining programming for our CVUU children and youth.

Children's Chalice Chapel is from 9:45 AM to 10:15 AM on Sundays. We always finish in time for the church service at 10:30 AM. [CLICK HERE](#)

**Children's Sunday School Registration is year-round.** To register your children for the Religious Education 2020-21 year [CLICK HERE](#).

## Raising Ethical Autonomous Children Resource List

By Rayven Holmes  
Youth Program Coordinator

For our January REACH meeting, we discussed anti-racist parenting and how to raise anti-racist children. The conversation was a great reminder to all of us that there are many influences in our children's lives, from family and friends to the media they consume; each is doing its part to either promote the messages we teach or undermine. All of which can make the task of raising ethical children seem like an uphill battle some days. To help make that fight to create an anti-racist society a bit easier, I've compiled a list of resources and included our talking points from January's meeting. Remember, we're all in this together. Wear your mask, wash your hands, and register for the COVID vaccine.

### Anti-Racist Parenting Resources:

CNN/Sesame Street racism town hall - <https://www.cnn.com/2020/06/06/app-news-section/cnn-sesame-street-race-town-hall-app-june-6-2020-app/index.html>

Children's Alliance - <https://childrensalliance.org/resource/talking-about-racism-resources-parents-and-caregivers>

Talking with children about incidents of hate - <https://www.adl.org/media/9637/download>

Book and resource list (this list features books for adults, picture books, books for middle schoolers, and young adults) - <https://www.readbrightly.com/how-to-talk-to-kids-about-race-books-and-resources-that-can-help/>

National Museum of African American History & Culture offers a wealth of resources for discussing race, raising anti-racist children, and cultivating a healthy racial identity - <https://nmaahc.si.edu/learn/talking-about-race/audiences/parent-caregiver>

[caregiver](#).

Racial Identity Development Guide - [https://nmaahc.si.edu/sites/default/files/downloads/resources/racial\\_identity.pdf](https://nmaahc.si.edu/sites/default/files/downloads/resources/racial_identity.pdf)

Impact of racism on the health and well-being of children - <https://services.aap.org/en/news-room/aap-voices/learning-about-racism/>

Additional book list - <https://www.smithsonianmag.com/smithsonian-institution/twelve-books-to-help-children-understand-race-antiracism-and-protest-180975067/>

The Brown Bookshelf showcases books by Black creators (featuring books ranging from picture books to young adult novels) - <https://thebrownbookshelf.com/>

Antiracist Baby Learning Guide - [https://assets.penguinrandomhouse.com/wp-content/uploads/2020/07/09153550/Antiracist-Baby\\_Learning-Guide.pdf](https://assets.penguinrandomhouse.com/wp-content/uploads/2020/07/09153550/Antiracist-Baby_Learning-Guide.pdf)

Nine steps for raising anti-racist kids from Ibram X. Kendi - <https://consciousdiscipline.com/raising-antiracist-kids-9-steps-from-ibram-x-kendi/>

Interview with Ibram X. Kendi - <https://youtu.be/Sth6VBHsncw>  
Little Feminist Bookclub - <https://littlefeminist.com/>  
Harvard University Implicit Bias Test - <https://implicit.harvard.edu/implicit/takeatest.html>



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# Homeschoolers study through lens of UU faith

By Selene Spelts and Stacia Sanders

We were both drawn to homeschooling because of the neurodiversity of our children. A traditional, brick-and-mortar school format would not have benefited them. While so many families opt for homeschool because of their religion, we are secular homeschoolers. However, we did find that Unitarian Universalism gave our kids an accepting community and guiding principles.

We try to study subjects through the lens of our UU principles. We want our kids to see the inherent worth and dignity of their fellow humans. Homeschooling allows us the freedom to delve more deeply into discussions of cultures, identities, and religions to understand and respect our differences.

We get the time to ask “who’s missing” from a historical and current events perspective. Justice, equity, and compassion are the primary subject matter.

Spiritual growth is inevitable and greatly encouraged through family discussions and a diverse community where individuals of varying religious backgrounds can facilitate learning about each other.

As homeschoolers, we can follow our



Image credit/Stacia Sanders

Stacia and Selene’s children enjoying outdoor time at Bennett’s Creek Park in Suffolk.

children’s interests and passions (which leads us down many a rabbit hole). Have you watched a porpoise give birth? We have!

Government studies and civic responsibilities are vitally important lessons. Our kids get to see it live and in-person; they

vote with us (because they’re always with us). We want them to feel their opinions are important and valued within our smaller circles and the community.

The 6th principle is the one we most rely on our CVUU community to fulfill. Our

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## Talking Points Covered During Our January Meeting:

### 1. Do a self-evaluation.

- ◆ How do you navigate race?
- ◆ What do your social and professional circles look like?
- ◆ Does your family (immediate and extended) discuss race?
- ◆ What images does your child see, and what stories and conversations do they hear?
- ◆ Have you taken the Harvard University Implicit Bias test and examined your own beliefs?

### 2. Do NOT ignore race.

Think about times when you’ve felt ignored or not seen. That feeling of being small and unimportant is the same feeling people of color experience when race, and the impact racism has, is ignored.

### 3. Keep the lines of communication open.

- ◆ Even in situations where you or your child may have said or done something embarrassing or insensitive, don’t shut down, ask questions. Get to the heart of what led to those actions and words and help your child learn how to correct a misstep.
- ◆ Treat all their questions with respect and reassure them that they can ask you anything, and if you don’t know

the answer, you will help them find it.

### 4. Listen.

You’re not your child’s only source of influence. Listening to them affirms that they can share their experiences with you, which helps you better understand what they have been exposed to.

### 5. Lead by example.

- ◆ Racist beliefs are learned; to counter an inherently racist society, parents must be deliberate in their actions.
- ◆ Discourage “color-blind” ideology. That goes back to the second point. Acknowledge that we are all different colors and skin color profoundly impacts how the world treats us, especially in predominantly white societies.
- ◆ Keep a diverse home library.
- ◆ Call out inaccuracies as well as overt and covert racism in television shows, movies, and advertising.
- ◆ Check yourself often

### 6. Cultivate an appreciation of racial and ethnic identities (including your own) that are not rooted in oppression.

Include your children in racial justice activities that you take part in, such as **protest, letter-writing campaigns, and donating (either time, money, or both)** to organizations that work for equality and equity.



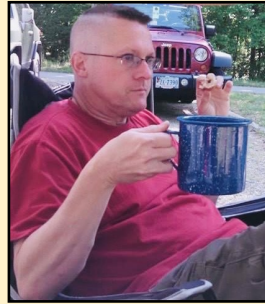
# Coffee Hour remains at the heart of CVUU community

By Ken Saucer

COFFEE, COFFEE, COFFEE  
There's a UU hymn that goes like this:  
"Coffee, Coffee, Coffee,  
Praise the strength of coffee.  
Early in the morn we rise with thoughts of  
only thee.  
Served fresh or reheated,  
Dark by thee defeated,  
Brewed black by perk or drip or instant-  
ly."  
I am not making this up. You can Google it.

Coffee Hour is one of the things that makes us who we are as UUs. Oh, sure, other churches have a coffee hour. But UUs have Coffee Hour.

Before I Googled "coffee, coffee,



Newark (UUFN) website about Coffee Hour was profound. "Some observers say it is a UU sacrament or our form of communion." (To read the UUFN article: [CLICK HERE](#))

I don't know if I would go that far, but Coffee Hour is crucial to us at CVUU. It's probably not for the 120-cup per pot

coffee," I Googled "UU coffee hour" to see what other people have to say about it. And what I found on the Unitarian Universalist Fellowship of

percolated coffee we serve on Sunday mornings when we meet in-person. Percolated coffee is not for everyone, but right now, I would pay more for a cup of Sunday morning CVUU percolated coffee than I would for a Starbucks Venti.

When CVUU shut the doors in March 2020 because of COVID-19, we did not just close the doors for religious worship. We closed the doors on Coffee Hour too. For many of our CVUU congregants, this "sacrament" is arguably as important as the Sunday service.

We have had Sunday services on Zoom every Sunday since March 2020, and they have been amazing. We started doing our Coffee Hour online about the

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children learn about *Right Relations* and social justice within CVUU and see how the church works with the organizations in the surrounding area. They get a first-hand look at what it looks like to attempt "peace, liberty, and justice" on a local scale.

Nature is an integral part of our lives. As a pagan mom and an agnostic mom, we relate slightly differently to nature but agree it bears significant importance in our lives. Frequent nature excursions and study help our kids learn where they fit in the "interdependent web of all of existence."

As white parents, we are still learning and deepening our understanding of history, literature, and current events. Focus on the 8th principle is imperative—not just for ourselves but also for our kids and the Beloved Community we would like to help create. We make sure that our kids experience diverse literature, visit historical sites with a broader version of history than we learned growing up, and participate in activities that enrich their understanding of the world.

Thank you so much for being such a big part of our kids' education and spiritual development.

**Selene Spelts is on our staff as CVUU's Childcare Coordinator. Stacia Sanders is a member and sings in the CVUU Choir.**



## Join our Social Justice team!

(SJC) is a standing CVUU committee that adheres to UUA principles and the CVUU By-Laws. It is responsible for:

1. Educating itself and the congregation regarding pertinent issues of social justice
2. Acting together to redress these issues, and
3. Involving the congregation in these efforts.

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 SJC's role is to increase knowledge of these topics and to encourage participation in appropriate local organizations and activities.

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





## Facing our demise with annual Death Café

Talking about death and facing our mortality has become more commonplace since the pandemic began.

At CVUU, we broach such discussions with our annual Death Café, a tradition since 2016. The event, sponsored by our Caring Team, helps to relax the taboo of speaking about death and encourages people to open up about their wishes after they die. The open-ended discussions also provide an avenue to express thoughts about one's own life stirred up by a family member or

close friend's death.

You can join us for this annual CVUU tradition on Friday, March 19th, from 7 to 9 p.m. via Zoom.

The Death Café is free and open to the public. We will engage in conversations regarding death in a safe & friendly environment. Not therapy, but therapeutic.

To register, email our [caringteam@c-vuuu.org](mailto:caringteam@c-vuuu.org). We will send Zoom details to all who RSVP.

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same time too. It fell by the wayside for a couple of weeks, but congregants said we really needed to continue doing Coffee Hour.

I had served on the Sunday morning tech team for a few years, and when volunteers were solicited to sign up to host Coffee Hour, I took a bunch of slots. Like most UUs, I take coffee very seriously and Coffee Hour by default. I thought I would lend a hand.

Here is what I noticed:

CVUU averages anywhere from 100 to 119 Zoom attendees for the Sunday morning services during COVID-19. That is remarkable by itself when one considers that many of the Zoom attendees are couples or families gathered in front of one computer camera. As a congregation, CVUU appears to be weathering the plague reasonably well when it comes to Sunday morning worship services. We have been going along like this for almost a year now. For many people, the CVUU Sunday worship service on Zoom is their first introduction to our congregation.

Coffee Hour usually starts with 45 to 50 attendees at the end of Sunday service. It tapers off after the first 20 minutes to about 20 to 30 people, and on most Sundays, runs until 12:15 or 12:30. And when a guest speaker sticks around for coffee hour as a distinguished guest, attendance doubles.

I watch the breakout rooms from the “balcony view” that Coffee Hour hosts get to enjoy. I try to check into most rooms and say hello. While I am there talking with the attendees, I have one eye on the breakout rooms list. Forgive me if I appear distracted. If I notice a room dips to two attendees, I may drop in to see if they would like to move to a larger room with more people.

Reverend Viola moves from Zoom breakout room to breakout room, and sometimes I am lucky enough to be in one of the rooms she visits. One of the things I have noticed is people tend to stick around to chat with Reverend Viola. People really like her. It is apparent from the fact that people don't leave the room when she is there. We want to spend time with her. For a minister we have not met in-person for Sunday service, this is an exciting thing to watch.

The Coffee Hour hosts assign guests at random to breakout rooms on Zoom. There was one Sunday when the Zoom dealer shuffled a room of mostly people named Barbara. That was funny.

When Zoom shuffles the deck of attendees, people sometimes find themselves in rooms with familiar names and faces, but on any given Sunday, you might find yourself in the room with that person you have seen every Sunday but never spoken to. Or you may find yourself in a room with that person you have not talked to since the summer of 2005. That is as good a time as any to strike up a conversation and perhaps meet a kindred spirit you might not have met had it not been for COVID-19, virtual breakout rooms, and social distancing.



Coffee hour is also an opportunity for those of us who feel awkward in social settings. This has been a gift for a few people who feel uncomfortable in a live room full of strangers, clutching a cup of joe and a donut. We can dabble in a face-to-face conversation with a stranger. We can leave when we feel that we must go.

You may also end up in a room with a first-time visitor. It has been fun to watch what the karmic Zoom wheels of fate deal to first-time visitors. For a good many first-time attendees at CVUU, during the COVID-19 crisis, the CVUU Zoom Coffee Hour is their first face-to-face encounter with real UUs. In-person. Well, not in the flesh, but virtually. The Coffee Hour hosts trust the UU Seven Principles (plus the Eighth Principle) and our Covenant of Right Relations to deal a fair hand to first-time visitors. There are also the basic rules; remember to:

- ◆ Be mindful of time. Make sure to include everyone in conversations.
- ◆ Respect everyone's opinions. We are a diverse and inclusive community.
- ◆ Check in with newcomers.
- ◆ Offer advice only when someone asks for it.
- ◆ Be patient.
- ◆ Have fun!

If you are a first-time visitor to CVUU or a congregant who has “signed the book” and never stuck around for Coffee Hour, check us out after the service. You are likely to be glad you did, even if you don't drink coffee.

*Ken Saucer has been a member of this congregation since March 2012. He is currently the Secretary to the CVUU Board of Directors, Chair of the Safety and Security Committee, and prefers his coffee black and from a French press or pour-over.*



# We are not alone: UU principles give us hope

By **Stephanee Howell**



We are not alone. This is the most profound message we all need to hear right now. Regardless of what you are holding, you can take solace in the heart of community. Our collective troubles of COVID, climate crisis, systemic racism, and deep disparities in human rights and privileges, all beg the question, “Where is the thread to common ground?” This universal dilemma invites existential questioning, a seeking to understand our misfortunes and to harmonize our relationships.

Our [UU principles](#) are one of the threads that tether us to clarity, hope, and possibility. And how might we access these principles in our personal lives? How might we actually feel better and more stable within all of this collective rubble?

All spiritual traditions invite us to begin answering life’s challenging questions within the day-to-day happenings of our own lives. I offer one thread of personal attunement to help you reconnect, realign, and recommit to your capacity for equanimity. This thread is one of the most ancient ways to rebalance and know truth, renew our innate strength, and tighten our bonds to each other within our UU principles.

Mindfulness meditation stems from a long line of threads from many traditions. Meditation’s earliest roots date back to 5000-3500 BC. Early practices are known in India, China, and Japan. Most of us connect meditation to Buddhism, particularly to the Buddha, who taught “liberation” to struggling people with the same problems we experience today. For a readable history and understanding of the roots of meditation, explore this History of Meditation:

<https://positivepsychology.com/history-of-meditation/>

Paul Harrell also comments on meditation with a brief history of Buddhism in his recent article about the CVUU Bud-

*“Where is the thread to common ground? This universal dilemma invites existential questioning, a seeking to understand our misfortunes and to harmonize our relationships.”*

dhist Affinity Group: [CLICK HERE](#)  
Paul leads us in a wonderful practice each month in the Thich Nhat Hanh tradi-

tion, a very similar tradition to mindfulness meditation.

Mindfulness meditation or Vipassana meditation invites us to bring awareness without struggle to everything we experience, so that we may gain clear “insight” into the nature of reality. The benefits of learning to be “present” and attentive help to steady our perceptions, allowing us to respond more skillfully to life’s demands. This gentle practice is directly beneficial to unraveling our biases, our fears, and our anxieties. We learn how to respond rather than react. We strengthen both body and mind and calm our nervous systems, decreasing stress, and improving resiliency.

Mindfulness tools are practical, universal, and simple, but they are not so easy. We practice “sitting” meditation and day-to-day mindfulness. Myths about these practices abound. We don’t stop our thoughts or practice strict ascetic control. First, we transform our perspective with attentiveness, and secondly, we learn how to be more compassionate to ourselves and then to others. Both of these tools are skillful means to deepen connection with each other, thereby, enlivening our UU principles.

How do we practice?

Two beginning practices to try for clarity and calm.

1) Pause during your day once or twice,

perhaps in your car and before bedtime. Just check in. Notice how you are feeling, name your experience without judgment, and take a few easy and attentive breaths.

2) Practice sitting quietly for a few minutes each day, and rest in the rhythm of your breath.

For additional support, consider joining one of CVUU’s many welcoming interest groups. Reach out to the Caring Team for immediate needs ([caringteam@c-vuu.org](mailto:caringteam@c-vuu.org)), and consider the Lay Pastoral Care Team for one-on-one confidential help during trying times ([laypastoralcare@c-vuu.org](mailto:laypastoralcare@c-vuu.org)).

Contact me for more resources or questions. The apps, Insight Timer and Calm, are excellent support, as well as *Mindful magazine*. Consider joining Paul and the Buddhist Affinity Group each month on the 2nd Monday at 7 p.m., and join me in our virtual community each Sunday morning, 8:30-9 a.m. for a steady, supportive, and calming practice. It is good that we gather together. We are not alone.

**Stephanee Howell is a retired ICU nurse and currently practices as a yoga therapist and meditation teacher, working with those with trauma and chronic illness, particularly cancer. She has been with CVUU since 2006 and serves and leads the Lay Pastoral Care Team.**



# The Five Rs: Reuse, Reduce, Recycle, Rot, and Refuse

By Elisa Dickon  
Environmental Initiative committee

Many of us are trying to do the right thing in this world, and it is complicated. A young man was entering the Peace Corps some time ago but returned home soon after being “in-country.” It was too much for him, but he said the thing that amazed him the most was that there was no garbage in that country. Everything was used. That goes along with a book we have been looking at, “Zero Waste Home,” by Bea Johnson. It is more than I can do, but there are so many good ideas in it. I highly recommend reading it. ROT, by the way, refers to composting.

We have been looking at recycling in our area, 757. It is confusing at times as well as frustrating. There are contradictions at several turns. If you live in Portsmouth, your rules are a little different, BUT no matter what company picks up your recycling, it all goes to the same place to be recycled. I am going to share what I know and several links for more information. Thanks to the Environmental Initiative committee for their input.

**Cardboard boxes must be flattened,** and it only takes a minute of your time. You do not have to remove the tape on the outside. Pizza boxes and other food boxes are NO-NOs because they have food on them.

**Glass containers must be clean—**just rinse them, please. And while you are at it, **rinse the cans as well! Those canning jars and Pyrex pans cannot be recycled so let's reuse them!**

**ABSOLUTELY no plastic bags in the recycle bins.** The contents and the bag will be thrown out. Grocery stores will take grocery bags. Some very clever people are collecting those bags and making mats for the homeless to use.

Wheelabrator burns the trash converting it to energy for Norfolk Naval Shipyard. The wrong recyclables end

up being dumped at one of the many landfills throughout the U.S. Mount Trashmore was one of those landfills. These compostable bags, forks, spoons, knives, bowls (that are expensive) will get burned or squished in a landfill with no air for disintegrating.



**SO, take your own forks, spoons, and knives from the utensil drawer and plates from the shelf for that picnic or church party and take them home and wash them.**

**And now we come to plastic.** There is a website called Truearth (<https://www.tru.earth/Store>) where you can order some wonderfully sustainable items to start ridding yourself of plastic. There are a couple of such local stores like LESS THAN on Shirley Avenue, where you can bring your own glass jar and fill it with shampoo, dish soap, and so on. The less plastic we use, the better off the earth will be! Start now.

As far as I can tell, the plastic lids on plastic bottles are not recyclable. Please take them off and rinse out the bottle! The sad truth is individuals alone cannot change this problem but what we really have to do is put vast amounts of pressure on big businesses like Coke and Pepsi to use glass and refill. Some of you may remember those days! The burning of plastic that ends up in the trash is very harmful to our health as it burns. And that, my friends, is a social justice issue! What you can do is use as little of it as possible! Find other uses for the existing containers.

**Recycling Plastic — What's Accepted:**

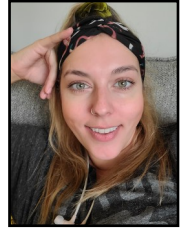
- ◆ Bottles

## MEET THE YAG LEADERS

### Addison Grace 31 (she/her)

**How long have you been a CVUU member, and how did you become a member of CVUU?**

I have been a member of CVUU for three years. I found CVUU while searching for a spiritual community with a multifaceted background.



**What drew you to YAG, and what do you enjoy most about the Young Adult Group?**

I was first drawn to YAG because I wanted to make friends and the events were always so unique and fun! Before long, I felt a sense of belonging, and the time spent with the group was filled with laughter and support; I think that is my favorite part.

**What are your interests and hobbies?**

When I'm not spending time on YAG, I enjoy gardening, knitting, and MMA. I even started learning to play the violin since quarantine. I am deeply passionate about environmental and social justice issues and work in these spaces in my free time.

### Parker Miles 23 (they/them)

**How long have you been a CVUU member, and how did you become a member of CVUU?**

While I have only just become an official member, I have attended CVUU for almost nine years off and on after my mom started coming. I've been coming more consistently for the last handful of years as I started to feel more of a sense of community.



**What drew you to YAG, and what do you enjoy most about the Young Adult Group?**

A big part of my sense of community has come from the Young Adult Group, which has given me a sense of friendship that has been instrumental over the past year.

**What are your interests and hobbies?**

My free time is often spent bingeing whatever baking-related show has caught that moment's attention, and I'm almost always knitting while doing so. Cooking and baking in general are big interests of mine, which are met with varying success.

Cont. Page 8



# Podcasts offer UUs motivation

As UUs we wish to answer the call to be our better selves. We share a desire for change, a desire to help save our world and to help others. Often the task itself seems daunting - even for activists and organizations who are making real change. How do you maintain the focus and drive for social justice work in a world of heartbreak and dehumanization?

One source of real inspiration is just a click away, **Fortification: Spiritual Sustainance for Movement Leadership**, a 45-episode podcast started in 2016 and hosted by Caitlin Breedlove, former campaign director for the UUA's Side With Love, vice president of Movement Leadership at Auburn Seminary and the Deputy Executive Director of Organizational Advancement at the Women's March.

The podcast explores various topics from the criminalization of LGBTQ individuals and women to the Sanctuary Movement through in-depth conversations with movement leaders, organizers, and activists.

Breedlove calls the series a gift to UU congregations and their leaders. She said the discussions would help listeners un-

derstand more about the spiritual lives and resiliency of social movement leaders. Season 4 just concluded in September of 2020. The podcast is available on iTunes, SoundCloud, and Stitcher. [CLICK HERE](#)

Perhaps you are curious how to interact across differences in a way that promotes diversity, inclusion, and equity in our UU congregations? Beth Zemsky also hosts an inspiring podcast. [CLICK HERE](#)

Zemsky is a community organizer, educator, organizational leader, and psychotherapist. She has served as staff at OutFront MN, founding Director of the GLBT Programs Office at the University of Minnesota, co-chair of the Board of Directors of the National Gay & Lesbian Task Force, Supervisor of the University of Minnesota Diversity Institute, Coordinator of Leadership Development & Organizational Effectiveness at the University of Minnesota.



Cont. from page 7

## ♦ Jugs

Bottles are rigid containers with a narrow, threaded neck (e.g., beverages, soaps, cleaners, condiments). Jugs are bottles with a handle (e.g., milk, laundry soap, vinegar).

## HOW TO RECYCLE:

Rinse, discard lids into the trash, and place them in the blue recycling bin. Need to be empty, clean, and dry.

## Recycling Plastic —

### What's Rejected:

Any plastic items that are **not** bottles or jugs (rigid containers with narrow, threaded necks).

NO plastic bags, utensils, clamshells, butter containers, etc. No food contamination.

NO diapers or Styrofoam.

NO caps.

## WHEN IN DOUBT, THROW IT OUT!

Refuse plastic for take-out meals.

Newspapers, magazines, junk mail, office paper can be recycled.

Toilet paper rolls, paper towel rolls, shredded old tax returns, and other shredded paper for the most part cannot be recycled. Some cities are different but since it makes a mess of the machines and makes a mess in the recycling building, choose to forego it. Wrapping paper is also not recyclable unless it says it can be on the roll. So, reuse the Sunday comics for wrapping gifts.

Do not discard or place in your recycling any items with batteries or plugs or items that are in any way poisonous. There are places that take electronics and hazardous waste. Check within your city for that location.

These are the websites for recycling in each area:

[Chesapeake](#)  
[Norfolk](#)  
[Virginia Beach](#)  
[Portsmouth](#)  
[Suffolk](#)

**Elisa Dickon is a member of the CVUU Social Justice Committee, The Environmental Initiative, the Caring Team and the Choir.**



Image credit/Viola Abbitt

## Stuffed Animal Sleepover at CVUU

CVUU's RE kids may not be able to attend an in-person sleepover, but in early February the children dropped off their favorite stuffed pal for a sleepover with Rev. Viola. They played Candyland, participated in a Covenant Circle and had a bedtime story. Our Youth Program Coordinator Rayven Holmes put together a video of all the fun to show to the kids during Religious Education and Sunday Service.



# PHOTOGRAPHERS OF CVUU



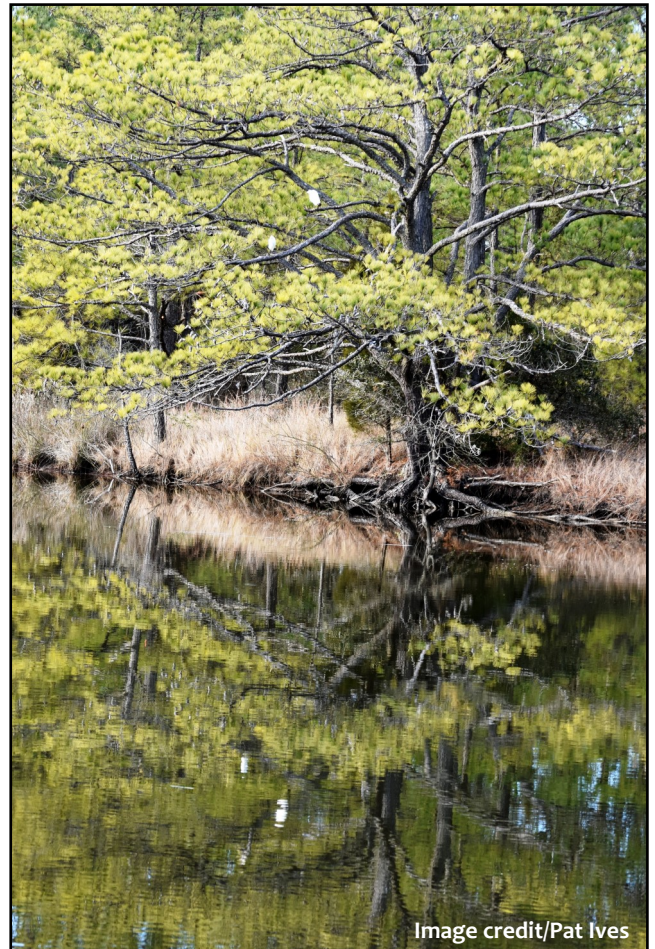
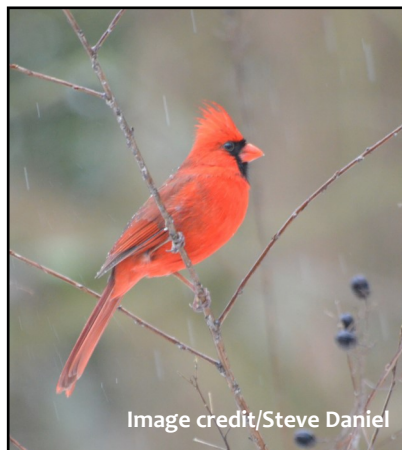
## From the lens of Steve Daniel

**Above left:** I took the picture of the bald eagle on Feb. 9 as it returned to its nest in a pine tree along the edge of Honey Bee Golf Course in Virginia Beach. **Above right:** Following our recent snow, I immediately set off the morning of Jan. 28 to Pleasure House Point in Virginia Beach (one of my favorite local stomping grounds), where I took this picture of the great egrets. **Below center:** The male cardinal, taken on Jan. 31 in our backyard, is one of many frequent visitors who fly in to refuel at one of our bird feeders.

## From the lens of Pat Ives

**Far right:** Taken at one of my favorite places, Pleasure House Point off Shore Drive. You can see a pair of egrets in the tree and reflected in the water. They were there during my entire walk, moving big sticks around, so I'm pretty sure they were building a nest; I'll look for it the next time I'm there.

**Bottom left:** Still water at Pleasure House Point.





## Finding church: A camera, the great outdoors offer solace

I wander the trails near my home in soft shoes, feeling the spongy tufts of grass as well as the hardened dirt. Sometimes I kick the spiky Sweet Gum balls, pretending that I am young and still playing soccer. I step onto tree roots to feel their curves, and sometimes I stop to look at the print I just left in the dust. I wander in wonder, with soft shoes taking me past the sentinels full of leaves to where squirrels are free to dig among those that have fallen.

I bring my iPod when I don't want the babble of passing conversations to interrupt my wondering. Music by Billie Eilish or Chvrches, Coldplay or Oasis, distractions that allow me to walk with myself and enjoy how movement feels to my soles. I mostly walk in silence because I want to focus on hearing the leaves' crackle when something scurries at my approach. "Look! A white egret at the edge of the pond. Isn't she beautiful!" I say to a couple holding hands. "Look. A frog is sitting atop that Gatorade bottle," I say to a mother who is walking with her little boy. I point out the doe and her fawn, the black rat snake in the bushes, the caterpillar on the leaf. I try to remain silent and let others walk by, but my joy is so often bursting, and I must share it with someone, even a stranger.

I love to walk on the trails of the Great Dismal Swamp or Merchant Millpond State Park. I have seen raccoons and black bears, deer and squirrels, bobcats, and an eight-foot alligator, too. For short hikes, I go to the Chesapeake Arboretum or Paradise Creek Nature Park, or Oak Grove Lake Park, passing by families out for an afternoon of kid-friendly movement or dogs out for a sniffing adventure with their owners in tow. Sometimes I cross the water to walk at the Sandy Bottom Nature Park or stroll along the Back Bay National Wildlife Refuge beach. And there is always First Landing State Park, with miles of twisting trails and sandy hills and swampy coolness.



Yesterday, I visited the Norfolk Botanical Garden with my sister. We walked for over three hours, with the occasional stop at a bench or a chair-swing to rest our tired bodies. Dozens of geese plucked grass and allowed us to watch in silent wonder. They didn't seem to mind the clicking of my camera, and my sister was patient when I felt the need to stop and take photos every few minutes. For me, photography is a need, something that my mind demands of me wherever I wander. I found a pair of mallards floating at the water's edge and two sleeping atop a fallen tree. Blue jays and cardinals flew from the ground to the safety of the trees at my approach. I saw a gray heron standing in the branches of a tree and a white egret that didn't want to stick around. So much fun on a Saturday, between the rain.

Today is Sunday, and I am about to head out the front door. My destination used to be that beautiful old church with vaulted ceilings on the edge of The Hague. And then it became a stately brick building with majestic trees on South Military Highway. But not today. I won't see either of these two buildings or the people who gather there, my friends. Instead, I will wander among strangers and worship outdoors. Not in

a formal way with a speaker and songs and hugs and cookies, just me and my soft shoes and my camera. I will visit a park with flooded trails and walk on those that are passable. I expect to see songbirds and hear their sweet calls. There will be many squirrels, and I will stand as still as a tree and watch them as they watch me, taking photos and enjoying my day. I will greet strangers that I pass and hope that they will pause for a moment and show me that I am still alive and worthy of that moment. Some will smile and say, "Good morning." Some will talk for a few seconds as I compliment their dog or remark about the birds, or comment about the turtles enjoying the sunshine. But most won't say anything to me, head down and keeping their distance, worried about the virus and scared of what strangers on the trail might give to them with their breath. I try not to feel the ache of loneliness when walkers don't return my greeting, but I understand. I know that it isn't about me. It is just the way things are right now as a virus ravages the world, and so many people are hospitalized or no longer here.

I miss how I felt on Sunday mornings before the doors to my church were closed

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# Going organic? Start your plants from seed

By Barbara Gelzer

I spotted something new in nurseries last year— organically grown vegetable seedlings. Now, if only more nurseries raised bedding plants and garden perennials that way! The fact is, most purchased plants have been treated with chemicals to make them unattractive to pests. Worse yet, the containers' insides are sometimes treated with a root growth inhibitor so that the plants will last longer on the shelves. This practice is prevalent with starter plants sold in small multi-packs. You may have noticed that sometimes these multi-pack seedlings never develop naturally; now you know why.

If you are growing plants specifically to



attract pollinators, it's crucial to grow natives in their natural state. Coneflowers labeled 'Magnus,' Black-Eyed Susans labeled 'Goldsturm,' Goldenrods labeled 'Fireworks' are not native plants; in an experiment conducted at the Virginia Zoo, students planted these selections next to native plants grown from seed. In

the early afternoon, they would come and patiently sit on the ground, counting the visitors. Although the plants looked very similar, the pollinators went to the real natives and ignored the others. When plants are 'improved,' hybridizers often modify the flowers in color, form, and texture; that's why the pollinators may shun them.

If you're new to growing plants from seed, you may want to order from companies whose seed packets provide detailed growing information. Johnny's Seeds, Park Seed, Stokes, and Select Seeds all have good packets. When choosing varieties, look for plants that thrive in not only zone 8 but zone 9. The reason for that is climate change; the

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to us. I miss the gathering and the laughter, the hugs and the handshakes, the singing, and the way I felt when sitting beside my friends. But I must live in the present, to make today what I want it to be and not focus on what isn't. So, in just a few minutes, I will stop typing on my computer and head out into the world to see what I can see and feel what I can feel and hear what I can hear. My shoes will take me on trails filled with trees, and my camera will capture my interactions with wildlife so that I can reflect on them later and smile at the life I live.

A final thought. If you find yourself on the trail next weekend, look up at the strangers who walk by. See them and greet them. Don't avert your eyes and pretend that they don't exist. Show kindness, even if it is just in those simple words, "Good morning." And every once in a while, stop your walking and feel the earth beneath your feet, wearing soft shoes.

*Clark Mahoney is a CVUU member of 5 years and our former Membership Committee Chair. He looks forward to being a greeter on Sunday mornings. He loves the outdoors and wildlife photography has an enormous collection of silly and sarcastic shirts.*



## Power to the Poor!

Join CVUU's affiliate, the Hampton Roads Poor People's Campaign, for a VIRTUAL Open House on

**Tuesday, March 23 at 7 p.m.!**

Do you support COVID-19 relief in Hampton Roads, \$15/hr. plus wage, and health care? Find your calling to help others in our area! Share your thoughts and ideas!

We need you to 'Volunteer' as your schedule allows.  
Forward together and not one step back!

For meeting details, see our Facebook page:  
[Hampton-Roads-Poor-People's-Campaign](#)

**Steph Sterner, Dr. O. Annette Davis,  
and M.H. Scott - Tri Chairs**



Cont. from page 11

zones haven't been redrawn in a long time, and our climate is now very close to that of Charleston, South Carolina! For native plants and grasses, check out Prairie Moon nursery; they offer seeds for wildflower gardens and meadows in larger packets of great value and specific to regional climates. Need common seeds but don't want to pay a small fortune? Fedco seeds is a cooperative; directions are very brief, but germination is good considering their low prices. Looking for rare seeds: J L Hudson, Seedsman is where to go. The website is sprinkled with memorable quotes, so it's fun to browse.

If you have plant lights, start your seeds indoors. Many can be started in a room that's cool and dark, so don't despair if you don't have lights! Many seedlings can tolerate a 20-degree difference between daytime and nighttime temperatures. I have found that some seeds refuse to start indoors but are perfectly happy to jump out of the ground outdoors, so I've taken to saving some seeds back so I can try outdoors if they don't take off on the table. Look for a seed-starting mix; I like Jiffy-Mix, which has no fertilizer in it. Seed-starting mixes are sterilized to protect delicate seedlings; they are made of sifted peat moss and vermiculite—you can mix your own!

Your coddled seedlings need to get used to outdoor temperatures and breezes gradually, so set them outside on nice calm days and initially bring them overnight. Before you put your small plants in the ground, pull back the mulch on heavily mulched beds so the sun can warm up the soil. I fill my watering cans for heat-loving plants and let the water come up to air temperature; water comes out of the ground at about 40 degrees, so I don't water with the hose until they're bigger.

Virginia has two planting seasons; spring and fall. You'll find that many wildflowers prefer the alternate freezes and thaws of our long mild winters. So, if you can't get it in gear to plant seeds this spring, mark your calendar and plant to sow wildflowers this fall!

**Barbara is an experienced horticulturist, Grounds Committee chair, and a member of the Environmental Initiative.**

## CVUU member for six decades: *A story about love and progress*

I discovered the Unitarian Church of Norfolk in 1958 but did not join until 1960. Here is why. I always felt the need for church in my life, but had a history of what my mother defined as “church hopping”. That was because I felt there was too much variance between what was preached and what was practiced. In Lynchburg, we attended the church where our friend Ted was Minister of Music. The minister asked Ted to tell the young, unmarried girl who was pregnant, to drop out of the choir until her “condition” was over. Ted refused but the minister said that if Ted didn't tell her, he would. Ted said he would quit if the minister did that, and we left along with Ted when it happened.

Soon after we moved to Norfolk, we decided to try the Methodist church on the corner, mainly to give our three-year-old son an opportunity to attend Bible school with the other neighborhood children. He was disappointed when we abruptly left the church in 1958. The Sunday after the Supreme Court ordered the desegregation of schools, the minister of the church assured the congregation that we need not worry about the Supreme Court decision, because he would block the door to the church with his own body before he allowed any “Negroes” to enter. Tony and I quietly took our leave, picking up our protesting son from the nursery on the way out. No one ever contacted us to find out why.

Tony was a newspaper reporter covering the Federal Court and school beats at the time. One day he had written a front-page story about one church that had supported the Court decision against the protests or silence from others. He had interviewed the young minister of the Unitarian Church of Norfolk and was impressed by his courage and sincerity. I had never heard of Unitarianism, but Tony was from New York, and his best friend in high school had been a Unitarian. Jim Brewer was the minister's name and he invited Tony to a Sing-Along the following Saturday night and I was anxious to meet him. Following southern tradition, I “dressed for



**Phyllis Stein is a beloved CVUU elder who has been a member since 1960. She recently celebrated her 90th birthday.**

church”.... my nicest dress, heels, and nylons with seams up the back. I was surprised when we saw the small, white church on Moran Avenue, but downright shocked when we found the social hall. We opened the door to a small room crowded with people sitting on the floor dressed in jeans, tennis shoes and colorful shirts I later learned were called tie-dyed. IN CHURCH!

There was little room for chairs, but there were a few already taken by elderly people. There was one old man in a wheelchair, who had space beside him on the floor, so I tucked my dress around my knees and sat down beside him.

I told him I didn't know anything about Unitarianism and asked him to tell me about it. He told me his name was Carl Cartwright and he had been a circus worker with Barnum and Bailey before age and health problems landed him in what was then called Lake Taylor Old Folks Home. He didn't know about the church's beliefs or history but told me of his experience with Unitarian churches when he worked for the circus. He said that circus workers were just like everybody else, and some of them wanted to go to church on Sundays. But everywhere they went, one thing never changed. Circus people were looked down on and churches, in general, did not want them. “Except”, he said, “for the Unitarians.” He had been with the

Cont. page 13

circus about ten years when they set up tents in some town in Indiana. As usual, people came out to see them set up, but this time a group of young people invited them to their church, which was close to where the circus had camped. Carl and several others went to the church on Sunday and were warmly welcomed. From then on, they sought out Unitarian churches wherever they went and, he said, they were always welcomed. I didn't know it then, but I think that is when I fell in love with Unitarians and I wanted to be with them.

The next morning we attended our first service and realized that we had finally found where we belonged. Having had such disappointing experiences before, we were reluctant to join the church, but we attended regularly for two years, and in 1960 added our names to the membership book.

There were times when I disagreed with decisions, but not once did I think of leaving. How could I consider leaving when our church welcomed Black people, then the gay community, and supported protesters to the Vietnam War. Decades passed and our church still fought for social justice, including the insidious racism that had brought us to the church in the first place.

Tony passed away almost four years ago but I wish he could have been here to see

*“How could I consider leaving when our church welcomed Black people, then the gay community, and supported protesters to the Vietnam War.”*

our church call our first Black minister. I was twenty-seven when I discovered our church. I just had my ninetieth birthday. Because of the Covid-19 pandemic, we didn't have a party, but I got cards and was serenaded with “Happy Birthday” from my Unitarian family. Age and health problems have diminished my abilities to do much for the church these days, but supporting it and relying on it is the greatest gift in my life.

*Phyllis Stein is a long-time CVUU member, as was her late husband, Tony Stein. In addition to her valued support of CVUU, She co-founded the Chesapeake Humane Society. She has been an animal rights champion since the 1970s and has worked diligently since then to shape how our community treats and respects animals.*

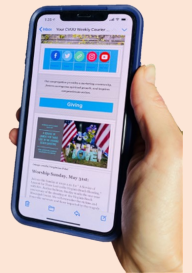
## Stay connected to our community!

There are many ways to get involved at CVUU!

### The CVUU Courier:

Keep up with current events. Find out how an event is being held and the steps to join in (including links, passwords etc.). The Courier is easily accessible from a

desktop, smartphone or tablet. To subscribe to the Weekly Courier, published every Wednesday, follow this link: <http://eepurl.com/dLqnOw>



**WEEKLY SERVICES:** Sunday Service is at 10:30 a.m. on Zoom, immediately followed by virtual **Coffee Hour** (Meeting ID - 760 822 163/Password – 2021809/ Or dial in by phone: +1 301 715 8592).

**Recorded sermons:** We post our weekly sermons on our YouTube channel. [CLICK HERE](#)

For our **Virtual Welcome Table** with a full list of options: [CLICK HERE](#)

## RE REGISTRATION

CVUU believes faith development is a lifelong journey that starts with our youngest UUs! It's easy to register your child for Religious Education – just scan the code!



Coastal Virginia  
Unitarian Universalists



# Q and A: Getting to know our friends at Outwire757

By Tracy Brune

Eric Hause and his husband, Andrew Roberts, longtime friends of CVUU, speak about the origins of their magazine, Outwire757, and what it means to give the LGBTQ community a voice.

**You two have created the only LGBTQ news outlet in our community. How and when did you get started, and what was the inspiration?**

We were friends with Barry Moore, publisher of the Lambda Gazette, which at the time was the only remaining LGBTQ media outlet in the area. He came to us wanting help getting an online component up and running, and that led to discussions about us ultimately buying Lambda. We didn't know it at the time, but he was suffering from cancer, and he died while those discussions were ongoing. Partly in his memory and partly because he left a huge void in the dissemination of information for the LGBTQ community, we launched [Outwire757.com](http://Outwire757.com). That ultimately led to our magazine, our resource directory, our LGBTQ career fair, and social events for the community.

**You both tell unique stories from our community, from advocacy to arts and entertainment. How did each of you get into storytelling?**

Both of us are natural storytellers and writers. We love exploring other people's experiences and passing them on to our audience, whether it's a few people around our dinner table or our wider readership. We both believe in the power of storytelling as a way to illustrate that we all have something in common.

**A 2019 story from Outwire 757 led to establishing the LGBTQ elder advocacy group, the Silver Rainbow Club. Can you tell us more about that?**

We are both on the leadership committee of the Silver Rainbow organization, which began as a discussion we were having with a friend who was approaching retirement age. There was no support group in the area for elder LGBTQ people, who are more prone to discrimination in housing and health care as well

as loneliness and depression. We began by having monthly potlucks hosted by one of our members, and we had just gotten our groove going when COVID came along. We can't wait to get started again!

**How did you two meet, and how long have you been married?**

We met online waaaaay back in 2003. Andrew was living in DC, and Eric was here. We dated long-distance for a year and a half before Andrew moved here. We FINALLY got married at the Norfolk courthouse in July 2016.

**What would you say is the best and worst thing about working with your spouse?**

For Eric, the best thing is having support in the daily workings of Outwire and being able to have a best friend to bounce ideas off of. The worst thing is sometimes dinner is late. For Andrew, he agrees with the first response, but he says that the worst thing is sometimes he wants to kill Eric.

**What is your favorite story since you began the magazine?**

Andrew had the opportunity to interview Storm Large, a queer musical performer, and they hit it off right away. We published his interview with her prior to a 2018 performance here. Eric's is the continuing coverage on the closure of the Hershee Bar. Our first story on that was picked up all over the country and is still in the top five [Outwire757.com](http://Outwire757.com) stories viewed monthly.

**For a digital version of the latest edition of Outwire757, [CLICK HERE](#).**

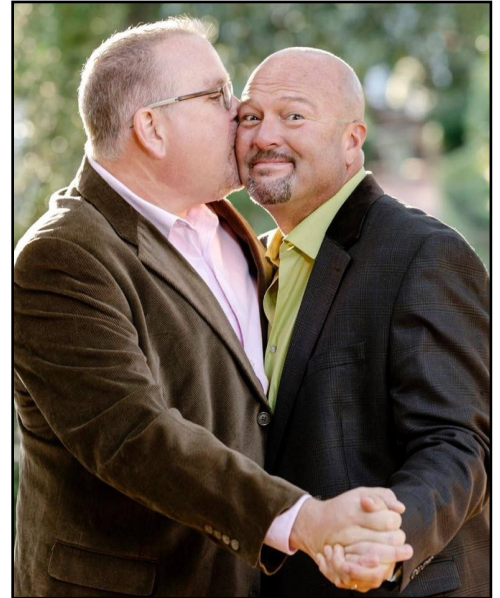
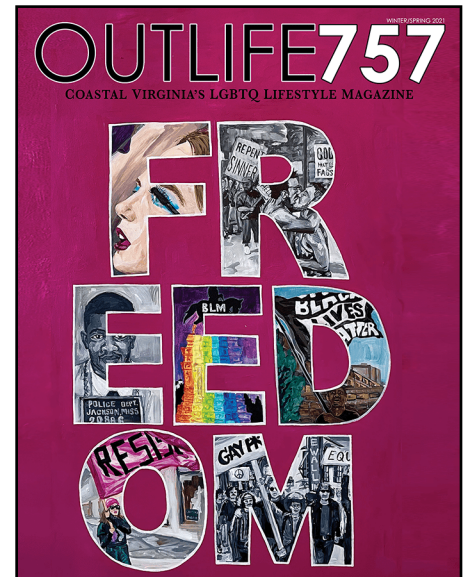


Image credit/Eric Hause

**Eric Hause and Andrew Roberts are the publishing couple behind Outwire757.**



## ALWAYS ROOM FOR ONE MORE!

Drop-ins are always welcome! Please scan this code to fill out a visitor's card – we want to get to know you!



Coastal Virginia  
Unitarian Universalists

# Killers of the Flower Moon: A tale of greed, racism, murder

By Tracy Brune

Some stories need to be told so we do not forget. Some stories need to be told so we see our history more clearly.

*"Killers of the Flower Moon: The Osage Murders and the Birth of the FBI," by David Grann is such a story.*

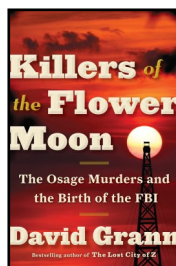
On its face, this is a tale of murder, monumental greed, and corruption, but the true heartbreak of this book is that all the tragedies recounted stem from a series of broken promises made to a tribe of Native Americans more than a generation before, during the presidency of Thomas Jefferson. In Grann's unique style, this reads more like a gripping detective novel than a simple historical account.

Grann provides a detailed backstory of the Osage tribe, who dominated the Plains, controlling the land between the Missouri and Red Rivers, the Ozarks to the east, and the foothills of the Wichita Mountains to the south. They lived off the land and relied on buffalo hunting and agriculture. After the Louisiana Purchase and under the "Osage Treaty" of 1808, they initially ceded 52,480,000 acres to the U.S. government. Jefferson, who met with a delegation of Osage Chiefs, promised to treat their tribe fairly, telling them that from then on, "they shall know our nation only as friends and benefactors."

This would prove to be the first in a series of broken promises and over the next 2 decades, the Osage would lose nearly 100 million acres, and be driven to a patch of southeastern Kansas that measured about 50 by 125 miles (four million acres). They were told once again, this land would be theirs forever, and this promise was also broken. Subsequent US treaties and laws through the 1860s continued to whittle away Osage land in Kansas, and by way of a treaty in 1865, they ceded another 4 million acres. In the 1870s, they would be driven further south again to a reservation in the north-central portion of Oklahoma between Tulsa and Ponca City, a stretch of land judged to be "broken, rocky, sterile, and utterly unfit for cultivation."

They agreed to purchase the land for close to a million dollars with a caveat that any mineral rights would belong to them as well. Decades after the purchase, in the early 1920s, the land was found to be rich in oil deposits and the Osage, to the murderous envy of their white counterparts in Oklahoma, became "red millionaires." Their windfall was their downfall as it attracted every unscrupulous sort to angle for a cut of their profits. This is where the grim story of the "Osage Reign of Terror" really takes off.

In a sickening effort to gain access to their fortune via their head rights to the land, the Osage are betrayed and dozens of them murdered by spouse, neighbor, thief, and duplicitous lawman alike. The most compelling, and a central figure in Grann's retelling of the gruesome string of killings is Mollie Burkhardt,



whose sisters and mother are among the Osage victims. The depth of her loss and betrayal is profound and will remain with you long after you finish this book. The investigation into the murders by the Bureau of Investigation - now the FBI - focuses on a remarkable former Texas Ranger, Tom White. Through White's early detective work and leadership on the case, the reader gets to experience the birth of the FBI with the debut of J. Edgar Hoover.

Prohibition, bootleg liquor, and the grotesque assent of the oil industry are other key elements to this story.

I highly recommend reading this book. I learned some astonishing truths about the Osage and their tragic history, which was completely unknown to me before reading it. I am haunted by it and feel newfound respect for the Osage and the suffering of other Native Americans.

**Tracy Brune is the CVUU Communications Coordinator and organizer of the Novel Ideas Book Club.**

## CVUU HAS TWO BOOK CLUBS!

**Novel Ideas Book Club (NIBC)** meets the 3rd Wednesday of the month from 6 - 8 p.m. To join, contact Tracy Brune at [comm-coordinator@c-vuu.com](mailto:comm-coordinator@c-vuu.com).

**Book Lovers Group** meets the last Saturday of the month from 12:30 - 2:30 p.m. To join, contact Vicki Caminer at [vickicaminer@gmail.com](mailto:vickicaminer@gmail.com).



## HELP US GROW Leave a Google Review!

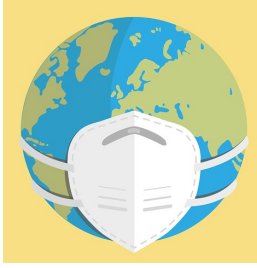
1. On your phone/computer, open Google Maps and make sure you are signed in.
2. Search for Coastal Virginia Unitarian Universalists.
3. On the left, scroll down and click "Write a Review."
4. In the window that appears, click the stars to score us and write a few words about us!

[CLICK HERE!](#)



# Many need assistance due to Corona Virus

Stuck at home? Unemployed or suffering extremely reduced hours at work due to the Corona Virus? Below is a list of organizations that are providing some financial relief. We can get by with a little help from our friends!



**Meals on Wheels:** Delivers prepared food to seniors all across the country. This is especially important in the pandemic, as seniors are at high risk, and limiting their need to go to the grocery store by delivering these meals is a critical service.

<https://www.mealsonwheelsamerica.org/>

**No Kid Hungry:** Makes sure that children get the food they need, especially since schools are closed across the country. Their service is especially important as families who lose their jobs need to keep their kids fed.

<https://www.nokidhungry.org/>

**Restaurant Workers' Community Foundation COVID-19 Emergency Relief Fund:** Provides direct financial support to restaurant workers who are out of work or have reduced hours because of the pandemic. They are also supporting local workers' community organizations and providing loans to restaurants to re-open when it is safe.

<https://www.restaurantworkerscf.org/>

**National Domestic Workers Alliance:** Gives financial support to in-home care workers, nannies, and house cleaners who have to stay home and not work to reduce the spread of the virus.

<https://www.domesticworkers.org/>

**One Fair Wage Emergency Fund:** Gives funds directly to service workers affected by the pandemic, including restaurant, salon, airport, rideshare, and gig economy workers who find themselves out of work or without customers.

<https://ofwemergencyfund.org/help>

**Area Food Pantries:** Enter your zip code for the closest source. Also available through this site, The Community Feed is

open to individuals in need of food assistance, including TCC students with a valid student ID and SIS number

<https://foodbankonline.org/>

**Virginia Rent Relief Program (RRP):** is designed to support and ensure housing stability across the commonwealth during the coronavirus pandemic. Depending on the availability of funds and household needs, the RRP may provide financial assistance for eligible households' rent payments.

<https://www.dhcd.virginia.gov/rmrp>

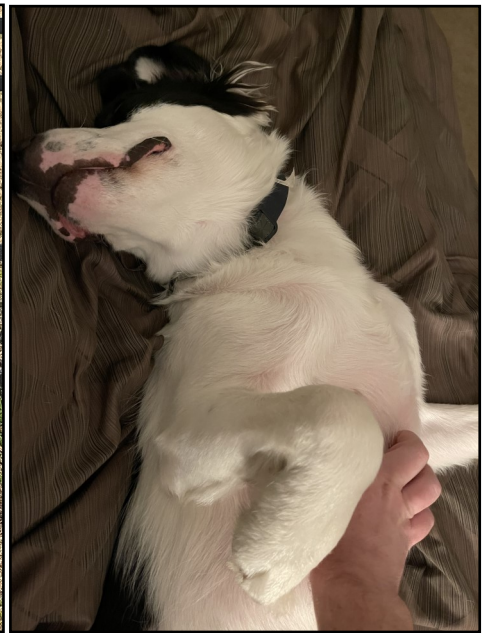
**Eligibility for Rent Relief:** Depending on the availability of funds and household needs, the RRP may provide financial assistance for eligible households' rent payments.

<https://dmz1.dhcd.virginia.gov/RMRPEligibility/>

**Resources for Renters:** If you're having trouble making rent payments as a result of the coronavirus pandemic, you're not alone. Fortunately, federal, state, and local governments are taking action to offer relief.

<https://www.stayhomevirginia.com/renters>

## BELOVED PETS OF CVUU



*Meet Buster. He is the beloved companion of CVUU member Rick Docksa! Buster turned 1 in February and is still full of young Border Collie puppy energy. "I adopted him in January from a local Navy sailor who was redeploying overseas and couldn't take Buster with him. He's a handful at times, but he's so happy and fun to be around and a great buddy to be sheltering in place with," said Rick.*



# Our Caring Team Can Help!

*The Caring Team helps members and friends of CVUU receive care in times of crisis and need.*

*If you need a helping hand contact them!*

**[caringteam@c-vuu.org](mailto:caringteam@c-vuu.org)**



Coastal Virginia  
Unitarian Universalists

# LIFT YOUR VOICE!

We need more voices to create an engaging worship space!

If you are interested in serving as a Sunday reader, contact our Minister, Rev. Viola Abbitt:

**[minister@c-vuu.org](mailto:minister@c-vuu.org)**



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