

Welcome Table FAQs Participation Guide

There are many ways to get involved at CVUU. Many groups may be active virtually or in person. Feel free to reach out to any group that interests you!

WEEKLY SERVICES: **Sunday Service** is at 11 a.m. in person and on Zoom, immediately followed by Coffee Hour in our Social Hall.

Recorded sermons: We post our weekly sermons on our YouTube channel—

<https://www.youtube.com/channel/UC55afZ2NFjO22rmn6DF00wQ>

Getting To Know UU Coffee Hour is an opportunity for people new to CVUU or who have attended occasionally, to meet with members of the CVUU Membership committee, ask questions, and share observations with other new visitors! For more details:

office@c-vuuu.org

Sign Up for our Wednesday CVUU Courier!

The weekly Courier provides information on current activities and groups at CVUU for the following week and is the main channel of communication with our community. The newsletter is sent directly to your email and explains how an event is being held (Zoom, Facebook live, Discord etc.), and the steps to join in (including links, passwords etc.).

Staying connected with our CVUU members is important to us! If you would like to receive up-to-date weekly news from our congregation, easily accessible from a desktop, smartphone or tablet, subscribe to the Weekly Courier, published every Wednesday!

Follow this link to subscribe: <http://eepurl.com/dLqnOw>



Other Ways to Connect:



Facebook Page: CVUU—Our congregation has a strong social media presence on Facebook with more than 1,000 followers. We post the most up-to-date news here. This space is open to the public and serves as a testament to Unitarian Universalists principles.

<https://www.facebook.com/covauu/>

Facebook discussion group: The Tidewater UU Community Forum can be found at <https://www.facebook.com/groups/58023473219>

Regardless of whether you're in Norfolk or Suffolk, Virginia Beach or Newport News, Chesapeake or Portsmouth -- or whether you're currently a member of a UU congregation or going it alone, you can chat back and forth on this forum with other CVUU attendees as well as other Unitarian Universalists in Hampton Roads.

Faith Development

The Lifespan Faith Development Committee (LFDC) partners with the Director of Lifespan Faith Development, Rev. Mark Wise, and the Minister, Rev. Viola Abbitt, to support the faith development of our adults and our children and youth, from pre-school to high-school age. Our children programs focus on eight UU principles and six sources.

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. Co-chair Contacts: Alexander Thompson at alexander.j.Thompson@hotmail.com and Lianne Smith at lilismith13@gmail.com.

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 PM. 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.

Contacts: Wendy Jayvanti and Dr. Nicole Willock. Email: buddhists@c-vuuu.org



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
- 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>

The Novel Ideas Book Club

Even though in-person gatherings have been suspended at CVUU, the readers among us are still meeting online! NIBC is a UU-style, open-to-all gathering & discussion group of bibliophiles who appreciate a wide genre of reads, from history to true crime. They meet at 6 p.m. the fourth Wednesday of each month in Room #300.

Contact: nibc@ucnorfolk.org

The CVUU Book Lovers' Group

The CVUU Book Lovers' Group is open to all and meets the last Saturday of the month for book chats on novels (historical fiction, science fiction, non-fiction and other genres) via Zoom. When meeting in person, the group shares their discussions over a potluck luncheon. The group provides intellectual stimulation, builds relationships, and shares good food and recipes.

Contact: Vicki Caminer. Email: vicki0737@hotmail.com

A Facebook group for CVUU readers!

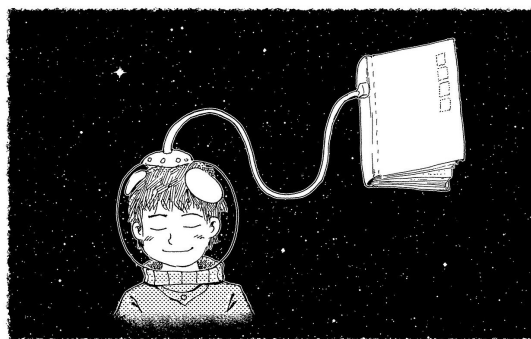
"It is what you read when you don't have to that determines what you will be when you can't help it."

- Rev. Charles Francis Potter, UU minister 1927

Are you an avid reader who likes to talk books? Then we have just the group for you!

CVUU's Bookworms is a new, private group on Facebook, set up in January to share news of CVUU's two book clubs, **The Novel Ideas Book Club** and the **CVUU Book Lovers**. If book clubs are not your thing, but books are, you do not have to be a member of either book club to join the group. Our page will include lots of book talk and fellowship outside of scheduled reads and news of meetups.

You can find us on Facebook and request to join by clicking here: <https://www.facebook.com/groups/427224448397179>



Stitchers Circle

The Stitchers Circle is an interest group of CVUU. They currently meet every Monday 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: Patricia Thompson. Email: pmoore1186@gmail.com



Drumming Circle

Please RSVP [here](#) and join us on the 3rd Friday of each month (starting November 17th) for a drumming experience open to anyone identifying as a woman. We will explore the peace, love, and joy that drumming can bring, as well as the beauty of being together. Have a drum? Bring it. If not, some drums will be available. Bring some drinks and snacks for a 6:30 PM gathering, with drumming to follow at 7 PM, in the adult discussion room on the 2nd floor, Room #205. Help bringing in instruments around 6:15 PM would be greatly appreciated.

We look forward to seeing you for a fun and fantastic evening. Please let us know if you're interested in participating. Join us and raise some energy! Group facilitators: Jo Thiele and Lisbet Dula. Contact: office@c-vuu.org.

Bereavement Group

If you have experienced the loss of a loved one please come and join this group, led by Rev. Viola Abbitt, that meets on the third Tuesday of the month from 6:30 to 8 PM in Room #202.

You can share your thoughts and experiences with others who are similarly situated. Contact: minister@c-vuu.org.



Adult Lifespan Faith Programs

The Adult Lifespan Faith Development program offers one-time and ongoing classes on various topics to our adult members and friends as part of our CVUU mission to "foster courageous spiritual growth." Offerings are advertised in all CVUU media well in advance. Anyone interested in supporting this effort or teaching a class is welcome to contact Rev. Mark Wise for assistance and more information at dlfd@c-vuu.org.

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

Our liberal faith welcomes questions, welcomes doubts, welcomes you!



OUR VIRTUAL VISITOR CARD:
<https://tinyurl.com/CVUU-Visitor>

NEW TO CVUU? LEARN MORE:
<https://tinyurl.com/FAQs4CVUU>

SUNDAY SERMONS ON YOUTUBE:
<https://www.youtube.com/channel/UC55aFZ2NFjO22rmn6DF00wQ>

THE STORY OF CVUU:
<https://youtu.be/10zAEHwOE4>



Coastal Virginia
Unitarian Universalists

809 S. Military Hwy Virginia Beach
Weekly Sunday Service 11:00 a.m.
<https://www.c-vuu.org/>

Join us on Zoom!
Meeting ID - 760 822 163
Password - 8092020



