

SUMMER WORSHIP 2024

Every summer CVUU's worship team plans and helps deliver a series of lay-led services for our congregation. Stick around after each service for an Intergenerational Activity planned by our Lifespan Faith Development Committee.



Faith in Summer

By Ellen Hamilton

In faith, together, we light this small scrap of light,
symbol of Grandfather Sun's enormous power,
whose energy burns so brightly In these days of deep Summer,
catapulting the leaves and vines,
vegetables, flowers and fruits to astonishing size, lengths and heights,
spilling over the tops of cages, walls and trellises,
delighting and nourishing all beings.
We bask in the warmth and the heat of these days,
with lightened hearts and quickened senses,
in gratitude and in faith.

June 30th ~ “A Lesson in Togetherness: Gay Liberation and the Unitarian Church in Tidewater” with Cathleen A. Rhodes

WSA—LIZ GROENEVELD

Cathleen Rhodes is a master lecturer in the Department of Women's and Gender Studies at Old Dominion University, where she has trained students in queer oral history collection, created the region's first student-led queer walking tour series, and helped develop ODU's new Queer Studies minor. In 2015, Rhodes founded the Tidewater Queer History Project and has since built Tidewater's largest digital repository of local queer history and physical archive of historical objects. She recently worked with a small team of ODU faculty, staff, and students to create an immersive virtual reality experience that recreates local LGBTQ spaces from the past. She also serves as director of Gay Cultural Studies at ODU, an initiative that supports LGBTQ research and creative projects among students and faculty. In addition to her academic work and community activism, Rhodes provides LGBTQ consulting services and training sessions to Hampton Roads businesses and organizations to create more inclusive and welcoming environments for LGBTQ citizens.



July 7th ~ “Reclaiming the Flag: Embracing patriotism, humility and reparations” with Martha Shore

WSA—SALLY DANIEL

Is there a way to reclaim the simple heart-swelling patriotism we feel when the French people celebrate the anniversary of US soldiers liberating Paris? Would that require that we close our eyes to tragic events in our history such as The Trail of Tears, slavery, the incarceration of Japanese Americans or the Abu-Ghraib prison, to mention a few. Can we live into the promise of the Declaration of Independence even in the face of our history?

Martha Shore, a retired Human Resources Manager, grew up in the Methodist church in Memphis, TN, and discovered the UU church in Jacksonville, FL. She joined UU Churches in Gainesville, Baton Rouge, Raleigh, Fayetteville and Richmond before coming to The Unitarian Church of Norfolk in 1990. She served on the UCN Board and as president also as teen advisor and mid-



dle school Sunday school teacher. Her volunteer work has also included working as a Healthy Congregations Representative for the UU TJ District and for the UUA as a Compensation Consultant.

Recently she as served on the CVUU Board, the Ministerial Selection Committee, the finance committee, the worship services committee.

July 14th ~ "The Power of Community" with Vicki Caminer

WSA—JULIA LAWRENCE

Vicki Beck Caminer, CVUU, and UCN member since 1974, has had an interest in group dynamics first fostered in her career as a clinical psychologist.

Now retired, she leads a once-monthly book discussion group called CVUU Booklovers via Zoom to include local and far-flung members.

She also leads an Aquacize class for arthritis with seniors at the Churchland YMCA three times weekly in Portsmouth. She speaks today from her professional and personal experience as a CVUU choir member and leader of an Aquacize group in the community.



July 21st ~ "Living Life on Purpose" with Howard Adams

WSA—TINA BUNNELL

We might be reluctant to admit it, but most of us dream of "living the GOOD LIFE." This is a natural phenomenon; to dream BIG DREAMS. But dreams without purpose are simply wishing for success, achievement, impact, fame, and fortune. To challenge each of you to think about your own life in terms of your DREAMS, I

have chosen to speak on LIVING ONE'S LIFE on PURPOSE. When I use the phrase "Living One's Life on PURPOSE," I'm referring to those "WHY?" questions we dodge..." WHY?" church today? "WHY?" am I functioning in the shallows of life and eluding the deep waters? "Why?" do I feel so uninspired? To help you formulate some answers to your personal WHYS?", we will probe these four topics:

What is PURPOSE, and Why is it so Important?



- ◆ Defining One's Values to Start the Process of Creating a Vision for the Future
- ◆ Career and Life Goal Plans to Focus One's Mind and Actions
- ◆ Taking Charge of Your Destiny

Howard G. Adams joined the UU church of Norfolk in 1969 – 1978. And through career moves, he has been affiliated with four other church congregations, His career life's worked has been in higher education for more than 50 years with extensive experiences in operations, customer services, human development, fund raising, team building, and coaching/mentoring. His professional life's work as a STEM educator began in 1964 at the pre-college level as a teacher of science/biology. In 1970, he was recruited by Norfolk State University as Executive Director of NSU's Alumni Affairs. Since then, he has held positions of increased responsibility in higher education, including Vice President of Student Affairs at Norfolk State University 1974 – 1978, and Inaugurals Executive Director of the National GEM Consortium, headquartered at the University of Notre Dame, Notre Dame, IN, 1978 – 1995. Adams serves as Founder and CEO (1996 - current) of H.G. Adams & Associates, Inc., a human development company based in Norfolk, VA.

July 28th ~ "Journeys and Destinations" with Kerry Kilburn

WSA—DAL PAULL

I've heard people say – quite often – that in life it's the journey that matters, not the destination. To me, though, journey and destination are intertwined, each part of the other and each evolving as we live, learn, and grow.

Kerry Kilburn is a retired Old Dominion University Biology professor and martial arts instructor. After retiring, she returned to school and earned Bachelors' degrees in art history and in photography and print media. A Chesapeake resident, she is entering her third year as a CVUU member. Kerry enjoys reading, weaving, playing video games, and volunteering at CVUU.



August 4th ~ "Embracing Imperfection" with Sally Daniel

WSA—MARTHA SHORE

We all strive to be perfect. And, yet, we are not. What do we do when we are faced with our imperfections? Do we chalk them up to our natural sinful self? Do we use them as excuses not to try? Do we try to hide these imperfec-



tions so nobody else will know they are there? Let us explore the notion that not only is everyone imperfect but that embracing that fact will allow us the freedom to work together.

Sally Daniel has been a member of this congregation since the 80's. She and her husband, Steve, found this to be the place to raise their two sons. She has had various jobs—from working as a parole officer to directing a halfway house for felons to being the Director of Religious Education at UCN/CVUU and directing a program at TCC to encourage women to pursue non-traditional employment. She admits that acknowledging her imperfections is hard for her ... although they are readily apparent to her family and friends.

August 11th ~ "The Inherent Worth and Dignity ♦ A Buddhist Perspective" with Wendy Jayvanti

WSA—VICTOR HUGO

Every human being is part of this Universal Consciousness, Creation and Love. We are that. It is beyond time and space. Because we are in human form we as humans express that Universal Truth physically, intellectually and emotionally as a distinctive unique human. We can all lose sight of this at times for a variety of reasons. This leads to suffering as an individual and a collective. When we are TRUE to our inherent uniqueness we live in Alignment with Respecting and affirming our own worth and dignity and the inherent worth and dignity of others. Our well being as an individual and a collective is contingent on this Truth and leads to a deep experience of inner peace and harmony. This again is True for us as an Individual and because Individuals create the collective, it creates a world that is peaceful, harmonious and loving.

Wendy Jayvanti is a mom and a grandma. Her profession for 40 years was that as a psychodynamic psychotherapist. She is now retired. In her golden years she has chosen to deepen her spiritual practice. As such she is a Buddhist monastic in training and a human being in ongoing training.



AUGUST 18TH ~ "Are you Coming With Me?" with QuianaDenae Perkins

WSA—VICKI BECK CAMINER

We are in that strange turn of season, where we hope to take the joys of Summer into the routine demands of Fall. In her reflection, Ministerial candidate QuianaDenae will



share her thoughts on managing the transition, maintaining spiritual practice, and recommitting to the community gracefully.

QuianaDenaë Perkins is a UU Ministerial Candidate who will start her fourth year at Starr King School of Ministry in just a few weeks. Her ministry has focused on two key areas: adult faith formation and pastoral care for marginalized communities. She lives in Ann Arbor with her teenage children. She loves watching backyard birds and taking nature walks.

August 25th ~ "Fun and Games Aren't Always Just That" with Rev. Viola Abbitt

WSA—DAL PAULL

Play is fun. But, sometimes play can be some very serious business. What are some ways that play can be more than just "fun" in our lives? Come on Sunday and explore.

Rev. Viola Abbitt is our settled minister here at CVUU. She is also currently a member of the Journey Toward Wholeness Transformation Committee of the UUA and the Board of UU Wellspring, Inc. She came to CVUU in 2020. Before becoming a minister, Rev. Viola practiced law in New York for many years before becoming an ordained Unitarian Universalist minister.



September 1st ~ "Living Fully Alive" with Rev. Kayla Lennon

WSA—MARTHA SHORE

Kayla Lennon holds a Bachelor of Social Work and Masters of Divinity degrees. She followed these with completing clinical pastoral education to become an interfaith Chaplain. Her professional ministry has centered around supporting individuals and families living through traumatic events, living with life-limiting illnesses, and walking alongside them as they come to the end of life.

She is married to your lovely Music Director, Crystal Lennon. In their spare time, they enjoy playing with their fur babies, riding motorcycles, and taking in all the perks of coastal living.

