Coastal Virginia Unitarian Universalists

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-vuu.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 life 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 Minister 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. They meet the fourth Sunday of each month at 12:15 PM in Room #205. Contact: Lianne Smith at **lilismith13@gmail.com.**

Racial Justice Task Force
This group falls under our Social Justice Committee. They meet on the first Sunday of each month at 12:30 PM in Room #201. The group members work closely with the Unitarian Universalist Association (UUA), Diverse and Revolutionary Unitarian Universalist Multicultural Ministries (DRUUMM), and Black Lives of Unitarian Universalism (BLUU) to create a more just and truthful society that acknowledges and seeks to heal from the racial wounds of our past.

Details – Diana Chappell: **757photographyandvideo@gmail.com**.

Buddhist Affinity Group

For those interested in the teachings of Buddhism and how to apply Buddhist concepts in our everyday lives. Occasional sound healings are hosted, plus regular meditation meetings on the 2nd and 4th Mondays of the month (see our calendar for the next meetings) from 6:30 PM to 8:30 PM in Room #205. 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 Email: **buddhist@c-vuu.org**.

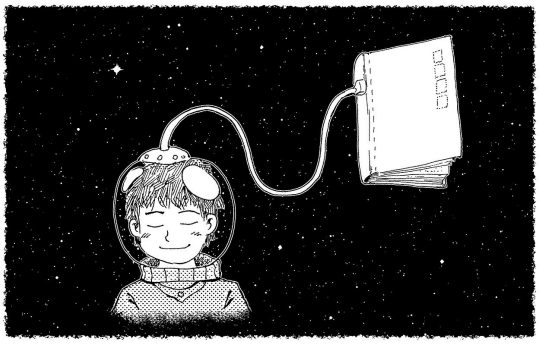
Covenant of Unitarian Universalist Pagans (CUUPS)

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 in person and 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 7 p.m. the fourth Wednesday of each month in Room #205.
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 meet 3rd Wednesdays @12 PM and 2nd Thursdays @ 7 PM in the foyer 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: Anneliese Flagg. Email: **silver.ann992@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@cvuu.org.

Bereavement Group

If you have experienced the loss of a loved one please come and join this group, led by facilitator Richard Anderson that meets on the third Tuesday of the month from 7 to 8 PM in Room #202.
You can share your thoughts and experiences with others who are similarly situated.
Contact: **voyager605@gmail.com**.

Explore the Mystic Within Discussion Group

Do you feel called to the unseen realms? Drawn to ancient wisdom, intuitive insight, and the quiet stirrings of inner knowing? Explore the Mystic Within is a monthly gathering space for the spiritually curious and the open-hearted—those who wish to explore the metaphysical, the intuitive, and the mysterious edges of consciousness and science. Together, on the third Sundays of each month at 12 PM, we meet in Room #205, to explore an eclectic mix:

Meditation & Mindfulness
Intuitive Readings
Energy Healing & Energy Work
Dream Exploration
Mystical Teachings & Shared Insight

No RSVP needed. Come with your questions and curiosity for the unseen. Whether you're seasoned in spiritual practice or just beginning to explore, there is space for you here.
? Questions? Contact Lisbet Dula at Lisbet.dula@yahoo.com

Teen Nights!
We host pizza and gaming nights for our 6th to 12 graders every month! Follow the Courier for details, or check the CVUU calendar!

Weekly Faith and Reflection
Join in at 10 AM on Sundays in the Foyer. Prompts from Soul Matters will be put out where adults can have time to talk and explore spiritually. This is a casual, drop-in space for spiritual conversation. No registration required. This is a great option for adults not in the Parents' Group, Adult Discussion Group, or a Covenant Group. All are welcome! They typically meet at 10 AM in the Social Hall.

Parents' Discussion Group
On Sundays, during the regular church year (September to June), when there are faith development offerings for children and youth, parents can gather and discuss topics related to the monthly worship theme or other issues that matter most to them as parents. They typically meet at 10 AM in the 2nd-floor boardroom.

Adult Discussion Group
The Adult Discussion Group meets every Sunday at 9:30 AM in Room #205. It provides an intergenerational forum for discussing philosophical, spiritual, political, and religious issues and current events. Any friend or member of the church is welcome to any topic of particular concern or knowledge. The variety of topics is chosen to meet the needs of both persons who wish to attend only occasionally in response to specific issues and the needs of regular attendees who benefit from the sharing of an ongoing group**.**
Contact: Richard Horwege, at richardhorwege@gmail.com.

Covenant Circles
Each Circle is a group of 7-12 people who meet regularly (once or twice per month at various times and places) to listen deeply to each other.

Each circle chooses monthly themes. Circles are NOT discussion groups but serve as opportunities for each person to share personal beliefs and experiences, learn from others, and form strong connections to others within the congregation.
Contact: Viola Abbitt—minister@c-vuu.org.

Community Table Ministry
Launched in March of 2022, CVUU's Community Table started offering an "All Are Welcome" hot dinner once a week.

We now serve on average, 75 dinners each Wednesday.
Volunteers from CVUU's Poverty and Homeless Team staff our Community Table (we need a few more), which is funded by delicious fund-raisers, donations, and annual budget support. You all help to bring our love out into the neighborhood.
The group is composed entirely of volunteers who prepare dinners for Wednesday evenings for those in need. They service the meals at 5 PM each Wednesday, but the team meets Wednesday afternoons to start cooking!

Contact: Michael Toepper at mrtoepper@gmail.com.

Sandwich Makers
Sandwich makers meet weekly to make on average 200 sandwiches and 120 hard-boiled eggs for the hungry and homeless of our wider community. Sandwich Makers meets from 11 AM to 12 PM on Mondays in the CVUU foyer/social hall (except the Monday following the second Saturday).
The **Catholic Worker** hospitality line on Salter Street distributes our contributions at 7 AM on Tuesday mornings. Contact: **office@c-vuu.org.**

Sunday Morning Coffee Team
This group claims to be having all the fun volunteering! Coffee setup is from 10 to 11 AM each Sunday morning. Serving and clean-up are from noon to 1:30 PM. Coffee Hour convenes immediately after our Sunday Service.
Contact: Maxine Fetterly at **muktidog@aol.com**.

Gentle Beginner Yoga
This class, led by our very own Tami Burke, is perfect for beginners or anyone who prefers a gentle, mindful practice.
Move at your own pace and do what feels right for your body. We'll focus on alignment, balance and breath with plenty of time for modification and integration. All levels welcome. Wear comfortable clothes, bring your own mat and favorite props.
The class is every Monday at 9:30 AM in the sanctuary. **Register here**. Contact: Tami Burke at **tamikennedy1@gmail.com**.

Fabulous First Friday Dinners
CVUU hosts a Friday dinner and games night every month. It is a favorite for fellowship.
Please join us on the First Friday of each month at 6 PM in the Social Hall. You may bring your adult beverage.
There will be vegetarian/vegan and gluten-free options (if you sign up for them in advance). There will be crafts and games to play. Attendees must register—see the Courier for the link. You may pay at the door (credit, check, and cash). Adults $10, Youth (7-16) $4, and younger eat free! $20 maximum for families!
Contact: Ellie Fetterly at **efetterly@cox.net**.

Adult Lifespan Faith Programs
The Adult Lifespan Faith Development program offers one-time and ongoing classes on various topics, from art classes to astronomy workshops, 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**.

We Always Have Room for One More!
Drop-ins are always welcome in our community. Please scan this QR code to fill out a Visitor Card—we want to get to know you.
We embrace many beliefs, welcome **all genders and sexual orientations**, and are accessible to people of all abilities. We look forward to meeting you and helping you find what you need.