
From: Megan Nolde
Sent: Friday, March 15, 2019 8:55 AM
To: info@sagerva.com
Subject: First News Weekly from First UU!

First Unitarian Universalist RVA - March 15, 2019

First News Weekly

from First UU



We GROW in search of wisdom,
we CARE in support of community, we ACT in service of justice.

WELCOME

All are invited to join us for services!
March's Theme-"Gratitude"

Thanks for your feedback and working with our quick newsletter last week - this week's will be improved we hope!

Saturday Reminders: March 16th



**Please Join Us for the next
First UU Leadership /
Facilitators' Group Meeting
Saturday, March 16 from
9:00-11:00 am.**

We will be learning about the theme for April, among other things. We would LOVE to have a representative from EVERY

group attend if possible.

Contact Dianna MacPherson to be added to the group list for reminders and notes: suusi.macpherson@gmail.com

This Sunday at First UU: March 17th

Sunday Services at 9:00 am and 11:00 am

*coffee hour
10:00 am-11:00 am*

Sermon by Rev. Jeanne Pupke,
Senior Minister

"It Adds Up to Joy"

There is more joy out there than we know how to tap into, sometimes because we go after it alone. Letting joy in more readily is a wonderful commitment to yourself. And since this is a pancake Sunday, and the young among us will have no trouble pointing out one possible source of joy.

Religious Education Classes

Please contact Rhonda Wingfield

This Sunday is a multi-generational worship service! We encourage all families to attend worship together!

See you in the Great Hall!

The children's activity box for those attending worship will now be located outside the Great Hall on the right side of the lobby.

The Nursery

The Nursery is open during worship services to serve those 3 and a half years old and under. Children are welcomed by experienced staff and engaged in gentle play. Please label your child's belongings, and bring your own snack if desired. Cheerios will be offered. *If you have allergy concerns, please provide your child's snack.*



Order of Service for Sunday, March
17th

Last Week's Sermon Podcast

COME ONE, COME ALL!

Youth Pancake Breakfast!
Sunday, March 17; 10-11:15

Pancakes, sausage, coffee, juice
(gluten free and vegetarian options too!)

\$15 Families, \$7 Individual tickets
Cash or check only, at time of event



ALL THINGS ARE PHOTOGRAPHABLE

*SNEAK PREVIEW of Sasha Waters-Freyer's film
about Garry Winograd*

Sunday, March 17th, at 4:00pm at First UU

Synopsis: <https://www.winograndthefilm.com/synopsis/>



Monday 3/18 - Wednesday 3/20

GROUPS MEETING MONDAY 3/18 - TUESDAY 3/19

Tai Chi

Every Monday from 6:30-7:30 pm

President's Hall

Men's Group II

Monday, March 18th

7:00 - 8:30pm

Alcove B



First UU Christian Fellowship

Tuesday, March 19th

5:30 - 7:00 pm

Contact: [Harvey Joyner](#)
Library

Ewe Ewe Knitters

Tuesday, March 19th

6:30 - 8:00 pm

Nursery

Kabbalah

Tuesday March 19th

6:30 - 8:00 pm

Alcove B

Vespers

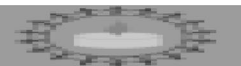
6:00 pm-6:30 pm

Vespers is an intimate,

contemplative, and conversational half-hour service provided by our ministerial interns.

MEETS IN THE GREAT HALL

Wednesday
Community
Night



Simple Supper

6:30 pm

Come enjoy good food and fellowship. Soup salad and bread are typical fare.

MEETS IN THE LOWER LEVEL

Ministers Present

7:15 pm - 8:30 pm

MEETS IN THE LIBRARY or PRESIDENT'S HALL

ALSO MEETING ON WEDNESDAY, MARCH 20TH

Humanism in Practice

Wednesday, March 20th
1:00 - 3:00 pm
Library

UU Singers Choir Rehearsal

Wednesday, March 20th
7:00 - 9:00 pm
Great Hall

Protest Choir Rehearsal

Wednesday, March 20th
6:30 - 7:15pm
Great Hall

Later This Week: 3/21-3/23

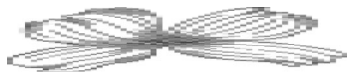
GROUPS MEETING THURSDAY 3/21 - SATURDAY 3/23

Spring Equinox Celebration held by Dogwood Spirit Circle

6:00 - 8:00 pm

Great Hall

Please join us for Dances of Universal
Peace with Hayat Bain, music, chants,
and activities for children.



UU Zen Group Sitting and Walking Meditation

Every Thursday at 7pm
Nursery

**Parent's Circle –
Second Thursdays at 7pm**
Contact: Kristen Saybe
**Sign up for the Facebook UU Family
Group to receive notices**

Women's Group Meeting

Thursday, March 21st
7:00 - 9:00 pm
Alcove B

March FUUN Night

Enjoy community with UU friends and family at March FUUN Night!

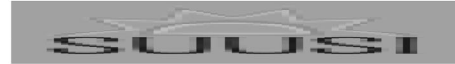
Sat., Mar. 23, 4:30-6:30

Activities include a generous potluck dinner to share, crafts, games and

a closing time of meditation for ages PreK-11 yrs.

DOWN THE ROAD: Events to plan for!

If you have been searching for a fun summer UU get away, consider coming to SUUSI this year!



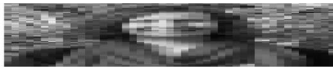
SUUSI (Southeast UU Summer Institute) is the third week in July at Western Carolina University.

Here's the link to the SUUSI Website - <https://www.suusi.org/>

Registration opens in April, so look through the catalog now, and let me know if you have any questions. I'm the SUUSI Newcomer Coordinator! We have plenty of other SUUSI people at church too!

- Dianna MacPherson
suusi.macpherson@gmail.com

VOLUNTEER OPPORTUNITIES & SOCIAL JUSTICE WORK



From Megan Taylor, former Social Justice Intern!

Hello all! I'm conducting a short survey for a research class at school, and I would be FOREVER GRATEFUL if each of you would take it! It's pretty painless and will take you 15 minutes tops, so if you want an easy way to serve someone, this is it!! 😊

It asks for age and gender for data analysis purposes, but I will not know who you are (and won't try to figure it out) - I am just interested the aggregated data of your honest responses! It's meant for people who attend First UU, so please do not share outside of the congregation.

Thank you, thank you in advance!!

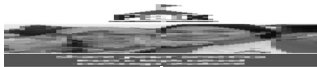
<https://goo.gl/forms/tnWYFiuSTeKP0eRz2>



RISC's New series - 90 second elevator speeches!

View this week's on our BLOG at the button below!

RISC: Richmond Schools



PAX provides global education and exchange opportunities for students, host families, schools, and communities to open doors, embrace cultures,

and become family.

PAX invites families to share their little corner of America with a high school student from one of more than 70 countries.

- Hosting gives international students the chance to experience and better understand the United States by living in the host community, attending the local high school, and becoming a member of the host family.
- Hosting gives families an opportunity to learn about another country and experience the everyday things they normally take for granted through the fresh perspective of the exchange student they host.

Email Lorraine Crowe at lorraineec.pax@gmail.com for more information!

USEFUL LINKS

Growth & Practice Groups

Small Groups & Community Groups

MONTHLY INFO DROP

Your "MONTHLY INFO DROP" contains: the theme, blog updates, monthly care team information, and bookkeeper news like share the plate.

Greene School Updates

RISC Updates



Black & White version of this week's
First News Weekly

Check us out on social media!



First Unitarian Universalist Church of Richmond | 804.355.0777
communications@richmondUU.org | www.richmondUU.org

First Unitarian Universalist Church | 1000 Blanton Avenue, Richmond, VA 23221

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