

# First News Weekly from First UU



Memories of our lives,  
of our works  
and our deeds  
will continue in others.

-Rosa Parks

YOURDICTIONARY

*This week's quote is from the great Rosa Parks.*

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!  
**November's Theme—"Memory"**

The packet for November is available on the member portal at [richmonduu.org](http://richmonduu.org)  
(Ask your group leaders for the member password.)

**Sunday Services, Care, & Leadership  
News**

**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  
"Impossible: When the Way  
Forward is a Mystery"

*When we find ourselves face to face with  
what seems immovable and unchangeable,  
what options can there be? Rev. Jeanne asks  
us to consider where we might find Courage  
and Wisdom in facing the impossible.*



Dec. 2, 2018 OOS

First UU Care Team for  
November 2018

**Lay Pastoral Care Coordinator**  
Linda Ericson  
717-319-2317  
linda.ericson@aol.com

**Team Kindness**  
Laura May  
804-937-8233  
[lmay45@verizon.net](mailto:lmay45@verizon.net)

Contact First UU Care Team for a  
little touch of nice. ❤️◻

---

Change in plans! There will be a joint November/December First UU Leadership / Facilitators' group meeting. It will take place on December 1st from 9:00-11:00 am at First UU.

There will be no longer be a meeting on December 15th.

Please make sure you find a substitute if you are unable to attend the December 1st meeting.

## News for Visitors

Thank you so much for signing up for First News Weekly! We are so glad you're here. If you haven't visited our congregation yet, we hope you will soon. You can find all the information you need at our website here:

[Visitor Information at First UU](#)

---

**New to UU Conversation**  
**10:15 twice per month**  
Next conversation is Dec. 2nd  
*ask at the front desk for  
that Sunday's location!*

**NEXT PATHWAYS to  
MEMBERSHIP CLASS**

will be on January 20th, 2019



## Communications News

Please note the following changes regarding  
submitting information for the  
FIRST NEWS WEEKLY  
AND THE ORDER OF SERVICE:

THE DEADLINE FOR SUBMISSIONS IS  
WEDNESDAYS AT 10:00 AM

Items for the Order of Service Sunday Bulletin  
need to be emailed to  
**Desiree Woodson**  
[desiree.woodson@richmonduu.org](mailto:desiree.woodson@richmonduu.org)

Items for First News Weekly, updates to website, Britesign, etc.  
need to be emailed to  
**Megan Nolde**  
[communications@richmonduu.org](mailto:communications@richmonduu.org)

*[Shelly Thompson is no longer the contact person]*

---

### GOT PHOTOS OF FIRST UU HAPPENINGS?

Email them to [communications@richmonduu.org](mailto:communications@richmonduu.org)!

We are always looking for new images for the website, social media, or FNW!

While we can't guarantee we'll use every image, we would appreciate the help in gathering more of them!

---

#### SHARE THE NEWS

Attention: this newsletter serves the entire congregation. If you are looking for a particular group or event, you may need to scroll down and click the "view entire message" link on your email. The entire newsletter will appear.



It may look like this: [Message clipped] [View entire message](#)

# Religious Education News



Sunday, Nov. 23rd

Please contact Rhonda Wingfield

## 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.*

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 following classes meet at 11:00.**

Please sign students in to class beginning 10:45.

**PreK-K:** The concept of stewardship is introduced to children through a story and activities. Our goal is to help children know at a young age, that their faith home belongs to them and its vitality depends upon accepting and giving stewardship.

**Gr. 1-2:** Students will focus on the UU fifth principle - that everyone deserves a say about things that concern them- through the powerful true story of Ruby Bridges. A brave child, only 6 yrs old, Ruby became a hero of the Civil Rights Movement. One voice can make a difference.

**Gr. 3-4:** Children learn that religions and cultures honor death in different ways, and they discuss how memorial rituals demonstrate a reverence for life.

**Gr. 5-6:** Students will grapple with the ways that right and wrong often seem mixed up with each other. They will work with the idea that determining right and wrong often depends on circumstances and perception.

**Gr. 7-8:** In this session, the class will understand their connections to each other using the concept of interdependence. They also focus on one definition of spirituality as our relationship to the known and unknown.

**Grades 9-12 meet 10:45-12:15. Please sign-in beginning at 10:30.**  
Topic: Mystery - the Practice of Embracing Life with Humility and Awe. Through activities and sharing personal stories, students will discuss how they tend to treat life -- like a problem to be solved, a game to be won, a mystery to be solved, etc.

Holiday FUUN Night

Sat., Dec. 15



HAPPY  
HOLIDAYS

4 – 6 p.m.

Celebrate the holiday season with UU families at this annual event!

Bring a generous potluck dish to share (serves 5 or more)\*.

Games and activities designed for children PreK through Grade 5.

*\*Please do not bring nuts or nut products, due to allergy concerns.*



# Adult Formation News



For questions, contact [Rev. Sue Sinnamon](#)

*A REMINDER: Unless otherwise noted in the information, these groups are open to newcomers and would be happy to welcome you! We encourage everyone to participate in these many wonderful opportunities to learn and grow together.*

## New Opportunities

### Adult OWL at First UU REGISTRATION IS OPEN!

Using values, communication skills and spirituality as starting points, this program explores sexuality issues for adults of all ages. Builds



understanding of healthy sexual relationships, affirms diversity and helps participants accept and affirm their own sexuality throughout their lives.

Rev Sherman Logan and Rev Faith Harris, facilitators.

January 10 through February 28,  
Thursdays 6:30 - 8:30 pm. (8 Sessions)

Contact Rev. Sue to register.

[sue.sinnamon@richmonduu.org](mailto:sue.sinnamon@richmonduu.org)

Learn more about OWL for all ages:

<https://www.uua.org/re/owl>



Interested in a multicultural trip to visit Romania and our Partner Church? Meet with Rev. Sue between the services on Dec 2nd in the Library.

THE UNITARIAN UNIVERSALIST  
PARTNER CHURCH COUNCIL PRESENTS:  
July 2019 Cross-Cultural Pilgrimage to Transylvania  
July 31, 2019 to August 13, 2019

Learn more on the First UU website:  
[www.richmonduu.org/adult-formation](http://www.richmonduu.org/adult-formation)

Price:

\$1,195 (double occupancy) + \$150 non-refundable registration fee

CONTACT Rev Sue Sinnamon for more details.

## Small & Practice Group News

More information on these areas of interest can be found at the website:  
[ADULT FORMATION](#) [ADDITIONAL ANNOUNCEMENTS](#)



### DOGWOOD SPIRIT CIRCLE

is offering Earth-Centered Spirituality CLASSES!

The SABBAT

THE WHEEL OF THE YEAR

Have You Ever Asked what Holidays Do Pagans Celebrate?

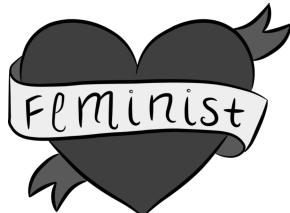
Thursday, December 6th from 7-8pm  
Contact **Michele Vogt** for more information.

910-515-6431 or [michelineavogt@gmail.com](mailto:michelineavogt@gmail.com)  
or Jamie Merling [bluemoon2000@yahoo.com](mailto:bluemoon2000@yahoo.com)

## MEN MEETING or M<sub>2</sub>

meet again on December 11th!  
6:30-8:30pm in the Alcove B

Call or email Todd Van Gordon for details:  
908-797-2923 or [todd.van.gordon@gmail.com](mailto:todd.van.gordon@gmail.com)



## FEMINIST GROUP

will meet again on December 13th  
from 6:30-8pm in the President's Hall

Email Terri Wulf for details:  
[terriwulf@gmail.com](mailto:terriwulf@gmail.com)

## CIVIL CONVERSATIONS about CONTROVERSIAL ISSUES

meet again on December 6th  
from 6:30-8:30pm in the Library

The topic for our next meeting is "What are the challenges of being a police officer in the era of Black Lives Matter?" with special guest Ray Tarasovic (Richmond Chief of Police, retired) and possibly a representative of the Richmond Police Department.



To be added to the mailing list, or for more information  
Contact: [Anne-Marie McCartan](mailto:Anne-Marie.McCartan)

# Wednesday Community Night



### Vespers

6:00 pm-6:30 pm

A quiet center to our week!

Vespers continues year-round

Vespers is an intimate, contemplative, and conversational half-hour service provided by our ministerial interns. We welcome you and appreciate you just as you are and whenever you can join us. MEETS IN THE GREAT HALL

### Simple Supper 6:30 pm

Come enjoy good food and fellowship. Soup salad and bread are typical fare. Volunteers prepare the supper. Consider signing up with your group or team! See the volunteer section below or go to <http://richmonduu.volunteer.com/#5>

Dec. 26th: NO Supper DUE TO HOLIDAY

Ministers Present

7:15 pm -8:30 pm

December 5, 12, 19

### Spirit in Practice: Rev Sherman

*The idea of spiritual practice encourages individuals to take responsibility for their own spiritual development by spending time working on it, deliberating on its meaning and how best to pursue it, seeking to understand the sacred through reading and the counsel of others, and seeking to have contact with the sacred through personal reflection and prayer.*

*—Robert Wuthnow, scholar of American religious history.*

Rev Sherman will offer a forum for learning, sharing, and growth that can enrich our faith journeys. He will discuss how we can develop regular spiritual practices, practices that will help us connect with the sacred ground of our being, however we understand it to be.



---

## Life Stage Groups News

### DayTimers 11:00 to 1:00 on December 12th

The 1st UU DAYTIMERS will meet from 11:00 a.m. to 1:00 p.m. in the President's Hall, on Wednesday, December 12th.

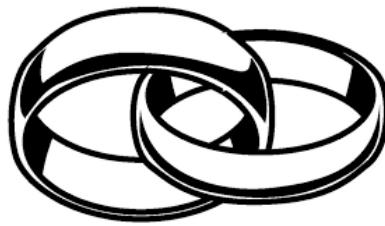
Newcomers welcome! Contact Pat Vaughn



---

Want to know when the following groups meet? Visit our Growth Groups page on the website for contact information for each convener!





## Upcoming Practice Group Meetings

*Looking for a contact person?  
Want to know the overall schedule of when a group meets?  
Check out our website page on [Practice Groups](#)!*

### Antiracism Group

next meeting  
**December 9th at 12:30 pm**  
Library  
[must take Living the Pledge  
before joining]

---

### Tai Chi

**Every Monday from 6:30-7:30 pm**  
President's Hall

---

### UU Christian Fellowship

next meeting  
**December 4th from 5:30-7:00 pm**  
Library

---

### Humanism in Practice

**3rd Wednesdays at 2:00 pm**  
Contact Mariah Travis  
for location and date in December.

---

### DOGWOOD SPIRIT CIRCLE

next meeting  
**December 2nd from 10-10:45**  
Library

---

**Vespers Contemplative Service**  
**Every Wednesday 6:00-6:30 pm**

---

**UU Zen Group**  
**Sitting and Walking Meditation**  
**Every Thursday 7:00 pm**  
Nursery

---

**Yoga with Jodi**  
Contact: Jodi Bock for schedule

---

**Dances of Universal Peace**  
next meeting  
**December 8th at 7:30 pm**  
President's Hall

---

**RVA Western Mystery**  
**School Study Group**  
**3rd Tuesday of each month 6:30**  
**pm**  
Contact: Michelle Northrop  
for December date and location.

---

**Greater Richmond Humanist**  
**Group**

next meeting  
**December 11th from 6:30-8:00 pm**  
Great Hall



# Upcoming Events



## First UU Coffee Fundraiser

First UU is partnering with local coffee roaster Lamplighter ( voted Style Magazine's Best Independent Coffeehouse 2012-2016 and Hall of Fame in 2017, not to mention Richmond Times Dispatch named it best Coffee Shop in 2018) for a seasonal fundraiser.

COFFEE DAYS will begin this Sunday, **December 2**, with representatives of Lamplighter available during coffee hour and after second service to sell  $\frac{1}{2}$  pound bags of coffee beans with our unique First UU label and accept additional orders. *For each bag sold the church will receive \$4.50 to our operating account, so order generously!*

We'll be featuring Tall Bike Blend, a blend with notes of baker's cocoa, and almond, fig. It is smooth and sweet with a mild acidity. This crowd-pleaser has been a mainstay since the Lamplighter opened its doors in 2009. It's a three-part blend of Columbia/Costa Rica Nicaragua coffees. It will be freshly roasted the week you pick up your order.

Email your order to Joan Lewis [jl154@cornell.edu](mailto:jl154@cornell.edu)

Name:

Preorders:

- Number of 8oz bags @ \$12
  - number of roasted beans
  - number of fresh ground

Likely pick-up date:

- December 9
- December 16
- December 23

Payment options: Cash, check, or charge

---

You're Invited!

# Coastal Virginia Unitarian Universalists' Kwanzaa Celebration!

CVUU invites congregants and community family and friends to our 3rd Annual Kwanzaa Celebration - we will screen a film, enjoy delicious, afrocentric foods and traditional performances, and offer an opportunity for guests to purchase contemporary and handmade crafts, artwork, jewelry, home goods and accessories.

1 - 3 p.m. Film screening of "The Black Candle"

3 - 4 p.m. Performances

4- 7 p.m. Bazaar – traditional food, crafts available



Coastal Virginia  
Unitarian Universalists

The Bazaar is open to the public in the spirit of Ujamaa, or cooperative economics, just in time for the holiday season!

809 S. Military Hwy, Virginia Beach, VA 23464



First UU Leadership / Small Group  
Facilitators' Group meeting  
Saturday, December 1st  
from 9:00-11:00 am

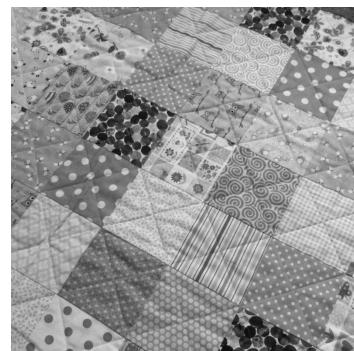
Come eat donuts and participate  
in a sharing circle on the December packet, "Mystery"  
and the January packet, "Possibility."  
*(please note, the donut count will not be doubled, haha)*

We would like ALL groups to be represented at these monthly meetings.  
Contact Dianna MacPherson to be added to our email distribution list.  
[suusi.macpherson@gmail.com](mailto:suusi.macpherson@gmail.com)

## Dec. 2 & 9 - Quilters' holiday boutique!

The First Unitarian Universalist QUUilters will offer  
handmade items for holiday giving on SUNDAYS,  
DECEMBER 2<sup>ND</sup> & 9<sup>TH</sup> BEFORE, BETWEEN, AND  
AFTER SERVICES.

Please bring cash or check!



Sip 'n Sup Sign-up For 2019 Has Begun  
and Ends December 2

It is that time of year to sign up to be part of Sip 'n Sup for next year. As many of you know, this is an informal and fun way to get to know other First UU members



and friends better.

The plan is to meet for dinner one Saturday a month for four months starting in January. Be a host for one of the dinners and a guest at the others. Your commitment to participate in Sip 'n Sup involves hosting 8 or so (including you) one evening in your home and providing the entire meal, beverages, etc. Then the other three evenings you will be a guest at someone else's home. It's a great deal! But everyone has to keep their end of the bargain. Please

note that if the particular date that you have been assigned for hosting does not work for you, that you are free to negotiate another date with the people you are scheduled to host.

Email Howard Fabry at [hfabry@verizon.net](mailto:hfabry@verizon.net) to get on the list or for more details. Deadline for signing up is Sunday, December 2.

Please provide your mailing address, email address and telephone number when you write. Also include any special requests about scheduling, etc.

---

**First UU Presents:** "Admit One" and "Second Chance". Two one act plays that explore loneliness and changing life styles for older adults.

*Starring Diana Donald, Jana Frances-Fischer, Charlyn Harrison, and Larry Landon. Directed by Dori Richardson*



Saturday, December 1, 7:00 pm and Sunday, December 2, 2:30pm in the Great Hall.

---



You're Invited!  
Meet & Greet/Planning Meeting/  
Channukah Celebration  
for the new Jewish Spirituality  
group!

December 2nd at 5:00pm  
in the President's Hall

---

You're Invited!  
To a special upcoming weekend of  
shamanic trainings hosted by Williamsburg  
UUs and taught by Peter Clark of  
Shaman's Flame.

The workshops will be held on Feb. 9-10



but the early-bird registration  
deadline is Dec. 14.

<https://wuu.breezechms.com/form/62da94>

For more information, or to register, visit the link  
above!

# Opportunities for Social Justice Work



## Help Greene School get much-needed school supplies!

We will be collecting Box Tops for **Greene School**. Go to the website <https://www.boxtops4education.com> to learn about the program then bring your boxtops to church each Sunday.

Look for the box and a list of products on the social justice table  
or contact Joan Lewis for more information

### BUT WAIT, THERE'S MORE!

We have the opportunity to develop **after school enrichment clubs** at Greene school. A whole range of activities could be considered. **Do you have a hobby or activity that you would like to introduce to the kids?** Topics like dance, singing, a reading club, boardgames, but the opportunities are only limited by your interest.

To talk about this possibility please contact Joel Blum at  
[jokerblum@gmail.com](mailto:jokerblum@gmail.com).

# Volunteer Opportunities at First UU



*Remember - our church is a community built around mutual love and giving. We need YOU to complete the circle by giving back to the community through volunteering your time or resources!*

## CALLING ALL GROUPS! Simple Supper Needs YOU!

Please participate in providing Radical Hospitality for Community on Wednesdays!

A nourishing evening for body and spirit.

Pick a date or two during this season (through May), to prepare and donate Simple Supper. Each supper needs six to eight people to prepare, set up, serve and clean up.

Sign up here: <http://richmonduu.ivolunteer.com/#5>

Come and eat supper with us!  
Or shadow any group providing supper ahead of your time.

*Please contact Rick Carr to set up a 90-minute class to learn about the machinery in the kitchen. Rick can be emailed through the link on his name, or call 804-349-5303 (voice/text).*

**Darlene Dragavon, Simple Supper Coordinator**  
804-562-2175

---

### Sunday Ushers and Visitors Table Welcomers are Needed!

Choose a Sunday and a service, (9 am or 11 am) and come receive training with an experienced hospitality person. Plan to arrive 20 mins before service starts. Shadow and assist to learn the ropes and then commit to serve one service on one Sunday per month.

Sign up online [http://richmonduu.ivolunteer.com/hospitality18\\_20](http://richmonduu.ivolunteer.com/hospitality18_20)



---

Miss a sermon? Listen now on:  
[PODBEAN](#)

Need to know more about events?  
[View our CALENDAR](#)

[Visit our website](#)

[Visit our Facebook page](#)

Need a black and white version for printing?

The easiest thing to do is select "properties" next to your printer name (after you select the option to print this email). In the box that opens up, you should be able to find a way to switch your printer to print only in black and white.

*There is a very small percentage of readers of this email that request a pre-formatted black and white version, and the process to create that version on our end is very time-consuming (not as simple as the steps listed above). Please attempt to adjust your printer settings yourself before you request a black and white version from the communications person.*