

WUU news

Monthly Newsletter of Williamsburg Unitarian Universalists



Some Dates of Note

6.3

- Social Justice Potluck & Film "Radical Grace"

6.4

- Memorial Service for Shirley Thomas

6.5

- Congregational Meeting
- WUU Annual Picnic

6.11

- Memorial Service for Katharine (Kit) Fournier

6.12

- Pathway to Membership Class

6.17

- Potluck & August Wilson Play Reading

Words from Rev. David A. Johnson, Interim Minister

Interim Minister's Letter: "Lazy Days of Summer?"

I've just been placed on high alert: The season is approaching when hungry squadrons of CO-2 seeking mosquitoes will soon descend upon us. One solution, I suppose, would be to not exhale. Thankfully, other species in the food chain (e.g. frogs and bats) will do their part to mitigate the discomfort brought on by swarms of biting insects. A half-century ago, I was a field geologist in Aroostook County of northernmost Maine during bug season in June. In those woodsy regions it was the deer flies that pursued mammalian prey with unrelenting vigor and appetites. Now that our first June in Williamsburg is looming, no doubt Diann and I will learn much about seasonal adaptations to the interdependent web, here in the Virginia Tidewater.

Meanwhile, late this afternoon and tomorrow: Swarms of salivating Yard-Sale enthusiasts will be descending upon our campus, eager to snap up bargains on long-sought (or previously un-imagined) treasures. While yard sales are usually not quite as intense as Black Friday at Wal-Mart, the passion amidst the traffic flow is nonetheless intriguing to behold – especially for non-shoppers. My deepest thanks to Ruth Hopkinson and her legions of volunteers who have labored long hours to make this annual ritual at WUU an adventure of surprises – and of course a fundraising opportunity for WUU. My wish is that every item on display at WUU this weekend will be irresistible to bug-eyed hordes of bargain-hunters driving large trucks.

Meanwhile, legions of UU ministers – ranging from newly-minted seminary graduates to elders of my generation – engage in the annual "feeding frenzy" of seeking employment: In congregations, community agencies, and hospitals – the variety of ministry settings is becoming ever more diverse. Many of the UU congregations seeking a settled minister this year have selected their candidate (see the "Opportunities for Ministry page on the UUA website). Today at high noon EDT, interim ministers-in-search will be anxiously at their phones, awaiting calls from interim task forces. By mid-afternoon another four dozen interim ministry assignments for the coming year will have been decided. And once again the summer of farewells and new beginnings will be upon us. Yet despite the anxiety of transitions, we do have to exhale -- once in a while.

My mentor for the past thirty years, Rev. Judith Walker-Riggs, reminded me long ago: "All of us ministers are interims; but some of us will last a bit longer than others." A profound truth: One which we ministers ignore at our peril. Any minister (settled or otherwise) who functions as if "this is MY church" may be in for some surprises – and new understandings about congregational systems.

Continued on next page



Interim Minister's Letter Continued

Thankfully I will not be packing up and moving this summer. In fact, my hope is that when I officially retire on June 30 of 2017 (who's counting??), Diann and I will become Virginia residents and will choose Williamsburg as our retirement home. Stay tuned. We truly feel at home here, and are closing out many of our associations in Johnson County, Kansas. One crucial event there remains: Stefan's wedding on Sunday May 29th, at which I will proudly officiate.

In closing (and exhaling), I offer these poignant words from Kristine Malins:

"Ours is the pain of constantly pitching our tent and folding it up again, of befriending strangers and bidding them good-bye, of loving the world but never being truly satisfied with it, of pouring our heart and soul into a project others have begun and still others will finish. If we would not be torn in two by the tension of this truth, we must learn to live provisionally -- to measure the road well. We need to make the most of occasions when we can gather by the roadside to break bread and compare directions. Joy must be discovered in the going as we never really arrive, not even in a lifetime." (Kristine Malins, Medical Missionary Magazine, Vol. 42, #6, 1968, p. 192).

I eagerly anticipate the coming year of adventures with you at WUU – as “Building Our Future” becomes a reality. All good wishes for the summer.

Rev. Dave Johnson, Interim Minister (2015-2017)

NOTICE OF CONGREGATIONAL MEETING

JUNE 5, 2016 at 11:15 am

FOLLOWING THE SUNDAY MORNING SERVICE

In accordance with the By-Laws, this meeting will include a presentation of the budget for 2016-17, and the Minister and outgoing Board President will share highlights of this past year and goals for the next year. Members of the Design Build Team and Ministerial Search Committee will provide their latest information. Ample Q&A time will allow for discussion throughout the meeting.

All are encouraged to attend and participate.

Share the Plate



The Share the Plate collection for Sunday, June 13, will benefit the SpiritWorks Foundation Center for Recovery of the Soul. This local non-profit agency helps individuals and families sustain long-term recovery from the disease of addiction, and helps children and youth live free from the inter-generational cycle of addiction in their families. SpiritWorks provides peer-led programs and services for individuals and families to understand this chronic illness, equipping them with effective recovery management skills and tools. To learn more, visit www.spiritworksfoundation.org.

To nominate a Share the Plate agency or learn more about the program, email stp@wuu.org. Thank you for your generous support of this outreach initiative.

June Worship Schedule

REMINDER: From now through Labor Day weekend we have one service at 10:00 am

June 5, 2016

10:00 am

Rev. David Johnson

“Are You Curious? On Taking Time, Seriously”

Summer’s arrival signals the opportunity to take time – seriously: To slow down and pay deeper attention to what is close at hand. In doing so we honor the wisdom of our spiritual predecessor Henry David Thoreau who asked: “Why should we live in such a hurry and waste of life? I wish to live deliberately, to learn what life has to teach, and not, when I come to die, discover that I have not lived.” How might each of us enter into rhythms of summer by allowing the busyness to subside, and perhaps re-discover that which truly matters?

During the service we will have a formal appreciation of our Religious Education teachers and volunteers for the 2015-2016 year.

Following the service the Membership Book will be available in the narthex for those wishing to join WUU as members.

The Annual Meeting will be held immediately following the service, at approximately 11:15 am.

Copies of the Annual Report for 2015-2016 were posted electronically on the WUU website on May 20. Hard copies are available in the office, on request.

June 12, 2016

10:00 am

Rev. David Johnson

“Beauty (Or: “What Hump?” Quasimodo’s Quagmire”)

Emily Dickinson wrote: "Beauty crowds me till I die, / Beauty, mercy have on me! / But if I expire today, / Let it be in sight of thee!" We'll consider the manifestations of beauty all around us -- especially those emerging in unexpected places. We'll also re-visit Victor Hugo's The Hunchback of

Notre Dame and consider its implications for our lives.

This Sunday is our Annual Flower Communion Service. Please bring a flower of your choice to share. When you return home, you will be invited to take a flower brought by another person.

This Sunday is also the day when we Welcome New Members during the service. There will be a reception honoring our new members following the service.

This Sunday is our monthly Share-the-Plate special collection, which will be directed to the SpiritWorks Foundation Center for Recovery of the Soul, a local non-profit agency helping individuals and families sustain long-term recovery from addiction.

June 19, 2016

10:00 am

Worship Associate Service

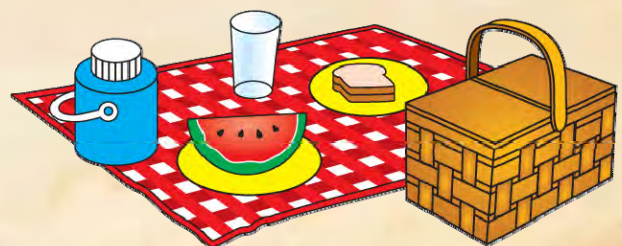
Topic and speaker to be announced

June 26, 2016

10:00 am

Worship Associate Service

Topic and speaker to be announced



Upcoming Memorial Services



There will be a memorial service for former member, **Shirley Thomas**, on Saturday June 4 at 3pm in the WUU Sanctuary. All are invited to attend.

A memorial service will be held for longtime member, **Katharine (Kit) Fournier**, on Saturday June 11 at 10am in the WUU Sanctuary. All are invited to attend.

Combined July/August Newsletter Deadline Notice

The newsletter for the months of July and August will be combined into one issue that will be published at the end of June. Therefore all information that you would like included in the July/August newsletter must be in to the office no later than June 20, 2016. Thank you for your attention to the deadline.



WUU Annual Picnic

The WUU Annual Picnic will take place on Sunday, June 5 from 4-7pm at Chickahominy Riverfront Park. Hamburgers, hot dogs, veggie burgers and beverages will be provided. Please bring a potluck item to share. Activities include fellowship, games and activities for all ages!

This year we will be at the larger shelter near the woods--if you would like to swim at the pool (\$2 fee), you will have to drive over to the pool. There is a sign up sheet on the window in the Narthex or

[Click here to sign up using our online form.](#)

We also need some volunteers to be our grillmasters, and some folks to bring outdoor games. If you can help, please contact Ellyn in the office at (757) 220-6830 or office@wuu.org.

Musical Opportunity - WUU Women's Choir



A women's choir will sing at the service on July 10. Anyone who wants may participate. We are singing Down in the River to Pray. Rehearsals are immediately after services beginning in June. If you would like to participate you may just show up June 12. To receive music and a rehearsal link before the first rehearsal or for more information, contact Vicki Hall (vickihall@cox.net)

WELCOME
NEW MEMBERS

Gina Nidasio



Gina Nidasio grew up in Northern Nevada. She played college volleyball and basketball at Feather River College in Northern California and then volleyball for a short time at Eastern New Mexico University before enlisting in the Air Force in 1998. She

has travelled the world during her 18-year career as an aircraft avionics specialist. While stationed in Las Vegas, NV, in 2003, her son Anthony was born.

She and Anthony became involved with the UU Congregation of Las Vegas around 2006, and she became a member shortly thereafter. After moving from Las Vegas to San Diego, CA, her work responsibilities didn't allow for much time for church involvement. But she finally completed her Bachelor's degree in Organizational Management. In November of 2015, she and Anthony relocated cross-country to Yorktown for her last assignment with the Air Force. She is currently working with government contracting and program management.

Gina began attending WUU services in March and immediately felt a kinship to the congregation. She transferred her membership from UUCLV to WUU at the beginning of this month and is excited to become a part of the WUU community. During their free time, Gina and Anthony enjoy exploring the "new" area, spending time outdoors with their recently adopted hound, Tucker, and making new friends.

Melanie Williams and Steven Sharp
(picture to follow at a later date)

Melanie Williams and Steven Sharp are from Florida and Kansas, respectively, and met in the Peace Corps (Zaire). After their volunteer service, they worked at Peace Corps headquarters for five years. They moved to Tallahassee, FL, for graduate school, kids and work. They then began a 25-year journey in international development and moved every five years, back to Washington, DC, then Asia and Africa, experiencing different cultures and vicariously, exploring several religions. During the later part of their time overseas, they started coming to Williamsburg to visit their daughter, now a W&M graduate. In 2013, through friends and a climate change event at WUU, they came into the WUU community and found a home.

Melanie adds: "We're moving to DR Congo to support local organizations in civic and voter education. The program is for two years; yet, we will be in touch with WUU via email and the UU Church without Walls."

Jennifer Dahnke



Jennifer Dahnke is with William and Mary's Mason School of Business Study Abroad Program in Southeast Asia. Her full bio will appear in another issue of the newsletter.

Sunday June 12 11:15
Summer Solstice Labyrinth Workshop



Celebrate the coming summer with this family friendly and intergenerational gathering. It will start with a PowerPoint in the sanctuary from Jude Christian on the history, meanings and uses of a labyrinth and then move to tables in the sanctuary where we will join together in drawing labyrinths (no experience or skill necessary!). We will then head outside for a meditation on a possible new labyrinth in the new space, the Solstice and coming year. Light snacks will be provided. Childcare for younger children will be in the nursery. Older children may draw at the tables provided during the PowerPoint. Please let Ellyn know at office@wuu.org that you hope to come.

SAVE THE DATE:

Join us at the 3rd Friday Social Justice Potluck for **An Evening with August Wilson** on Friday June 17th at 6:00 p.m. in the WUU Sanctuary, as we explore the African American experience in the 20th Century Hill District of Pittsburgh through the eyes of one of America's premier playwrights. More to come; watch The Spiral for details.



Songs when you need them

Ysaye Barnwell and the music of community, resistance, and power.



Did you see this article in the Summer edition of UU World? Well, guess what? Along with All Together, William and Mary and the CW Foundation, WUU is helping to sponsor Dr. Barnwell and her Community Vocal Workshop right here in Williamsburg! Save the date: January 27 and 28th, 2017.

<http://www.uuworld.org/articles/ysaye-barnwell-songs>

Pathway to Membership

On Sunday, June 12, from 11:15-1:30pm, we will be offering part 2 of our Pathway to Membership class. In this session we will be meeting the leaders of the WUUs and will find out about the various aspects of church governance and also about some of the programs we offer. It is not necessary to have attended part 1 in order to attend this class. The class will be held in the Fahs House. Lunch will be served, and we can also provide child care. For more information please contact David Hamilton:

dfhamilton108@gmail.com.





Friday, June 3rd at 6:00 – Come for a potluck and see this wonderful movie. Featured at the Kimball Theater this winter, John Whitley and I were honored to be invited to have lunch with Sister Jean (below) and the film’s director, Rebecca Parrish. We just had to bring it to WUU. Come join us for an interesting evening.

-Jessica O'Brien, Social Justice Chair

When the Vatican reprimands American sisters - citing their "radical feminism" - they become the spiritual and symbolic center of a battle for the heart of the Catholic Church. Radical Grace follows three fearless nuns who risk their place in the Church to follow another higher calling: social justice.



In 2012 the Vatican officially censured American nuns with the edict that feminism is simply incompatible with Catholicism, and to remain a part of the church they would need to abandon that ideology completely. Three nuns decided to stand up against the oppression of the conservative Bishops and the admonition of their church, taking their movement on the road and garnering support from all corners of the country. Fighting for equality in the church and challenging a millennia-old institution, these brave sisters work to transform American politics and the church itself.

FISH

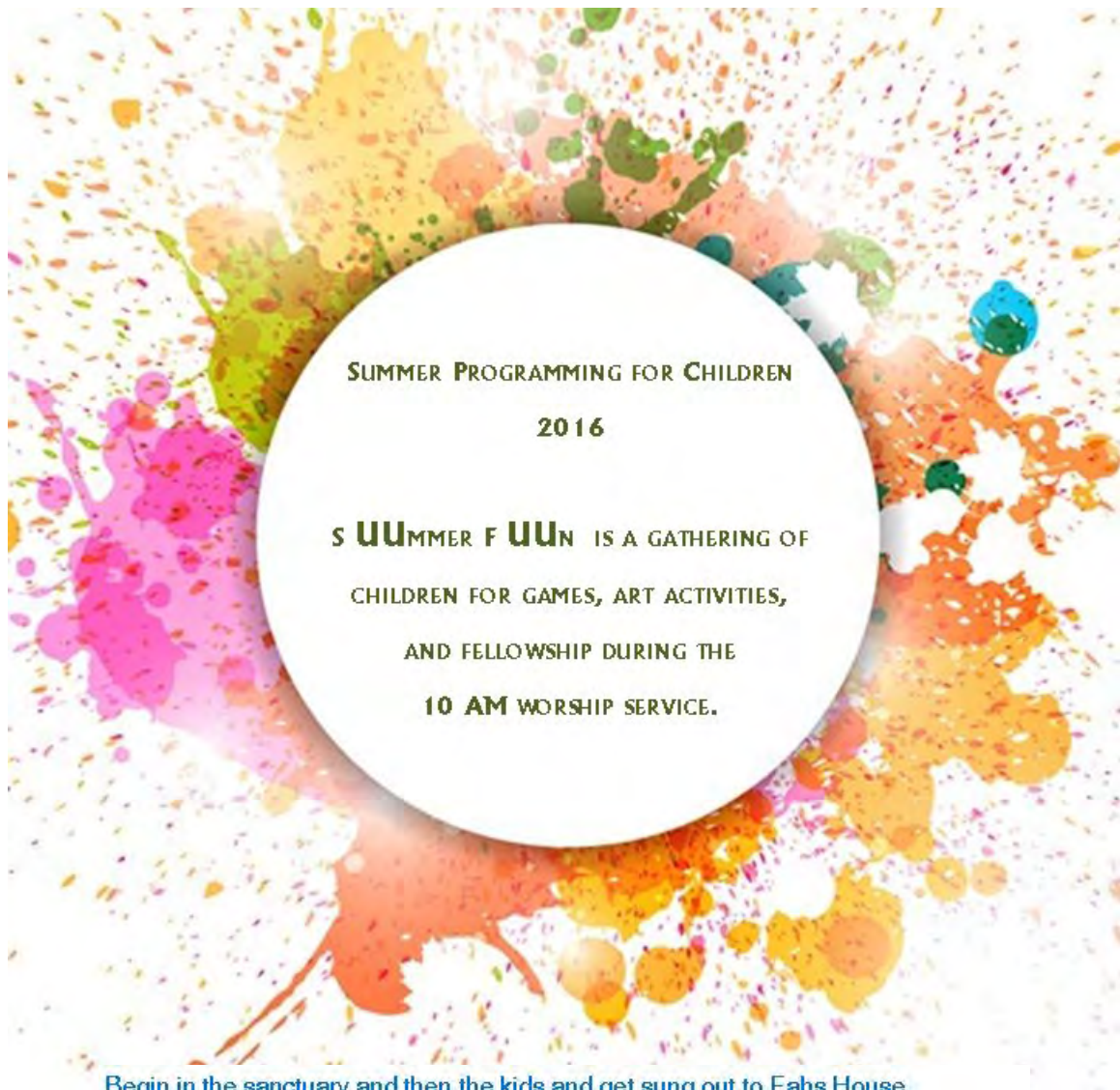
(our local community’s food & clothing pantry)



It’s Summer! Let’s stock FISH with lots of fruits and veggies.

Please make sure packages are sealed and all "use by" dates are current. Thank you all!





Begin in the sanctuary and then the kids and get sung out to Fahs House.

When: 10:00 AM on Sundays from July 10th through September 4th.

Which Building: Fahs House and Playground

Who: children ages 4 to 17 (infants to age 3 are welcomed in the nursery.)

Contact: Austen Petersen at austen@wuu.org.



UUA Common Read

We have met for our first discussion but welcome you to join us for the second set for June 9th. See The Spiral for details. "Stevenson, founder of the Equal Justice Initiative, has dedicated his legal career to defending those who are trapped by an often capricious, political, and willfully unjust criminal justice system." <http://www.uua.org/re/adults/read>

Copies can be ordered from In Spirit, the UUA bookstore.

Wayne Moyer

Dear Friends from Williamsburg Unitarian Universalists and Beyond:

With great pleasure, I notify you that your congregation's religious educator, Austen Petersen, was awarded the status of Credentialed Religious Educator – Credentialed Level by the UUA Religious Education Credentialing Committee (RECC) at their recent meeting.

Austen demonstrated her mastery of competency areas deemed essential to strong religious education leadership. She displayed her breadth and depth of experience and leadership by submitting a comprehensive competency-based portfolio, reflections on books and resources, personal statements, and a self-assessment. Her submission of written materials was followed by an in-person evaluation with the RECC. Austen's credentialing work affirms her ability to promote excellence in faith development in the life of a congregation.

The Unitarian Universalist Association of Congregations greatly appreciates the very fine work that Austen does as a religious educator within and beyond your congregation. She will be recognized and celebrated at General Assembly and at the Liberal Religious Educators Association Fall Conference. We hope that she has been, or soon will be, honored within the congregation, as well. She could not have achieved this milestone without your encouragement. Thank you for nurturing quality professional religious education leadership and for your continued support of Austen, in particular.

I encourage you to place a copy of this letter in Austen's personnel file and to ensure that her accomplishment is shared broadly. This is also an appropriate time to become familiar with the UUA's fair compensation recommendations for Credentialed Religious Educators.

Congratulations again, Austen! And best wishes to all at Williamsburg UUs!

Joyfully,

Jan

Jan Gartner

Professional Development Specialist

UUA Ministries and Faith Development

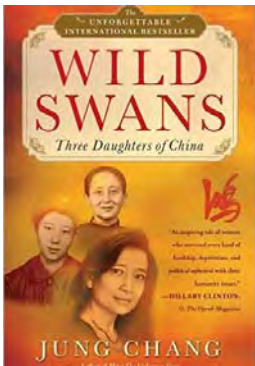
Looking for the Donor of a Picture in the Yard Sale



A drawing of a young woman with a child playing on the floor at her feet was donated to the Yard Sale. The picture is in a late 19th/early 20th C. ornate green frame. As the yard sale workers were pricing the picture, behind the drawing they discovered a 12"x16" baptismal certificate, written in German, for Edmond Leo Wilhelm Peters who was born on April 18, 1897 to Charley Peters and ___ ___ Louisa Schultz Peters and baptized on May 19, 1897 in the evangelical St. Johannes church of Dundee. Witnesses were: Amalia Peters, Johann Trost, and Minnie Bussnell. This certificate perhaps being of value to the owner, the picture was removed from the sale, in hopes of finding the family to whom the certificate belongs.

If you are or know of the donor, please contact Lola or Dave Warren (220-3853), to arrange the return.

Pathfinders Book Group



The group chooses a book that explores the author's spiritual journey or understanding of the human condition. Group members bring their lunch and we use the book as a springboard for what always turns out to be a spirited discussion of personal reactions.

Our next meeting will be Wednesday, June 15, at noon in the sanctuary. We will be discussing Wild Swans by Jung Chang. Come and join us –and bring a friend! We welcome new members and ideas for new books to read.



From the Heart by Rebecca Delbos

Good Morning!

In my history class we do this activity called a brain dump. And despite its inevitably funny name we take it kind of seriously. We pick a partner to work with and take out a piece of paper. Then the teacher will give us a topic, for example, the American Revolution. So the first partner will write down everything he or she knows about this topic. They could write down everything from what colonies were involved to what the time period was.

So after about twenty minutes of listening to my history teacher lecture and actually doing one of these brain dumps, I thought wow! Church is just like a brain dump! Anyone can say anything about anything and no one here would dare persecute them. And yes we may strongly disagree with what they said, but we don't argue or fight; we listen. And that's where the second part of this activity comes in.

When the first person has completed their writing, the second partner will now write down everything that the first person forgot to write down. For example going back to the American Revolution maybe what the names of the soldiers were or where the battles took place. So now the second person is helping the first person finish writing. And here helping each other is something we do extremely passionately.

But, there is one more step to a brain dump. The last thing we do is take the paper that now both partners have written on but most recently second partner. It is given back to the first partner. So, you may be wondering what the significance is of returning someone's piece of paper, but this is the most important part. The first person gets to look over their original paper and see everything the second person wrote down. So now the first person gets to look and see everything they forgot and learn from the second person.

And that is exactly what we do here. We express our opinions, we help each other and most importantly we learn from each other.

Thank You!

From the Heart by Roger Baldwin

I appreciate this time to share with you: how I came to WUU and why I'm still here.

I was fortunate to be a native-born UU, thereby avoiding the struggle of conscience that many of you have had with creeds, scripture, liturgy and doctrine. The quest surely must be rewarding for most, but I'm glad I was spared the search.

Incidentally, in my early UU years, I was also fortunate in growing into adolescence and beyond with a pretty blond church member – but that's another story.

After college, I embarked on a Navy career, often leaving Beverly to manage the family. She did cope remarkably well. But, as we moved frequently, we remained unchurched for over two decades.

So, after settling to Williamsburg, we were elated to find UU's meeting at the Library. We were warmly welcomed and joined on Charter Sunday. We finally had a spiritual home.

That's the short version of how I got here. But, what has kept me here? one major factor reflects this morning's topic – JOY.

One bullet point of my philosophy prods me to seek joy whenever and wherever I can find it – and to hold it close. And I DO find great joy in all things WUU.

Some random example: I find joy -

- in being spiritually touched by worship – in words and music;
- in giving to Share the Plate for community outreach;
- in reading spirited letters to the editor from the advocate among us;
- in walking behind our banner;
- In watching our WUU kids growing up.
- in feeling enmeshed in the fabric of this beloved community;
- in giving what I can of my time, talent and treasure. We want this institution to flourish for generations yet unborn.

My list is endless.

Of course, joy can be diminished by sorrow, disappointment or alarm at the state of society. But I find that seeking even more joys for the spirit increases the resilience of the soul.

I have found joys my whole life. I remember my joy in earning my first baseball glove. And my joy when I woke this morning to find my life-long love beside me. It never ends. It just NEVER ends. May it be so.



May 29th, 2016

Good Morning – my name is Nancy Carnegie and I was born to dance ... I followed my dream all the way to Broadway, where I met my husband who is an extraordinary musician. I was on the stage and he was in the PIT.

In 2008, getting ready to retire from New York City, I very carefully picked Williamsburg for my retirement. Besides all the wonderful historical qualities and cultural opportunities, my first thought was to find a place where there was a UU Church I could join because I knew I would grow new roots there for my future. Most importantly, I needed to find like-minded people, even if my neighbors were not. Boy, was I ever fortunate because one of my neighbors, Carol Brower, IS a member of WUU.

This is a very special place and the people of this congregation are some of the best people I know, and I HAVE established deep, loving & supportive roots. I can't wait for the new addition to be finished so we will be able to better serve our needs as well as some of the needs of the community. Although I'm shy at heart, I'm a natural joiner and love to work on committees and projects with others. More often than not, behind the scenes rather than leading, although I have done that too. My experience of being in four covenant groups (our first one still tries to get together once a month) and many delicious circle dinner groups, two Women's Retreats, the Caring Committee and the Stewardship Committee has allowed me to develop many rewarding & dear friendships . Again - How lucky can a girl get!

Having lived in NYC without a pet for ten years, I knew one of the first things I would do was to get a puppy and I did. (a lot of you know her and love her too). Because of her, my first friend in WBG was Lucile Kossodo . She was attending a "Live Off Five" concert (I sure miss those concerts) with her friend Pat Winter when I sat down beside her and we started to chat – in a short time we found out we had similar puppies, sooooo we decided to get the girls together for a Puppy Date. Well that worked out brilliantly. Within a few months I was scheduled to have both of my knees replaced at the same time, but was afraid of having to manage my recovery all by myself..... With barely a pause, Lucile offered to host both Buffy and me in her home for as long as it took for me to rehabilitate. We stayed with her and Lola for the better part of three cold and snowy winter months. Lucile wasn't even a member then, but joined soon after. It was then that I knew I had chosen well. Now I'm going to tell you a story:

Recently on a beautiful, sunny, warm morning, while walking my little, black dog, Buffy –something unusual caught her attention, and she started to walk slowly towards a big, black man who was kinda.....just standing at the edge of the woods behind my house where we were walking. He was good looking, but his face was angry, and I sensed he was very agitated. In seconds my mind analyzed the situation – should I keep walking or speak to the man? I saw he was wearing ear buds attached to a smart phone on his hip. He had on good, sturdy work boots and jeans that looked almost clean. I decided to follow Buffy's lead; she didn't seem disturbed at all. Indicating Buffy I said to the man "She seems to want to check out that dude who is standing

there along our walking path," and I smiled as I walked towards him. He said something I don't remember about Buffy and we started to chat, tentatively at first and then he said, as he looked up at the sky.." He must have sent you because I just got into a terrible fight with my boss and I had to walk away because I'm so angry with him & was afraid I might punch him in the face." He went on to say that he was doing him a favor by helping him out with a difficult landscaping job for the Memorial Park. He indicated to me his boss was up the hill cutting the grass. By the time we parted we were having a most enjoyable conversation about all kinds of things, mostly relationship-based. He again thanked me for helping him get himself under control and started to walk in the opposite direction with a jaunty walk and his head held high.

I'm sure you are wondering why I just told you that story; well the whole interaction only took place because of the work I have been doing in our Social Justice Committee here at WUU. Before, I'm certain I would have just tried to ignore the man and walked on, but instead I had a delightful conversation with a man I didn't know and we both felt better for it. In fact I can honestly say – it was the highlight of my day.

Now a little bit about me and my family - I'm 74 years young, thought my body isn't so sure, due to the many replacements and surgeries.

I have three adult children – my oldest Terry, recently celebrated her 20th Wedding Anniversary in Hawaii – (too bad I didn't get the memo) and instead of children they have a cat and a dog and recently moved to California.

Number two child is another girl, Elana, who is presently seeking new employment, for the first time since she graduated from FIT (Fashion Institute of Technology in NYC). She is divorced and has my two beautiful granddaughters who are both in college. My daughter luckily has a wonderful boyfriend, Pete, and we get along just great (most important when getting along with Elana is often difficult). They live in New Jersey where we all survived an ugly, contested divorce in 1979. Would you believe a week in court!

Child number three is my son, Christopher, who is a New Englander at heart, but was transferred a few years ago to Texas with his Wife, Aimee and their four children – Sabina soon to be twelve...Cain eight **tomorrow**...Sawyer seven and Tatum will be four in August. I am indeed blessed by my children and grandchildren. I'm sure as all of you lucky grandparents out there will agree.

And the last thing I will talk about is the amazing Meditation Community within our church, not just for congregants but also open to the community at large. I big thank you to Jennifer Ryu for getting us started with this tradition – I'm sure my meditation practice has also helped me to become a much calmer and better person, at least I hope so.

Thank you all for being the special people that you are – I close with much love and a special Shout Out and thank you to all the men and women who have been or still are in the Military Service on this Memorial Day Weekend.

THANK YOU

Yoga and Meditation for Adults 60 and over

FREE!

Starts June 9th!

People with chronic pain and challenges with balance are welcome.

**Peninsula Agency on Aging has partnered with
Breathing Space, Inc., a non-profit promoting mindful movement,
to offer a weekly Chair Yoga class.**

Come alone — — Bring a friend — — Family caregivers-bring your loved one

**Messmer Community Services Center
312 Waller Mill Rd., Williamsburg, 23185 (Off Bypass Rd.)
Room 801**

Every Thursday, 1 - 2 pm

Chair Yoga can help you rediscover freedom of movement and the inner power to live life on your own terms. We will use chairs, straps, blocks and other props to move through a gentle series of movements that will leave you feeling rejuvenated and open. Medical research has shown that yoga can have both physical and psychological benefits.

No registration required, just show up!



Caregivers and Their Loved Ones are encouraged to attend!

This program enables Family Caregivers to participate in a yoga class while their loved ones participate in gentle chair yoga at the same time. This is not a drop off program, if you bring a loved one, you must stay and participate in the session.



WILLIAMSBURG UNITARIAN UNIVERSALISTS

3051 Ironbound Road
Williamsburg, VA 23185
(757) 220-6830

www.wuu.org office@wuu.org

Lola Warren, President

president@wuu.org

Rev. David Johnson, Interim Minister

revdaj@aol.com

Pat Hoppe, Newsletter Editor

Office Hours

The WUU office is open:

◆ 8am-1pm Monday - Friday

Rev. Dave Johnson has office hours:

◆ Noon-3pm Monday -Thursday

Austen Petersen, Director of RE, has office hours:

◆ Noon-3pm Monday - Thursday.

Sometimes these times change due to meetings, vacation, etc.
Feel free to call first (757) 220-6830 to check our availability.

CELEBRATE! CELEBRATE!

Looking for a way to acknowledge a friend or relative's special day? Why not make a contribution to the WUU Endowment Fund in their name? We will then send out a letter acknowledging that the WUU Endowment Fund has received a gift from you in the name of that special person. What a unique way to recognize an occasion! For a Memorial Gift Form, contact Endowment@wuu.org.

(To add your name and month to the birthday and anniversary list, contact Ellyn Stephens in the office at office@wuu.org.)



June Birthdays

June Anniversaries

Don and Tina Allen
Bev and Roger Baldwin
Nancy and Fred Coy
Ruth and David Hopkinson
Lee and Paula Hougen
Liz and Roy Snyder
Trenna and Charles Tankersley
Linda and Ming Tang
Dave and Lola Warren
Susan and John Whitley

Bev Baldwin
Raga Elim
Bobbi Fisler
Jodi Fisler
Ainsley Ford
Nan Hart
Jack Hostetter
Andrew Luchs

Ethan Luchs
Evelyn McKenney
Kirby Moore
John Nichols
Kaden O'Brien-James
Ana Romero
Connor Stephens
Dan Tabor

Trenna Tankersley
Ann Tetrault
Dave Wilcox
Jacqui Winther
and
Peter Parker (p/t
office cat)