
PROGRAM GUIDE: FALL 2016

Williamsburg Unitarian Universalists

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VIEW OF FRONT - PHASE ONE

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Volunteer Teams—Serving WUU

Community Team (Membership Team)

WUU's Community Team encompasses Membership and Fellowship and supports WUU's mission to welcome all who come through our doors and are curious about the congregation and Unitarian Universalism. Our goal is to integrate new members throughout the year, creating a stronger sense of community. This year, Membership is led by:

David Hamilton, dfhamilton108@gmail.com, 757-345-2988

Carolyn Wilson: c2wilson@cox.net, 404-805-1681

New Member Orientation

The Pathway to Membership class is for newcomers who want to know more about who we are and what we believe. It provides opportunities for members of the congregation to share with newcomers why they are Unitarian Universalists. These sessions give newcomers a chance to examine their own personal stories in the light of the Unitarian Universalist tradition and heritage.

The Pathway to Membership class consists of two sessions to introduce newcomers to WUU's spiritual ministries, worship services, organizational structure, stewardship, and faith development programs for all ages.

Schedule of Pathway to Membership classes:

Part 1: Sunday, October 16, 2016, 12:30 - 2:30 pm

Part 2: Sunday, October 23, 2016, 12:30 - 2:30 pm

Part 1: Sunday, January 22, 2017, 12:30 - 2:30 pm

Part 2: Sunday, January 29, 2017, 12:30 - 2:30 pm

Part 1: Sunday, April 2, 2017, 12:30 - 2:30 pm

Part 2: Sunday, April 9, 2017, 12:30 - 2:30 pm

3rd Sunday Membership Q&A

On the 3rd Sunday of every month, at 12:15pm (right after the 2nd service) a member of the membership team will be available to answer questions about Unitarian Universalism and what we believe. We meet at the front of the sanctuary.

Signing the Membership Book

Once you have completed the Pathway to Membership classes, you are eligible to join WUU. Membership signings are held on the first Sunday of every month. You are also eligible if you are transferring from another UU congregation.

New Member Recognition

Twice a year (December and June) we recognize those who have joined in the preceding 6 months, during the second service. After the service a reception is held in honor of the new members.

Fellowship Team

The fellowship team hosts events throughout the year to create opportunities for members and friends to get to know each other and develop relationships. Everyone is welcome to attend these laid back family friendly events. Events can be found scheduled on the WUU calendar, on fliers posted in the Narthex, or on WUU Facebook page.

New ideas are always welcome for interesting events. Please contact Catherine Laarhoven at catnye75@gmail.com, 508-801-3734 for more information.

Upcoming Fourth Friday Family Potluck Dinners:

September 23rd
October 28th
November 18th (third Friday)
No December Potluck
January 27th
February 24th

The Epicureans

Join this team to provide food for memorial services held at WUU. Marion Wolfe is the team's leader, and she calls on these folks a few times a year to make cookies and finger foods. Contact Marion at marion217@msn.com 757-565-1860

Sunday Morning Team (ushers, greeters, coffee)

These essential teams that take turns helping to create a warm, friendly, and hospitable welcome on Sunday mornings. These teams make the coffee, help to set up the sanctuary, pass out Orders of Service. As Greeter and Ushers, these volunteers offer a positive “first impression” of the WUU congregation.

If you would like an easy way to get involved, join a Sunday Morning Team. Team leader is Linda Tang. Contact her at lztang1@gmail.com 757-565-4401.

Worship Associates

The Worship Associates (WA's) participate in the Sunday Services on a rotating basis, generally accepting one Sunday every four to six weeks. They also ensure that the Sanctuary maintains its sense of holiness and beauty. Joining the WA team is an ideal way to connect with the minister, music team, and the larger congregation on both individual as well as community-wide levels.

The WA team helps plan various aspects of worship, and also takes the lead during Lay-led services several times a year. One-time participation as a ‘Guest’ Worship Associate is a great way to get one’s toe wet, and get a taste of the joy-filled, playful backstory of the Sunday morning services.

The WA team meets once a month to plan upcoming services. To join or learn more about the WA team, please contact Rev Dave revdaj@aol.com or Eva Burke evaburke1@gmail.com.

Caring Ministry and Lay Pastoral Care Associates (LPCA)

Members of the **Caring Ministry** team function as WUU's first responders in times of a congregant's crisis. They offer short-term support to those who, for example, are ill, hospitalized, giving birth or grieving a loss. Usually, this takes the form of cards, telephone check-ins, visits, and occasional meals. Some Caring Ministry volunteers are known as Helping Hands: available for one-time jobs such as driving someone to a doctor's appointment or doing small repairs.

All contacts are kept strictly confidential. Only with the client's permission do we notify the WUU community of their status-- at services or in the weekly Spiral.

During the past year, we have grappled with the critical need to bolster recruitment: How to communicate the satisfactions and spiritual rewards that come from serving one another, and emphasizing that it should be the work of the full congregation--not merely delegated to a small committee.

The need for our services is growing. Like the rest of the nation, our congregation is aging. It is a fact that more seniors live alone and experience prolonged periods of frailty, in which they and their caretakers need help.

Transportation is one of our most critical needs, as more WUUs have been forced to give up driver's licenses. Those who live alone or without family nearby need rides to doctor appointments, physical therapy or to the hospital for surgeries.

As our volunteer roster grows, we hope to build an infrastructure of care that WUUs can depend on as they age. To that end, we plan occasional informative workshops for the entire congregation on such topics as advance directives or local community services available to seniors.

We are actively looking for one or two volunteers to fill the job, which mainly involves keeping informed of the congregation's needs and matching volunteers to those needing support. Contact Rev. Dave Johnson revdaj@aol.com 269-330-8495.

Eleven **Lay Pastoral Care Associates** serve under the Minister's supervision to offer more extended pastoral care to WUU members and friends -- in a confidential setting. They are: David Hopkinson and Jane Reilly (co-chairs); Flora Adams, Laura Bronstein, Martha Elim, Cynthia Frezek, Carolyn Greathouse, David Hamilton, Ruth Hopkinson, Charles Tankersley, and Trena Tankersley.

WUU Choir

The 30-member choir sings twice monthly September through May at the 11:15 service and on special holidays. The choir is under the direction of Dr. Jamie Bartlett, Associate Director of Choirs at the College of William and Mary. The Choir sings a wide variety of music from many traditions, ranging from renaissance and baroque choral music to contemporary anthems to African and American spirituals. The choir rehearses on Wednesday nights at 7:30 in the sanctuary. Contact Jamie by email: choir@wuu.org

Tabernacle Choir

If you have always wanted to sing with the WUU adult choir but can't make the Wed. evening commitment, then we've got a choir for you. Once or twice each year, we invite all who like to sing to join us to learn a very easy piece which we'll sing at both worship services. For more information, contact Jamie Bartlett, choir@wuu.org.

Tabernacle Band

Tabernacle Band is a "no-fault" orchestra for all ages and instruments that has become a semi-annual tradition at WUU. So whether you are a musician who plays regularly or someone whose instrument hasn't seen the light of day for a while, a seasoned veteran or new to your instrument, we encourage you to come out and join the fun. For more information, contact Jane Ferguson, Music Team leader: music@wuu.org.

Audio-Visual Team

This team primarily serves during the Sunday morning worship services. However, they also provide AV support during Weddings, Memorial Services, Congregational Meetings. No prior experience necessary—just a willingness to learn a fairly complex system of computers, video cameras, microphones, mixers, etc. Team Leader is John Trindle john.trindle@gmail.com.

Social Justice

Unitarian Universalists we are called by our faith to build relationships in our community and the world based on equality and justice. In response to this call, the WUU Social Justice Ministry supports projects that address injustice and serve our local, national, and global communities; strengthen our connections with each other and the people on whose behalf we work; encourage us to remain open to and seek dialogue with those who hold opposing views; and deepen the spiritual lives of the people involved in the justice work. The WUU Social Justice Ministry (SJM) seeks to:

- Prepare WUUs to do transformative social justice work through an unending circle of interpersonal connection, spiritual growth, and action working to affect social change.
- Build a sustained social justice infrastructure within WUU.
- Develop and bring to the public square a distinctly UU voice of liberal religion.
- Build alliances with other faith and secular organizations in order to seek justice in our local, national, and global communities.

Check the monthly Social Justice Newsletter, bulletin board in the Narthex, and information table located in the entry way for current projects. Subscribe to the once monthly Social Justice Newsletter to stay up to date. Email Ellyn Stephens, at office@wuu.org.

Is there a Social Justice initiative that you would like to lead at WUU? Let's talk! Contact Jessica O'Brien at sjchair@wuu.org for more information or questions.

Green Sanctuary

WUU is a UUA-accredited Green Sanctuary. Our vision is that this be a place where each individual considers his environmental impact in every action and our collective awareness is reflected in congregational policy and in every area of congregational life. This year, we will explore new initiatives and projects to further promote issues of sustainability and environmental justice. The Green Sanctuary Team Chair position is currently vacant.

Adopt-A-Highway

WUU has agreed with the VA DOT to clean litter, four times a year, from the one-mile stretch of Ironbound Road that fronts the WUU campus. In return for our volunteer service, VDOT has erected signs acknowledges our participation and provides necessary supplies. Clean-ups are announced in the weekly Spiral. New recruits to the "road gang" are always welcome. Contact Roger Baldwin at rbaldwin@widomaker.com for more information.

[Mosaic Makers](#)

Are you uncomfortable when talking with people who don't look like you? Or who were raised in a culture you do not understand? Perhaps you feel awkward and afraid of saying something inappropriate? You are not alone. This is why Jennifer Ryu, a previous minister, established the Mosaic Makers Team and why the WUU Board adopted this resolution:

WUU are an open, welcoming congregation with no intentional barriers to membership that exclude individuals based on race, color, sexual orientation, economic resources or degree of education. Yet there are sometimes unintentional barriers, which act as obstacles to growth and diversity. Thus, for WUU to increase their role as a vital, effective force for liberal theology and social justice in our community, the WUU Board resolves that we: Raise the importance of multiculturalism within our congregation so that our questions and actions are viewed through this prism.

Mosaic Makers Team members will work with our various Ministry Teams to explore ways of implementing this resolution. We will sponsor various programs throughout the year for the congregation. Please meet up with us during coffee hours to learn more: Jessica O'Brien, John Whitley, Steven Sharp, Melanie Williams, Melissa Gregory, and Wayne Moyer. Or email mosaic@wuu.org.

[Yard Sale Team](#)

Our WUU Annual Yard Sale Fund Raiser is a wonderful opportunity to give some time to work side-by-side with other UU's to sort, price and organize donations the week prior to the public Yard Sale. The Williamsburg Community considers ours to be the best one in town and looks forward to it each and every year. Come and be part of the fun and the success! The Yard Sale Team is currently looking for a chair or co-chairs.

[Auction Team](#)

This annual event is our biggest fundraiser of the year! We gather to enjoy fellowship, food and exciting music as we bid for goods and services donated by members, friends and area merchants. The next auction is scheduled for April 8, 2017. The Auction Team chair position is currently vacant. Please contact Dave Banks at dfbanks@earthlink.net with any questions.

[Glass Painters Group](#)

We need glass painters, no experience necessary. We would love to have you join us. It is fun and sometimes quite meditative and relaxing. We meet to paint wine and beer glasses for the WUU Auction. The meeting time is 1PM once a week on a day to be decided by those who wish to paint. The group meets at my house on 229 West Queens Dr. Please contact me by phone 757-565-0769 or by email lkossodo@cox.net.

[Stewardship Team](#)

We have an energetic and engaged team of a dozen members, including the interim minister. Each member is responsible for personal contact with a part of the congregation and with other specific tasks related to the canvass. Meetings are held monthly and more frequently right before the stewardship campaign. The committee chair adds new members each year, looking for a combination of members with financial backgrounds, knowledge of WUU governance and practices, and interest in connecting personally with members of our congregation. Contact Allen Cooke almolly1@gmail.com 757-259-9484 or Linda Lane-Hamilton lindalanehamilton@gmail.com 757-345-2988

Webmaster/Web Team

This team is currently under development. If you have an interest or talent with web design or development please contact Ellyn Stephens at office@wuu.org 757-220-6830

Volunteer Teams—Community Outreach

Share-the-Plate Collections

This social justice outreach program affords the congregation a regular opportunity—on the second Sunday of each month—to contribute generous financial support to local charitable and non-profit human services organizations. The entire plate collection is donated to the selected agency. Agencies whose policies and practices reflect and do not contradict UU principles may be nominated by congregants. A description of the recipient organization for each month is published in the WUU Newsletter and Spiral. Team Leader: Roger Baldwin rbaldwin@widomaker.com. For information or to nominate an agency, please email stp@wuu.org.

LGBTQ Outreach Team

As a UUA-designated “Welcoming Congregation,” WUU is dedicated to welcoming lesbian, gay, bisexual, transgender, queer, and questioning people, their families, and friends to our congregation and concentrating on issues that affect the LGBTQ community.

FISH Outreach (The Red Wagon)

A local organization that accepts donations of food, clothing and other items to provide to needy and homeless individuals in our local area. Each month FISH provides thousands of dry and canned foods, supplies housewares, and helps clothe many households in our community. Please bring a food item each Sunday and place it in the FISH wagon in the entry way so that we can help keep them supplied. Each month has a different focus. Watch the monthly newsletter and The Spiral for information on monthly needs. Team Leader is Ivonne Luchs imluchs@yahoo.com 757-345-2841

COFM Homeless Shelter

Our largest social justice project of the COFM Shelter Program has opened our sanctuary as a homeless shelter for one week in the winter. Due to our construction WUU assisted other hosts this past winter.

Greater Williamsburg Outreach Mission (GWOM)

The Harbor is a day shelter for our homeless neighbors, open from 10AM to 2PM Monday through Thursday, located at St. Bede Outreach Center on Harrison Ave. near the transportation center and the library. The Harbor offers hospitality, friendship, lunch, computer access, cell phone charging, showers, and a secure place to keep belongings. The Harbor needs 5 volunteers for four hours every day to operate. Training will be available. Please consider volunteering for this important social justice mission. Contact Helen Hansen at helenfoxhansen@gmail.com if you are interested in learning more about the Harbor or COFM.

Moral Mondays

Moral Mondays are observed on Duke of Gloucester Street each Monday 11:45 a.m. to 12:30 p.m. to advocate visibly and vocally for social justice issues with local partners and to support the Moral Mondays in North Carolina. All are welcome! Contact John Whitley for info peacenow1@verizon.net.

Housing Partnerships

WUU works with Housing Partnerships to provide direct vital housing repair services to low income, sick or disabled individuals and families in the Historic Triangle. Watch the Spiral for upcoming projects or contact Corinne Blackford at blackford.corinne@gmail.com for more information.

WUU Bed and Breakfast

WUUs offer to host visitors to the Williamsburg area (typically other UUs from out of town) for overnight visits and a light breakfast in our homes. Hosts stipulate dates and criteria for guests (number of visitors, no smoking, etc.)

The Williamsburg Unitarian Universalist Bed & Breakfast consists of a group of members and friends who have agreed to host guests in their homes for the benefit of the church. Travelers using our B&B meet hosts who share many of their interests, concerns, and values.

They enjoy comfortable quarters at affordable prices and have the opportunity of obtaining answers to questions about the area they are visiting. Hosts meet people from other places and make new friends. As hosts we receive a year's access to the UU're Home website.

Contact Grace McArdle mcardle_grace@yahoo.com 757-585-4198 if you would like more information.

Groups for Fun and Fellowship

Circle Dinners

These are potluck dinner parties of UU friends and acquaintances of all ages—single folks or families. Approximately one dinner is held each month and it is a great way to meet newcomers and old timers! Circles are organized each fall, but new members can be added at any time. Most circles meet together in members' homes for a potluck dinner, but each year one or two circles organize to meet in restaurants for lunch or dinner. Contact Virginia Banks at dfbanks@earthlink.net or 757-258-7731

Thursday Breakfast Group

Thursday Breakfast at 8:30--*all* are invited: Meets at Southern Pancake and Waffle House at 1605 Richmond Rd in Williamsburg.

This informal breakfast gathering is open to men *and* women who want a great breakfast at a very reasonable price (they offer resident discounts and a punch card) with good conversation! Contact Les Solomon wuuprez@gmail.com 757-202-1909

Men's Friday Breakfast Group

Friday Men's Breakfast at 8:30: Meets at Honey Butters Kitchen 4680 Monticello Ave in Williamsburg.

This informal breakfast gathering was started many years ago by Bob Cowling who wanted men to meet for food and conversation each week. Typically 6-12 but there is always room for one more! Contact Les Solomon wuuprez@gmail.com 757-202-1909

Groups for Personal Growth and Exploration

Religious Education

Welcome to Religious Education at Williamsburg Unitarian Universalists!

The Youth Religious Education program at WUU serves infants through high school youth. We aim to create a safe, welcoming and inclusive atmosphere that provides meaningful and fun programs. For more information, please see class descriptions below. You can also contact the Director of Religious Education, Austen Petersen, at austen@wuu.org.

The Council on Religious Education for WUU Children and Youth (CREW) works with the Director of Religious Education (DRE) to develop policy and support for programming for pre-kindergarteners (children, age 4) through high school students.

This Fall in Religious Education:

We begin our fall program this year with the Blessing of the Backpacks on Sunday September 11th.

All are invited to bring their empty backpacks to the service. This is the time of year that many return to school or re-imagine how learning is structured for them. Join us on September 11th for this special service.

What and how will we be learning?

The **Lower Elementary (Pre-k – 3rd grade)** group will be using a Unitarian Universalist curriculum called We Are Many, We Are One. This practical and fun series encourages young children to learn how to play and work collaboratively as well as view nature as a source of gifts that needs our care. Together we'll celebrate the different religions and cultures of the world, and see congregations as places for making and caring about friends. Fall classes will be held in Fahs House.

The **Upper Elementary (4th and 5th grade)** will be learning about U.U. Super Heroes, introducing stories of Unitarians, Universalists, and Unitarian Universalists who have acted with courage and wisdom in their attempts to live their lives fully and make the world a better place for others. As U.U. educator Sophia Lyon Fahs said, "The function of church for both young and old is not to give us on Sunday certain religious kinds of experiences...[but] rather to teach us how to put religious and ethical qualities into all kinds of experiences." This curriculum aims to use many different learning styles to provide support for parents in this challenging and rewarding endeavor we call religious education. Fall classes will be held in Fahs House.

The **Middle School (6th, 7th, and 8th grade)** group will be exploring Coming of Age. This Unitarian Universalist program affirms many changes inherent in entering teenage years. Children at the cusp of adopting a new identity, that of youth, are invited to participate in a program called Coming of Age. Participants explore theology, spirituality, history and other topics through discussion, drama, music, writing and art. Fall classes will be held in Parker House.

From time to time, Children's Chapel, which offers an opportunity to experience spirituality through artistic expression, will be offered for youngsters who are enrolled in elementary and middle school classes.

The **YRUU (9th, 10th, 11th, and 12th grade)** group will be using a curriculum called Building Bridges. We use Building Bridges to explore world religions and to broaden our own depth of understanding of the human experience including spirituality, religious traditions, and personal experience.

Nursery

We have a professionally led and coordinated nursery program to help keep the youngest children (infant through age 3) safe and engaged with age appropriate toys. To make use of this free service, please sign your child in to the nursery indicating your contact information, your child's name, allergies and any pertinent information. The nursery is open in the summer from 9:45am to 11:30am. In the fall we provide nursery care during our second service opening at 11:00am through 12:30pm. The nursery is located in the Sanctuary Building.

Pathfinders Book Club

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.

We meet on the 3rd Wednesday, at 12:00 noon and we are currently meeting in the narthex. Come and join us –and bring a friend! We welcome new members and ideas for new books to read.

Donna Davenport donnadavenport@gmail.com Nancy Crowell westnbc@aol.com.

Meditation Groups

Monday Evening Buddhist Meditation

Monday Nights, 7:00pm - 8:15pm, Sanctuary

Contact: Sam Scoville, sscovill123@gmail.com

For beginners and experienced meditators, the Williamsburg Buddhist Meditation Group is an "interfaith" Buddhist Sangha. This means that we don't follow one particular teacher or method. It is open to EVERYONE who is interested in joining a practice community. Children and Youth are encouraged to practice with us! Donations welcome.

Thursday Morning Meditation

Thursday Mornings, 10am - 11:15, Sanctuary

Contact: Ben Thacker-Gwaltney, bthackergwaltney@gmail.com

For beginners and experienced meditators, Ben T-G follows different themes throughout the year for talks connected with meditation. This group has a more interactive feel than the Monday night meeting. Meditation consists of either guided or silent sitting. Donations welcome.

Wake Up Williamsburg (Young Adult Meditation)

Parker House, every other Wednesday at 6:30 PM, Contact: Rebecca Milburn

Wake Up Williamsburg is a mindfulness and meditation group for young adults in their 20s and 30s. We are part of a global community of young mindfulness practitioners called Wake Up International. We come together to practice mindfulness to take care of ourselves, nourish happiness and contribute to building a healthier and

more compassionate society. We practice sitting, guided and/or walking meditation, share a reading, and have a discussion. Please join us! All young adults are welcome, regardless of meditation experience or belief.

For more information on Wake Up Williamsburg, contact: williamsburg@wkup.org or join our Facebook group: <https://www.facebook.com/groups/wakeupwilliamsburg/>

Covenant Groups/Chalice Circles

Roots and Wings (alternate Wednesdays)

A Covenant Group for Holding Close and Setting Free-All are invited

Amidst the physical and verbal violence which ricochets throughout the globe and is so devastating to body and soul: How shall we, as a congregation, become a community that re-claims "the roots which hold us close", and "the wings which may set us free"? How shall we become both a sanctuary of healing, and a crucible of transformation and new life?

Come join us in Fahs House on alternate Wednesdays from 5:30 pm to 6:30 pm. Our purpose is to speak from the heart, and to listen deeply to one another. We have adopted three simple agreements: 1) to maintain confidentiality; 2) to refrain from offering advice / opinions; and 3) to stay in our personal experiences of the moment – with no advance preparation or expected outcomes. Our intention for this group is to honor matters of the heart and soul. Other groups are more appropriate for those seeking debate / discussion / action-oriented initiatives. The Roots and Wings Covenant Group is for being, rather than doing.

The Second Thursday Covenant Circle

A monthly group centered around a pre-selected topic. An open circle group that anyone is welcome to join anytime. Meets on the second Thursday of each month from 7-8:30 pm in Fahs House. Contact Bobby Oliver 757-256-8824, slimstar@hotmail.com.

Adult Enrichment Classes

Our Spiritual Lives

Sundays, 12:45 – 1:30 pm beginning October 09, Parker House

Rev. Dave Johnson, facilitator

Introduction

Just what is a “spiritual” journey – or experience – anyway?? How might I know whether I am currently on one, or whether I may have one in the past? What is the outcome supposed to be (if there are outcomes)? Is spirituality an achievement – perhaps offering self-selected “merit badges”? Why should (or might) such questions matter to me, in getting through the day? These are among the questions we will explore for five Sundays: October 09, 16, 23, 30, and November 02. Join the fun. No homework.

Theology for Our Secular Age

Wednesdays, 4:30 pm – 5:45 pm beginning October 05, Parker House

Rev. Dave Johnson, facilitator

Introduction

- Theology is the process of using language to describe certain kinds of experience; it’s what happens when the silence ends.
- Freedom—absence of coercion—is politically necessary but not religiously sufficient.

- What we have in common with other members of our group makes us a kind and helps create a sense of unity. Each member of a kind is also a unique instance; its identity is based on its difference from others, creating a sense of diversity.
- In a secular age, people have options—to believe or not to believe, to be part of a community of faith or not. By most accounts, religion poses the greatest threat to our shared future, rather than providing the greatest source of hope.
- The goal of this course is to sketch a third way between competing fundamentalisms of the left and right; to suggest how we might begin to think about faith and religion, as well as religious community and ethical conduct, in a different way.

Williamsburg Learning Tree

Since 2002, the Williamsburg Learning Tree has served as a community outreach program of the WUU congregation – one way to give back to the community in which we all live. We have classes of interest to all ages of participants, from teens through seniors. Williamsburg Learning Tree instructors come from many walks of life. They are small business owners, doctors, retirees, moms and dads, neighbors – anyone with knowledge, expertise, or passion for a subject or concept that they would like to share for a few hours with interested participants. This Fall, the Learning Tree’s **extended** schedule will be open for student registration on September 3, and classes will run from September 12 through mid-December. We’re setting up a brand new website www.williamsburglearningtree.org and hope you will “Try Something New” with us. To learn more or sign up to take a class or teach a class, please contact Suzanne Huddleston by email at suzanne@williamsburglearningtree.org or by phone at 757.220.9975