



Williamsburg Unitarian Universalists

A Welcoming, Worshiping, Witnessing Community

The Spiral

July 11, 2013

This Sunday at WUU: July 14, 2013

10:00 am

Hans Von Baeyer

"The UU and the Mason: Strangers or Kindred Spirits"

Discovering unexpected relationships between two societies that seem worlds apart.

Faith Development Program for Children:

"Eco-Connect." meets in Fahs House at 10am

This Weekend and the Coming Week [Click for entire WUU Calendar](#)

Sunday, July 14

- 10:00 am, Worship, Sanctuary
- 10:00 am, Eco-Connect Kids, Fahs House

Monday, July 15

- 10:00 am, Creative Arts Group, Fahs House
- 7:00 pm, Buddhist Meditation, Sanctuary
- 7:00 pm, Compassion Deep Study, Fahs House

Tuesday, July 16

- 7:00 pm, QuiGong Practice, Narthex

Wednesday, July 17

- 6:00 pm, Finance Committee Meeting, Fahs House
- 7:00 pm, Visioning Circle, Solomon Residence (must be signed up to attend-contact office)

Next Sunday: July 21, 2013

10:00 am

Rev. Jennifer Ryu

"What is Unchanging"

Everything is transient, impermanent and forever changing. Everything I have experienced in life shows me this truth. And yet, I want to know that in the midst of this change, there is something that is permanent and unchanging.

* Religious Education (Eco-Connect) for children today starting at 10am. Please proceed directly to Fahs House.

Building Our Future-Step By Step

Building Our Future Checklist:

- ✓ Continue to sign up for the Visioning Circles, in the foyer on Sunday morning or by contacting the office at 220-6830 or office@wuu.org
- ✓ Review some of the historical documents about our facilities at the Building our Future website. Go to wuu.org / About Us / Building our Future or click [here](#)
- ✓ Volunteer to paint the new conference room in Parker. Most of our Visioning Circles will be in this new room. We have the paint and supplies.

Les Solomon wuu.bof@gmail.com
Chair, Building Our Future Step By Step

Many Opportunities Not to Cook in the Month of July at WUU

3rd Potluck/Fundraiser, Friday July 19 6pm

We're having a new fundraiser this year, which fits nicely with our Green Sanctuary commitments to responsible eating. See complete details below in our "Other News" section.

West Virginia Mission Trip Potluck, Friday July 26 6pm

Enjoy food and fellowship while you meet the members attending the West Virginia mission trip and hear about their plans and what they hope to accomplish. Bring the kids as this is a family event!

Rainbow Potluck, Sunday July 28 11:30am

Rainbow Luncheon/Potluck: Is a welcoming group of LGBTIQ, family members, friends, and other straight allies who gather together to share good food and supportive friendship. Bring and dish to share (doesn't have to be rainbow; but extra smiles if it is). If you have any questions please get in touch with Bobby Oliver at slimstar@hotmail.com.

Iftar Dinner and Program, Tuesday July 30 7:30pm Join the Hampton Roads chapter of Rumi Forum for an Iftar Dinner and Program. Iftar is one of the religious observances of Ramadan and is often done as a community, with people gathering to break their fast together. Please RSVP to hroads@rumiforum.org or (757) 597-6990 by Monday July 29.

Social Justice News

FISH Needs

The volunteers at FISH tell us they are always running out of Pork and Beans. Pick up a few cans on your next shopping day and leave them in the Lil Red Wagon by the Narthex entrance.

Please Support our WV Mission Trip:

WUU will be sending a team of 12 to the Appalachian South Folklife Center in Pipestem, WV from August 4 - 10, 2013. Our team members; Jonathan, Nathan & Caleb Arries, Autumn Elim-Durden, Paul Luchsinger, Jessica O'Brien, Jennifer Ryu, Lou Seyler, Les Solomon, David Wilcox, and Miranda & Kaliska Wiley will be working on projects to support the local community while learning about Appalachian culture and history. We invite you to help support our team by sponsoring a youth for a day or providing a donation to help feed the team while they are in WV.

Thanks for the generous donations last Sunday! If you missed that opportunity, team members will

gladly accept your support this Sunday. Let's fill up the WV Mission Trip coupon tree with "leaves"! There's more information on the web: wuu.org/trip

Hampton Roads PRIDEFest 2013, OUT in the Park, August 10

This year marks 25 years that a yearly pride event has been celebrated in Hampton Roads for our LGBT community, LGBT supporters, and everyone with love in their hearts.

Again this year, the event will be held at Norfolk's Town Point Park. The date is August 10 from Noon Until 6. Last year, more than 15,000 people in attended and this year is expected to be even bigger and better. There will also be food and beverage available, and vendors and non profit organizations from near and far. Open to all ages, there will be family-friendly activities, music, exhibitions, and fun for all.

There will be a shared table with WUU, UUPF, and UC Norfolk and we have opportunities for you to let others know about our welcoming congregation. If you have time to help between 12 and 4 please contact Fred Gilbertson at fredgilbertson-at-msn.com

Lifespan Faith Development

Interim Director, LFD UPDATE

Our incoming Interim Director for Lifespan Faith Development (Lizzie Roper) will not be able to start next week as we hoped. We have just been advised that her visa will not be processed until September. We will hire someone to fill in temporarily until she arrives. This means that programs for Youth & Children WILL be ready to start on September 15 as scheduled.

ADULT LFD PLANNING--July 25, 7pm, Parker House

Rev. Jennifer will convene a planning session on Thursday, 7/25 for anyone who would like to give input, teach, or lead a class in the new church year. What kind of faith development classes would you like to attend? We will meet in the new Parker House meeting room.

Eco-Connect for Kids

Opportunity for Adults to connect with our Youth

Do you like working with children? Do you like to share your knowledge? In order for our Eco-Connect program to be fun and successful we like to have two adult volunteers for each Sunday (now through Sept 1). If you are interested in volunteering or would like more information please contact Jen Smith at deyatthebeach-at-aol.com

Steps of the Soul's Journey: Living Soulfully in the 21st Century

7pm Fahs House, Begins July 26 for 8 sessions

Facilitated by Adam Gieseler

Isn't there a way to live soulfully? To live in harmony with nature instead of acting as if at war? To live a life of meaning instead of for a banal career? Share your story, and your own hopes, in this seminar-style discussion of what it means to be mature in this modern age, guided by Bill Plotkin's [Nature and the Human Soul](#). Meets on Fridays beginning July 26 for 8 sessions. \$18 book fee. Only room for 12 participants, to sign up contact Ellyn in the office office@wuu.org or 220-6830 or sign up [here](#)

Green Sanctuary News

Adopt-a-Highway Cleanup Needs You!

The cleanup of Ironbound Road is still scheduled for this **Saturday, July 13 at 10 AM**. But too many of our regulars are not available - travel, house guests, work, helping friends move, etc. We need a few more helpers to make the effort worthwhile. Can you help with this **Green Sanctuary** event? We need to hear by noon Friday, please. Email rbaldwin-at-widomaker.com

Plastics

We appreciate all the help transporting our plastics to the JCC Recycling Centers for the month of June. If you can help in July and August, please sign up at the Social Justice Table in the Narthex. Instructions are posted there and also above the bins on the Fahs patio.

Caring Committee News

Beth Kennedy appreciates visitors while she is at Consulate. No need to call ahead, just come to room 318.

Please keep Carolyn Greathouse in your thoughts and prayers, with the news of the passing of her aunt Geneva Roberts, who was a positive influence on her life.

Rides Needed

One of our members who lives in New Town would like to connect more with WUU, but is in need of rides to/from Sunday morning services and Monday night meditation group. If you're able to offer a ride to either, please contact Lisa at lisa@kavitz.com (preferred) or (757) 784-0952.

Please contact the Caring Committee at caringchair@wuu.org if you know of a member of the Congregation in need of support, or if you are in need of support.

Other News

3rd Potluck/Fundraiser July 19 6pm

We're having a new fundraiser this year, which fits nicely with our Green Sanctuary commitments to responsible eating. Our July 19th potluck will feature products (prepared by you!) from Wildtree, a company which produces food products that are free of GMO's, preservatives, artificial sweeteners, dyes, fillers, high-fructose corn syrup, and peanuts. Joelle Griffin Russell has become an independent representative for Wildtree and will be organizing the fundraiser. She'll have a table after church on 7/7 and 7/14 so you can sample products and sign up to participate in the fundraiser. Here's how you can be involved: 1) COME TO THE POTLUCK - Friday, July 19th, 6-9PM! It will be a fun, family-friendly event, with food (of course), a magic show by William the Conjuror, and prizes! There will be a Freezer Meal Workshop demonstration for the grown-ups, and you are encouraged to bring board games to share as well. 2) Stop by Joelle's table and pick up a sample to prepare and share at the potluck. (You are welcome to bring other foods to the potluck as well.) 3) Make an order at the table, at the potluck, or directly with Joelle. A portion of all proceeds will go to WUU. 4) Sign up for a Freezer Meal Workshop during the month of August. A portion of the fees will be donated to WUU, and you'll come away with 10 meals to put in your freezer and eat later. More details at the table. 5) Sign up to help set up and break down the potluck or to help sort and distribute orders when they arrive. Sign-up sheets at the table!

Help make this fundraiser as fun and profitable for WUU as possible! We need many hands and mouths to make it a success! Orders will be accepted through 7/23 to apply to the fundraiser. See more information about the products at www.mywildtree.com/joelle and contact Joelle directly with questions: wildjoelle@gmail.com.

Soma Bra Donation Event

Please help Soma Intimates and the National Network to End Domestic Violence support women in need by cleaning out your top drawer during the Soma Bra Donation event. Bras collected will benefit local domestic violence shelters in your community. We have a bag in the sanctuary for donations of new or gently worn bras that we will collect and bring to Soma Intimates in the Premium Outlets for donation. Visit soma.com/givebras to see how half a million donated bras have made a difference.

Future Events

July

- July 19: 3rd Friday Potluck and Fundraiser, Sponsored by Joelle Griffin Russell
- July 26: West Virginia Mission Trip Potluck, 6:00pm, Sanctuary
- July 26: Steps to the Soul's Journey Class, 7:00pm, Fahs House
- July 28: Rainbow Potluck, 11:30am, Fahs House
- July 30: Iftar Dinner and Program, 7:30pm, Sanctuary



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