



# Williamsburg Unitarian Universalists

**A Welcoming, Worshiping, Witnessing Community**

## The Spiral

July 18, 2013

**This Sunday at WUU: July 21, 2013**

**10:00 am**

**Rev Jennifer**

**"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.

Faith Development Program for Children:  
"Eco-Connect." meets in Fahs House at 10am

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

### **Friday, July 19**

- 6:00 pm, 3rd Potluck / Fundraiser, Sanctuary
- 7:00 pm, Visioning Circle, Guernsey Residence (must be signed up to attend-contact office)

### **Saturday, July 20**

- 10:00 am, Visioning Circle, Parker House (must be signed up to attend-contact office)

### **Sunday, July 21**

- 10:00 am, Worship, Sanctuary
- 10:00 am, Eco-Connect for Kids, Fahs House
- 11:15 am, Visioning Circle, Parker House (must be signed up to attend-contact office)

### **Monday, July 22**

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

### **Tuesday, July 23**

- 7:00 pm, QiGong Practice, Narthex
- 7:30 pm, Board Meeting, Fahs House

### **Wednesday, July 24**

- 7:00 pm, West Virginia Mission Trip Planning Meeting, Fahs House
- 7:00 pm, Visioning Circle, Neiman Residence, (must be signed up to attend-contact office)

## Thursday, July 25

- 7:00 pm, Service Honoring Trayvon Martin, Sanctuary
- 7:00 pm, Adult LFD Planning Meeting, Parker House

## Next Sunday: July 28, 2013

**10:00 am**

**James Gerald**

**"Owning Your Religious Past"**

\* 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](mailto:office@wuu.org)
- ✓ Talk to members or friends that have participated in a circle. We hope to have group pictures on the signup board on Sunday.
- ✓ Consider again about helping to paint the new conference room in Parker. We have the paint and supplies and will even buy you lunch. How about Friday at 10:00?

Les Solomon [wuu.bof@gmail.com](mailto: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](mailto: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](mailto:hroads@rumiforum.org) or (757) 597-6990 by Monday July 29.

## Social Justice News

### FISH Needs

The volunteers at FISH report that they can always use canned vegetables of all kinds

### Still Time to Join the WV Mission Trip!

Injuries and work schedules are preventing two of our team members from joining us in WV. Are you able to take their place? We will be traveling to the Appalachian South Folklife Center in Pipestem, WV from August 4 - 10, 2013. If you think there is a chance you can come with us, please contact David Wilcox at [sjchair@wuu.org](mailto:sjchair@wuu.org) for more information.

Our team members; Jonathan, Nathan & Caleb Arries, Autumn Elim-Durden, Paul Luchsinger, Jessica O'Brien, Jennifer Ryu, Lou Seyler, Les Solomon, David Wilcox, and Kaliska Wiley will be working on projects to support the local community while learning about Appalachian culture and history.

Thanks to your generous donations of food and youth scholarships, the WV Mission Trip coupon tree is covered with "leaves"! Please join us next Friday for a potluck to enjoy food and fellowship while you meet the team members and hear about our plans and what we hope to accomplish. Bring the kids as this is a family event! There's more information on the web: [wuu.org/trip](http://wuu.org/trip)

### **Special Service Honoring Trayvon Martin**

The Zimmerman trial is over, the verdict announced. What can we learn from this epic trial? How can we honor the memory of Trayvon Martin and other black youths who have been killed? How do parents of black teenage boys deal with their daily fears? We will hold an evening service on Thursday, July 25th, to honor the memory of Trayvon and to consider the white fear that led to his death. We will meet at 7:00 PM in the sanctuary for an hour of prayerful reflection. We look forward to joining you there.

### **Hampton Roads PRIDEFest 2013, OUT in the Park, August 10-Opportunity to Volunteer**

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, UUFJ, 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](mailto:fredgilbertson-at-msn.com)

## **Lifespan Faith Development**

### **Last Chance-Sign Up by Monday, July 22**

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 Elyn in the office [office@wuu.org](mailto:office@wuu.org) or 220-6830 or sign up [here](#)

### **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 [deyathebeach-at-aol.com](mailto:deyathebeach-at-aol.com)

## **Green Sanctuary News**

### **Plastics**

ONLY BRING TO WUU #5 OR BOTTLE-SHAPED #1 AND #2 PLASTICS

Regretfully, James City County no longer is accepting plastics for recycling except the #1 and 2 that have a bottle necked shape. However, you can continue to deliver #5s to the bins behind Fahs

house because we take turns driving them to Whole Foods in Richmond that contracted with a company that will transform #5s into toothbrushes, et al. Whole Foods recycles corks too. If you do not have curbside pickup, you also can bring your bottle shaped #1s and 2s for us to deliver to James City County convenience centers. Thanks for your cooperation, and we will notify you if the situation improves.

## Caring Committee News

There are many in our congregation who appreciate our well wishes and prayers this week.

**Gayle Henion** is in Hospice House for respite care so that her family can rest. They are allowing short visits from 2 to 4 pm only.

**Beth Morgan's** father, Ed Morgan, is in the hospital with a chronic illness. Please keep him and his family in your thoughts and prayers.

On the Move: **Steve and Marcia Brecker** are moving to Charlottesville. **Pryor and Katie Green** are moving to Raleigh. And **Jan and Jim Newton** are moving to Auburn, AL. It's always hard to watch friends move away, and yet we are happy for their new opportunities and exciting adventures.

### 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](mailto:lisa@kavitz.com) (preferred) or (757) 784-0952.

Please contact the Caring Committee at [caringchair@wuu.org](mailto: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](http://www.mywildtree.com/joelle) and contact Joelle directly with questions: [wildjoelle@gmail.com](mailto: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](http://soma.com/givebras) to see how half a million donated bras have made a difference.

## July & August

- July 19: 3rd Friday Potluck and Fundraiser, 6:00 pm, Sanctuary
- July 23: Board Meeting, 7:30 pm, Fahs House
- July 25: Service Honoring Trayvon Martin, 7:00 pm, Sanctuary
- 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
- August 1: Navigators Monthly Meeting, 6:30 pm, Fahs House
- August 15: Ministry Team Meeting, 7:30 pm, Sanctuary
- August 22: Membership Team Meeting, 7:30 pm, Activities Room

## Williamsburg Unitarian Universalists

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