



Williamsburg Unitarian Universalists

A Welcoming, Worshiping, Witnessing Community

The Spiral

July 5, 2013

This Sunday at WUU: July 7, 2013

10:00am

Rev. Jennifer Ryu

"Building our Future"

Today, after many years of planning and waiting, we take our first steps toward facilities expansion. Because our physical presence reflects our mission and purpose, let's make sure that we understand that purpose.

Faith Development Program for Children

Children should proceed directly to Fahs House to participate in Eco-Connect.

Share the Plate

Williamsburg Area Meals on Wheels will receive the Share the Plate donation on July 7. WAMOW provides home-delivered professionally-prepared nutrition as well as smiles, social interaction and a daily routine to over 100 local people in need.

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

Sunday, July 7

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

Monday, July 8

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

Tuesday, July 9

- 7:00 pm, QuiGong Practice, Narthex
- 7:00 pm, Worship Team Meeting, Sanctuary

Thursday, July 11

- 10:00 am, The Odyssey, Fahs House
- 11:00 am, Aging in Place Presentation, Fahs House

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

Building Our Future-Step By Step

Building Our Future Checklist:

- ✓ Signup for one of the more than 20 Visioning Circles (in the foyer)
- ✓ Look at the Timeline on the poster (foyer and in Fahs). It shows that if we decide to build, we could occupy the space in 2016!
- ✓ Check out the Building our Future homepage under About Us on the WUU website. Currently it contains a link to the three newsletters with several other pages that are under construction.

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

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 13 to the Appalachian South Folklife Center in Pipestem, WV from August 4 - 10, 2013. Our team members; Jonathan, Nathan & Caleb Arries, Autumn Elim-Durden, Debbie Haynes, 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

Lifespan Faith Development

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 rescheduled!

We'll make another attempt to cleanup Ironbound Road on **Saturday, July 13**, 10 AM (weather permitting, as always). Come join our crew to enjoy the fresh air and company. We do need **pre-registration**, so 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

Update on Beth Kennedy

Beth has been moved to Consulate on Jamestown Road and would love some visitors! You don't need to call first, just head over to room 318.

In Sorrow

Geneva Roberts, aunt of congregant Carolyn Greathouse, passed away recently. She is survived by her husband Byrl and her siblings, Gay, Betty and Bill. Carolyn is thankful for her aunt's long life and for her love and positive influence on her life.

Rides Needed

One 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

The Odyssey group invites you...

Join us to hear a presentation on ways you can fix up your home so that you can live at home as a person with handicaps or an alternative to moving into a retirement community. July 11 at 11:00 AM to noonish in the Fahs House. Refreshments provided. The presenters are owners of the Cunningham Construction Co. who remodel homes in the Williamsburg area applying the concepts of "Aging in Place". The company is also a contractor to The Williamsburg Landing that updates their facilities to make them more "user friendly" for the occupants. The presentation will cover the builder's experience and suggestions in helping residents prepare for a comfortable and secure future in their present home.

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.

Interim LFD looking for a used car to use during her 2-year stay with us...

From Lizzie: "As I like to cycle and Williamsburg is a relatively small place, I hope not to need a car very much. However, I will need one for those days of pouring rain, grocery trips and a little further than I can comfortably cycle trips. I am looking for a small car, 2 or 4 doors, good gas mileage, and reliability. I need it to start every time I want to drive it and not need expensive maintenance any time soon. However, other than that I am not very fussy, I can drive a manual or automatic, my current AC doesn't work so that is not a deal breaker either, and I do not care what it looks like or how old it is. I am hoping to spend less than \$2000 and ideally would like a car that is cheap to insure. If anyone knows of such a vehicle or could offer me assistance in picking a car I would be very grateful, as this will be my first car purchase. Please contact the office@wuu.org

Sanctuary Flowers

Mary Turnbull, our flower provider extraordinaire, is taking the summer off. This is an opportunity for you to celebrate an occasion or milestone, remember a loved one, or show someone how much they are appreciated. Consider making arrangements to provide flowers for a Sunday service, or make a donation to the flower fund and we will make the arrangements. Contact Ellyn in the office, office@wuu.org or 220-6830.

Future Events

July & August

- 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

Williamsburg Unitarian Universalists

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