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Williamsburg Unitarian Universalists

A Welcoming, Worshiping, Witnessing Community

The Spiral August 28, 2014

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This Sunday at WUU: August 31, 2014

10:00 am

"My UU Trip Around the World"

Hans Christian von Baeyer

Summer Arts Program for Children and Youth

Children will go directly to Fahs House to rehearse "The Bursting Bush" which will be performed at the worship service on September 14.

Weekly Calendar

Thursday, August 28

- 10:00 am, Meditation, Sanctuary

Sunday, August 31, 2014

- 10:00 am, Worship, Sanctuary

Monday, September 1, 2014-Office Closed Labor Day

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

Wednesday, September 3, 2014

- 7:30 pm, Choir Rehearsal, Sanctuary

Thursday, September 4, 2014

- 7:30 pm, Choir Rehearsal, Sanctuary

Thursday, September 4, 2014

- 10:00 am, Meditation, Sanctuary
- 6:30 pm, Navigators Monthly Meeting, Fahs House

[View the entire WUU Calendar Here](#)

Next Sunday: September 7, 2014



10:00 am "Water Communion: Return to the Well"
All-Ages Worship Service
Rev. Jennifer Ryu

A uniquely Unitarian Universalist ritual, the annual Water Communion service marks the beginning of a new congregational year. With a new Director of Religious Education and our building expansion plans, there is much to celebrate today. As we remember a summer of relaxation, we also acknowledge the tears that were shed for our families and our world.

Everyone will bring a small amount of water from home to represent your summer experiences and travels. We will merge those waters together, then take that water out in to the Memorial Garden to remember the people we have lost this year.

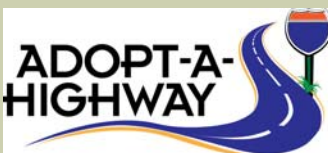
Summer Arts Program for Children and Youth

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Share the plate Sunday, September 7

Literacy for Life will be the recipient of the collection plate the first Sunday of September. Literacy for Life has helped people with numerous individual goals, including studying for and passing the U.S. citizenship exam, obtaining a better job, learning to manage family finances, passing a driver's license test, effectively communicating with medical professionals, and helping children with homework.

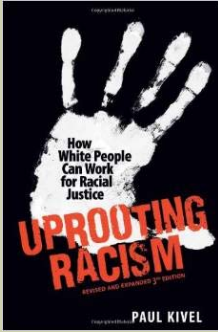
Social Justice



Adopt a Highway Crew Looks for More Hands

It's about time for another stroll along ironbound Road, trash grabbers in hand. Our **Green Sanctuary Adopt a Highway** gang will muster at the Parker House on **Saturday, September 6** at at 10 am. Newbies are always welcome to share in the fresh air and frolicking. Please let us know if you'll be joining us. Email rbaldwin-at-widomaker.com.

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Conversations on Race

"Ferguson, Missouri" conjures up scenes of riot-gearred police, protesters with their hands raised above their heads and political leaders calling for peace but blaming outside instigators. Is racism visible in these scenes or is it hidden? Who has the power and how is it being used? What constructive role can white people play? If you would like to discuss these questions and more within the safety of a group of UUs, please join Conversations On Race this fall. We will read and discuss *Uprooting Racism: How White People Can Work for Racial Justice*, by Paul Kivel. Stay after services on **September 7th** to learn more about this social justice initiative. (The book is available from Barnes and Noble or Amazon, and is an important read, even if you do not join the conversations.) Jessica O'Brien, John Whitley and Wayne Moyer.



Second Friday Social Justice Gathering

Come out to our mid-September Campfire on **Friday, September 12th at 7pm**. We'll sit outside as the sun goes down and entertain you with photos and memories from the West Virginia Social Justice service trip, live performances (if the kids are willing), a real campfire with campfire songs, and lots of s'mores.



FISH (FISH is our local community's food & clothing pantry)

For August Let's fill the FISH wagon in the Narthex with easy to heat and eat meals such as Spaghetti Os, raviolis and macaroni.

Some of these meals in the individual portions are expensive, but children can heat and prepare them for themselves and they are a filling comfort food.

BOF Important Upcoming Dates

Please mark your calendar to save the date and plan to attend these important meetings:

- **September 14:** Q&A for the Congregation. WUU leaders will be on hand to discuss a range of questions in preparation for the vote on the 21st

- **September 21:** Congregational Vote to proceed with phase 1

Caring Committee

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

Sunday Teams-Member Outreach

The Sunday Morning Teams are looking for volunteers to help with 1 service per month. We need 8 people to fill empty positions in our fall roster. It's a great way to meet and develop friendships within our community with only a minimal time commitment. Please call or email Linda Tang at lztang1@gmail.com or 757-645-4401.

Other News

Laughter Yoga Begins September 11 (no class on September 25)

Come get your funny on with Stacey Felipe, Certified Laugha Yoga Leader, in the Sanctuary every 2nd and 4th Thursday at 7pm. Have you heard that laughter is the best medicine? Come find out why and play hilarious games. No requirement to be funny. Laughing reduces pain, risk for heart attacks, anxiety, depression, stress and inflammation. It improves happiness, confidence, creativity, mental clarity, and the immune system. The best part is witnessing the transformations and connections with people.

No experience needed, all adults are welcome regardless of physical limitations. If you are willing and able to lay on the floor then bring a comfy cozy blanket. For more information, please visit www.ssinterconnectedwellness.com or call 757-525-3388.

The Third Wednesday Pathfinders Book Group

Our next book discussion will be on September 17 at noon in Fahs House. Bring a lunch and be ready to discuss "The Lone Ranger and Tonto Fistfight in Heaven" by Sherman Alexie. We welcome new members and ideas of new books to read!

Join the WUU Team for the United Way Day of Caring

Friday, September 19, 2014

Teams from throughout the Williamsburg area will spend a day giving back to the local community. Projects include landscaping, home repair, trail maintenance, painting, cleaning, organizing, and gardening. There will be a kick-off breakfast at 7:30 am at Legacy Hall with food, drinks, games, t-shirts, and entertainment for all the volunteers. Our WUU Team will go from there to our designated service project site. WUUs (and friends!) of all ages are welcome to come out and work together on this fun day!

To join the team, please contact Jess Hench at jesshench@gmail.com or 804-339-3500.

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Upcoming Events

- **September 6:** 10am, Adopt A Highway Clean-up, Meet at Parker House
- **September 11:** 7pm, Laughter Yoga, Sanctuary
- **September 12:** 7pm, Social Justice Campfire, Sanctuary and Outside
- **September 14:** 11:00 am, Informational Session on design, fundraising, & finance, with discussion.
- **September 17:** 12pm, Third Wednesday Pathfinders Book Group, Fahs House
- **September 19:** United Way Day of Caring
- **September 21:** 10:15, Congregation meeting to vote on proceeding with Design of Phase One of Master Plan and a Capital Campaign

Links



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