

View it in your browser.



## Williamsburg Unitarian Universalists

A Welcoming, Worshiping, Witnessing Community

**The Spiral October 2, 2014**

### Table of Contents (Click link to jump to that section)

- [This Sunday](#)
- [Weekly Calendar](#)
- [Next Sunday](#)
- [Social Justice](#)
- [Religious Education](#)
- [Caring Committee](#)
- [BOF Gala](#)
- [Other](#)
- [Upcoming Events](#)
- [Links](#)

### This Sunday at WUU: October 5, 2014

**9:15am & 11:15am**

**Rev. Robert Coats**

**"Bend it, Twist it, Use it and Abuse it"**

Truth can be elusive. It can be pliable, malleable, freeing and, at times, painful. Come join our guest preacher, Rev. Coats, for a discussion on finding our personal and spiritual truths and how we can find ways to live in community honoring our truths while at the same time respecting the truths of others.

The choir sings today, accompanied by our new pianist, Dave Robbins.

#### **Share the Plate for October**

**Williamsburg Area Meals on Wheels** will receive the Share the entire Plate donation on October 5. WAMOW provides home-delivered professionally-prepared nutrition as well as smiles, social interaction and a daily routine to over 100 people who are unable to obtain or prepare a hot nutritious meal for themselves as a result of aging, physical or mental impairment or the inability to shop for themselves.

### Weekly Calendar

#### **Thursday, October 2**

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

#### **Sunday, October 5**

## Sunday, October 5

- 9:15am, Worship, Sanctuary
- 11:15 am, Worship, Sanctuary
- 12:30, Caring Team Meeting, Fahs House
- 4:00 pm, YRUU, Fahs House

## Monday, October 6

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

## Wednesday, October 8

- 7:30 pm, Choir Rehearsal, Sanctuary

## Thursday, October 9

- 10:00 am, Meditation, Sanctuary
- 11:00 am, The Odyssey, Fahs House
- 7:00 pm, Laughter Yoga, Sanctuary

[View the entire WUU Calendar Here](#)

## Next Sunday: October 12, 2014

**9:15am & 11:15am**

**Rev. Jennifer Ryu**

**"A School for Wisdom & Service"**

**All-Ages Worship Service: Austen Petersen's Installation**

Today we formally install Austen as our Director of Religious Education. There will be lots of music and storytelling as we consider the purpose of our programs for children and youth.

**12:15 am, Meet the Minister, Library**

**12:30 pm, Visiting Stewards Training, Sanctuary**

**2:00 pm, Conversation on Race, Fahs House**

## Social Justice



**The Shelves are Bare and Donations are in Great need at FISH (our local food pantry)**

For Fish during the month of October let's do breakfast items: cereals hot and cold (small to medium sizes) and individual boxes, juice, breakfast bars, pancake mix...non perishables items of course. Please look for the Red Wagon to put your items in.

Again this year, we will be collecting NEW socks and underwear (all sizes) for the holiday. Our church has always been a good friend to Fish and they continue to appreciate all of our contributions.

**10/10 Kenva Night Potluck**

contributions.

### **10/10 Kenya Night Potluck**

Join us at 6pm for a potluck and program about the work that Camilla Buchanan and Debra Hill have been doing in Kenya with the Maasai American Organization (<http://www.maasaiamerican.org>), working to improve health and education in the Maasai Mara region of Kenya. The Dream Shop of Eastern State Hospital will have African crafts available for sale.

## Religious Education

Religious Education classes are now offered at **BOTH** the 9:15am service and 11:15am service. At the 9:15 service it is "Austen's One Room School House". At this class all children will work together on a lesson or craft. At the 11:15 service we will have the more "structured" classes with children being grouped in Lower Elementary, Upper Elementary, and Middle School.

Also note that the nursery is staffed at **BOTH** services as well for children ages 4 and under.

### **11:15 am RE Schedule Topics for this week:**

- **Lower Elementary School:** Children use positive words and actions as they learn and live our First Principle, affirming the inherent worth and dignity of every person. Participants will discover that these attitudes and actions are also taught in Jesus' Sermon on the Mount.
- **Upper Elementary School:** This session offers the story of Unitarian Universalist minister David Pettee, who sought the truth about his family's history of owning slaves. In finding truth, he found pain, but also joy and healing. The children discern truth from lies in a game, and express the "tied together" theme of this program by weaving a God's Eye, an emblem of true seeing.
- **Middle School:** We'll explore one aspect of truth and beauty through the lens of the quote "We need not think alike to love alike," by Francis David

**4:00 pm YRUU will meet this week in Fahs House**

## Caring Committee

Judy Norton would like to thank all that have reached out to her in this difficult time. Your thoughts, calls, words, and visits mean so much to her.

Please contact [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.

## Building Our Future Gala

The Capital Campaign Team invites our WUU family and friends, both children and adults, to a Gala Event to celebrate the decision to expansion of our facilities.

The Capital Campaign Team invites our WUU family and friends, both children and adults, to a Gala Event to celebrate the decision to expansion of our facilities.

- Tapas/small plate buffet courtesy of the Capital Campaign Team
- Short program featuring our children, the Building Our Future teams, and you!
- CASH BAR

When: Saturday, November 8, 6-9 PM

Where: Williamsburg Hellenic Center  
4900 Mooretown Road

RSVP: Will be accepted until October 19 to Ellyn Stephens

[office@wuu.org](mailto:office@wuu.org)

757-220-6830 [office@wuu.org](mailto:office@wuu.org)

Need a ride? Let Ellyn know when you RSVP

## Other News

### The Odyssey

ODYSSEY has changed its time of meeting but not the place—Fahs House! We have moved our starting time to 11:00 AM and ask people to bring something to share for lunch at noon. Odyssey explores how to live a richer life as senior UUs while providing opportunity to share trials, tribulations, and grace of growing older with understanding friends. Join us on October 9th.

### Laughter Yoga

Come get your funny on with Stacey Felipe, Certified Laugha Yoga Leader, in the Sanctuary every 2<sup>nd</sup> and 4<sup>th</sup> Thursday at 7pm-our next meeting is on October 9. 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](http://www.ssinterconnectedwellness.com) or call 757-525-3388.

### Third Wednesday Pathfinders Book Group

The next meeting of the third Wednesday Pathfinders Book Group is on October 15th at 12:00 Noon in Fahs House. This month's book is: "My Garden (Book)" by Jamaica Kincaid.

## Upcoming Events

- **October 10:** Social Justice Event, Kenya Night
- **October 11:** Grounds Day
- **October 26:** Rainbow Potluck
- **November 8:** Building Our Future Gala Event

- **November 8:** Building Our Future Gala Event

## Links



[WUU Calendar](#)  
[WUU Website](#)  
[WUU Newsletters](#)  
[WUU Gifts & Talents Form](#)  
[WUU Directory \(Password Protected\)](#)  
[WUU Photos](#)



Shop at Amazon.com  
through this link to support WUU



[www.facebook.com/WilliamsburgUU](http://www.facebook.com/WilliamsburgUU)

**Williamsburg Unitarian Universalists**

[Join Our Mailing List >](#)