



WUU NEWS

THE OFFICIAL NEWSLETTER OF
WILLIAMSBURG UNITARIAN UNIVERSALISTS

MARCH 2018



Balancing

BY REV. LAURA HORTON-LUDWIG

Gaaaa! I'm in yoga class and it's time for my weekly wrestle with Crow Pose. In this pose, the idea is, you squat down and place your hands on the mat just in front of your feet. You snug your knees into your armpits (are you with me?), look forward, lift your chest, engage your core muscles...and that's the point at which, in theory, your feet are supposed to float weightlessly off the ground, leaving you beautifully balanced on just your hands.

In practice, I can't do it. Not happening.



Crow Pose (photo courtesy of Satheesan.vn)

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I've been practicing yoga for 20 years. A lot of poses are easy and fun for me. Many are challenging in a good way. I love working on my balance in tree pose (standing on one leg, the other leg bent and foot pressing into the opposite leg). I'm even kind of OK with Side Crow Pose, a variation where you twist your hips before you balance them on your arms. But regular Crow Pose? It's just not happening. I've been working it for years and my feet do not want to come off the ground. My teacher can do it. Lots of my classmates can do it. Heck, my dog can do it! But not me. And every time we practice in class, my heart sinks a bit. Oh, great, I think: another chance to not get it. Blergh.

Maybe it's time to reframe the situation.

This month's theme at WUU is Balance. Our Soul Matters groups are pondering questions like these:

- Are you off-balance because you're in a tug-of-war? You do know that you're allowed to simply let go of the rope, right?
- Are you out-of-balance because you've taken on too much or taken on too much that is not really yours to do or fix?
- What happens when you sit quietly in a room? Do the voices you hear center and balance you? Or leave you off-balance and pulled off-center?

And then there's this one, which really spoke to me: "Are you trying too hard to make something work? Might balance for you be a matter of accepting defeat or finally letting it go?"

Oh.

Maybe so.

What if I said to myself, "Hey, dear self, guess what? Crow Pose is something you are not able to do, and that's OK!" After all, there are a million things my body will never be able to do which I am completely fine with—like, touching my head with my toes like a Cirque du Soleil performer. That's not gonna happen, and I am OK with that. Or pitching a fastball, or catching a frisbee with any degree of reliability: not my gift (trust me on that!). And I'm OK with it.

So why is it so hard for me to let go of Crow? I guess I've been operating on the unconscious assumption that, to live up to my self-proclaimed identity as "someone who is good at yoga," I have to be able to master any pose that any instructor throws at me. But as I hear myself say that out loud, I have to laugh: it's just not true! My body can do some things and not others, and that's how it is for me and everybody else...and that's just fine. So this month, I'm trying out a new "balancing practice": accepting my limitations and appreciating what I can do. Will you join me?

In faith,

Rev. Laura



P.S. I'm so excited for the installation service coming up on Sunday, March 25 at 4 p.m., when I will be formally installed as your minister. "Didn't we already do that?" you might wonder. It's true, the congregation voted to call me as your minister all the way back in May, and I've been here since August. So what's an installation? It's a public celebration of the new ministry we share. We'll receive blessings from folks in our local and Unitarian Universalist communities, we'll have a chance to formally speak promises to each other, and we'll enjoy a little pomp and circumstance along the way, kind of like the building dedication you celebrated last spring. I hope to see you there!

March Worship Schedule

**MARCH
4**

9:45 & 11:15 am
"Balancing the Both/And"
Rev. Laura Horton-Ludwig, Minister

Our theme this month is Balance. In our highly polarized society, how can we move toward a healthier balance by embracing a "both/and" perspective, not just "either/or"? As we live out of our own center, can we also find value in an opponent's perspective and life experience? We need balance (and humility about our own rightness) if our society is to thrive.

The WUU membership book is open for signing today by those who have completed our Pathway to Membership classes or those transferring from another UU congregation.

**MARCH
11**

9:45 & 11:15 am
"Han Solo Shot First"
Rev. Walter Clark, Guest Minister

It is so easy to see people as either good or bad in these polarized times, but humans are complex and messy creatures. How do we keep our perceptions and expectations of others in check?

**MARCH
18**

9:45 & 11:15 am
"Keeping Our Balance"
Rev. Laura Horton-Ludwig, Minister

Struggling to find our own center...trying to balance the weight of many obligations...and sometimes literally losing our balance: it can be hard to keep our balance as we move through life's journey! Today we explore the challenges and offer hope and inspiration from folks who have lost and found their balance.

MARCH 25

11:15 am One Service Only
"The Role of Community in
Health and Vitality"
Jude Christian, Guest Speaker

Healthcare, despite huge strides in research and understanding of the human body's intricate biomechanics, is in crisis. It is a crisis of disconnection. From the very tangible disconnection of access to healthcare all the way through to a disconnection or disruption in the connectivity between cells in our bodies. Community and the lessons learned, both historically and currently today, has much to offer the medical world so that we may strive more successfully towards Health and Vitality.

Teacher Skills Workshop

You're invited! Join former teacher and school counselor Helen Hansen here at W.U.U. for a teacher skills workshop. Helen will review some positive reinforcement techniques that can be effective in classroom management.



March 4
12:30-1:15

Please RSVP to Austen at austen@wuu.org
sandwiches will be provided



Save The Date-Rev. Laura's Installation

All are invited to join in celebrating the installation of Rev. Laura Horton-Ludwig as the called minister of Williamsburg Unitarian Universalists Sunday, March 25 4:00-5:30 pm with reception to follow in the Gathering Hall.

CHILDCARE available upon request. Please RSVP to Nicole Josemans at njosemans@email.wm.edu by noon, March 15. Please indicate if you would like nursery or one-room schoolhouse care. We look forward to seeing you!

All You Need Is Love

The Beatles said, "All you need is love". The Caring Team is all about love. The Team has been actively providing visits, cards, phone calls to those of us who are ill, recovering, grieving. The Team also provides the occasional ride and meals.

If you or someone you know needs a little love or if you would like to be part of the Team and give a little love, contact Carolyn Greathouse, Trenna Tankersley or email caring@wuu.org.

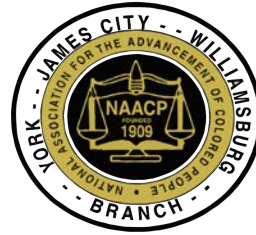


Youth Choir

Singing is one of the most universal ways anyone can participate in music, because you always have your voice with you, and singing in a youth choir is great way to begin a lifelong journey of singing. Youth choir will be every Wednesday at 6:30-7:15PM, led by WUU's pianist Dave Robbins, until the end of the season. We will meet weekly because developing musical ensemble skills requires regular meeting times, it allows the music director to assess the interests and abilities of the students, it builds the habits necessary for successful musical performance, and it's a weekly opportunity for fun! We will plan to have at least one performance during a WUU service before June. During the summer, there will be a recess after we transition to one service per sunday.

Share the Plate

Share-the-Plate for March – NAACP Scholarship Fund



YJCW
NAACP

The Share-the-Plate collection on Sunday, March 11th will benefit the Scholarship Fund of the York-James City-Williamsburg NAACP Branch. Scholarships of \$1000 are presented annually to deserving minority graduates from area high schools. Our donation will likely fund at least one full scholarship to help a student with college expenses. According to the scholarship application, "...the scholarship will be based on academic excellence, letters of recommendation, an essay, and participation in school activities, community service, and the NAACP Youth Council".

If you wish to nominate a recipient for STP or seek more information, please email stp@wuu.org.

More on Share the Plate

One of the beneficial effects of the Share the Plate program is that the "WUU brand" is becoming increasingly familiar in the wider community – in a positive way, of course! While the STP agency clients may not be aware of who is supporting the services they are receiving, the agency leadership, staff and volunteers certainly know. What's more, realize that the WUU donation doesn't come from a line item in our budget, but from the spontaneous generosity of our congregation.



Transgender 101



Williamsburg Unitarian Universalists

Sunday April 15, 2018

Transgender 101 is a foundational discussion to improve understanding of biological sex, gender identity, gender expression, and sexual orientation. The training will be provided by Planned Parenthood of Greater Richmond, Virginia. We have two sessions which are developmentally appropriate. We ask participants to please stay for the entire training.

Session 1: Middle School
Room 110
11:30-12:30

Contact: Austen Petersen,
Austen@wuu.org
Please RSVP by April 8th, 2018.

Session 2: Adults
Room 110
12:45-1:45



Annual Giving Campaign Update

Our pledge goal for the coming fiscal year (July 1, 2018 – June 30, 2019) is \$350,000.

So far we have received pledges that amount to 67% of that goal!!!

These pledges have, on average, increased by 10% from last year!

The pledge campaign will continue until the end of March.

For those who are still considering, please know that your pledge will help WUU live our Mission and Values!

We need support from every one of our members.

How do you pledge?

- Call our financial assistant Suzanne at 220-6820, or stop by the office.
- From the colorful trifold in your pledge envelope, tear off the pledge sheet, fill it out, and put it in the pledge box on Sundays (or mail it in).
- Go online to wuu.org and make your pledge online.

If you have questions about pledging, please contact any one of the team members.

Allen Cooke, Linda Lane-Hamilton, Ty Alexander, Ellen Busching, Nancy Carnegie, Martha Elim, Anne Luchsinger, and Ben Puckett (with Dave Banks as treasurer and Susan Fournier as board member)

Donate Your Treasures to the WUU Annual Yard Sale!



The WUU annual yard sale is around the corner! Please mark your calendars for Friday, May 18th, 5-8 PM, and Saturday, May 19th, 8:00 AM – noon. **At this time, we are now accepting furniture donations ONLY.** We are looking for pieces that are not torn, stained, ripped, have missing pieces, excessive pet fur, water damage, or rust (basically we ask that you donate only those furniture items that the DAV is willing to accept should it not be sold.) If you have such furniture, or have questions, please email us at yardsale@wuu.org. or call 757-561-3141. We can arrange to have it stored; and we can pick it up if you do not have a truck. Be on the lookout for Pat Russo and Katrina Landon (Yard Sale Leads) at upcoming services...look for the ladies with the "Ask Me About the Yard Sale" name tags. We will be calling for volunteers in upcoming Spirals, and newsletters. In addition, sign-up sheets will soon be placed in the Gathering Hall, and you will be able to sign-up online! Stay tuned for opportunities to show how much you love our WUU community....in the meantime, start that spring cleaning and remember "one person's trash is another person's treasure!" Happy spring cleaning!

Board Report

Thanks to almost 34% of our membership for participating in our Annual Congregational Meeting on Sunday, February 25. The primary purpose of this meeting was to conduct the official business of the congregation, including:

- **Election of Officers:** After a bit of discussion, the slate of nominees, as presented by the Nominations Committee, was elected by acclamation.
- **By-Laws Revisions:** The recommendations of the By-Laws Committee were designed to provide more clarity to the absentee voting process. By-laws revision always seems to be a bit more difficult and we spent a bit of time in a vigorous Q&A. The recommendations were approved.

The monthly meeting was held on Tuesday, February 27. All members were present in addition to process checker Jamison Miller and newly elected members Ty Anderson and Rachel Delbos. Ty and Rachel will join newly elected members Ben Puckett and Katrina Landon as official members in May. Retiring members will be: Jim Kent, Ann Tetrault, Michael Coirin, and Pat Hoppe.

Board discussions included:

- Reflections on the Annual Meeting with the goal of improving the process.
- Planning for the annual personnel review of Rev. Laura, now scheduled for June.
- Plans for new board member orientation.
- Board input for the Strategic Plan. Several groups from the Program Council and the Board will be working to complete their assignments from the Strategic Planning committee, due March 15.

In executive session, the Board expressed its thanks, respect, and support for the important work of the Committee on Right Relations (CRR). As stated in the WUU Covenant, we promise: To respect ourselves and the inherent dignity of all human beings *and* to care for each other. The CRR's purpose, as stated in the Charter, is to facilitate the well being of the WUU Congregation as a whole by fostering, mediating, and maintaining harmonious relations within the membership.

In this spirit, the Board affirmed the need for the Nominations Committee to make their recommendations for any unfilled positions on the CRR in time for the May Congregational Meeting. Additionally, as a first step, the Board will seek recommendations from the CRR about ways to improve the Board's policies on Right Relations.



Les Solomon, WUU Board President

Get Creative! Enter the Banner Contest!

Everyone is invited to design one or more banners to be hung in our WUU front entry hall! Do you have ideas for how to reflect who we are—what our values are? Put your design on paper and you may win!

During the month of March we will hold a design contest, open to all ages, to end April. Winning designs will be made into two-sided polyester fabric banners. The judges will be announced soon.

Four 2 ft. x 10 ft. banners will hung on the high walls between the front door and sanctuary, two on each side.

Contest details:

- Draw submissions on paper, card stock, poster board, etc.; make drawings proportional to 2 ft x 10 ft banners (e.g., draw design within a 4 in. x 20 in. rectangle).
- Create simple, colorful designs that express UU values and diversity.
- Use colored pencil, paint, magic markers or crayons for your designs.
- Put your name, email address and phone number on each entry.
- Place entries in the labeled box in the Gathering Hall no later than April 1.

Questions may be directed to Donna Stanford at: aesthetics@wuu.org.

The front entry way at WUU, with its high walls and ceiling, was envisioned by our planners and architects as a perfect place for colorful banners which display our Unitarian Universalist values.



Banner mock up in place



Architects' drawing

It's Time to Register for UUA's General Assembly (GA)!



GA is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. General Assembly 2018 (June 20-24) will take place in Kansas City, MO, and online.

There are three ways to participate:

- As a guest, you can log-on during any session or afterwards to hear the major events. Free.
- As an official WUU on-site delegate in Kansas City. Housing registrations began on March 1. (WUU will cover the cost of registration. Unfortunately, WUU cannot cover the costs of travel, food and lodging for on-site delegates.)
- As an official WUU online delegate. Free. (WUU will cover the cost of registration.)

Whether attending in person or online, it is a wonderful experience. Last year's attendees were: Rachel and Rebecca Delbos, Cindy Frezek, Sally Fisk, Wayne Moyer, and Les Solomon.

For additional information, go to <https://www.uua.org/calendars/uua/general-assembly-2018>.

WUU's Board is responsible for selecting up to 5 delegates, based upon our congregation's size. For further information, contact Les Solomon (wuuprez@gmail.com).

WUU Caring Team



The Caring Team has been busy supporting our WUU community with cards and phone calls of support for those who have recently experienced illness, surgeries and the passing of loved ones. Meals and transportation have been provided during the recovery process.

Members of the Caring Team are notified when there support is needed and assist when able. If you would like to become a part of this important caring ministry, please speak with Carolyn Greathouse or Trena Tankersley or email caring@wuu.org and you will be contacted.

Member Spotlight



David Stanford



Belleville is tiny farming community of only 226 souls (according to the 2010 census) in western New York State. Yet it has produced two recent members of WUU. Melinda Morgan grew up on a farm near Belleville, and I was born in the village. My dad was a minister in the American Baptist Convention, and he served a number churches in upstate NY while I was growing up. The town I think of as my home town is Franklin, not far from Binghamton, with about 400 people. I am lucky to have been able to keep in touch with a few of my high school friends in Franklin whom I have known now for over 70 years — we occasionally spend a few days together.

I have a bachelors degree from Hartwick College in Oneonta, NY, and a PhD from the University of North Carolina at Chapel Hill, both in mathematics. After a two-year stint teaching at Denison University in Ohio, I joined the William and Mary math department and taught here for 35 years. I greatly enjoyed most aspects of my career in teaching and research, and am particularly pleased to have included among my students the offspring of some current WUU folks, though this was well before there was a WUU, and those students have long ago moved on to greater things than starring in my classes.

I met my wife Donna here in Williamsburg, and our son Douglas was young when we became charter members of WUU. He had the benefit of the early WUU religious education efforts, and they are standing him in good stead as he has gone on to form a family of his own. His two toddlers are now the pride of our lives. I have been involved in several WUU activities; my two major interests have been the choir and music program, in which I am still involved, and the caring committee which I helped form and chaired for many years. I have also served on the board and a number of other committees. WUU has been a large part of life for Donna and me for the last 29 years.

As for hobbies, I enjoy listening to and participating in music, both choral and instrumental. I spend too much time on various games and puzzles. I've enjoyed traveling, and was fortunate to arrange one or two year visits to Abadan, Iran, to St. Andrews, Scotland, and to Victoria, BC. I have learned much from these visits, both professional and avocational. Friends in Scotland introduced me to two of my favorite activities, hill-walking and playing recorder. I am grateful for many years of enjoyment in the hills, and I still take great pleasure in the recorder.



Living the Williamsburg Pledge II

You signed the Pledge to End Racism in the Williamsburg Area that now hangs on the gathering hall wall. (If you have not yet signed you may do so anytime.) Now sign up for the Living The Pledge workshop. This two-day program uses a curriculum developed by the First UU Church of Richmond and will run over two Saturdays: April 7 and April 14, 2018, 9:00 AM until 4:00 PM. Participation on both days is expected. The cost is \$20, to cover snacks and lunches. Registration forms (available at the Social Justice table) may be deposited in the red mailbox to the left of the office door, accompanied by check or cash. Question? Please see or communicate with Wayne Moyer, Jessica O'Brien or John Whitley. Our goal is to help every participant feel competent to discuss race in the whole community.

Williamsburg Learning Tree

Education by the community, for the community

March 5th is our deadline for submitting a class proposal!

We have hired a new program manager!

Things are happening:

Our new WALT program manager is Rayven Holmes, who we hired after a thorough evaluation and interview process. We are very, very happy that she accepted the job! Rayven has hit the ground running, so we can get a semester of classes going by APRIL 1.

In order to put the semester's program together, we need to find and engage people who would like to share their talent, knowledge, and enthusiasm with the community. If you (or someone you know) have an idea for a class, please go here, and click on "Teach a Course" for more info (proposal form, FAQs, teacher agreement, etc.) <http://www.williamsburglearningtree.org/>

And if you have other questions, or need help with the forms and the process, please contact Rayven directly at: Rayven@williamsburglearningtree.org

- Williamsburg Learning Tree Committee: John Hochella, Jennifer Haynes, Kathi Mestayer, Melissa Ackley, Susan Walkley, Vanessa Jones, and David Hamilton.

Youth Social Justice Book Club

The book club will meet again on Sunday, March 18th at 4pm. For this month, middle schoolers are reading *Refugee* by Alan Gratz. You can email Stacy Bolling (bolling.stacy@gmail.com) if you need some suggestions on preschool/elementary-level books. We will have some at the meeting as well.

Don't forget that we are going to spend two months on this topic. Our sessions will include watching a short film and welcoming a speaker who will talk with us about refugee resettlement in Hampton Roads and ways to get involved. Please plan to join us on the 18th!