

Mount Vernon Unitarian Church



Events & Activities

1909 Windmill Lane
Alexandria, VA 22307

703-765-5950

www.mvuc.org

October 2019

Mount Vernon Unitarian Church is a loving and inclusive community. Our mission is to support one another on our spiritual journeys, work for justice, care for the earth, and build the common good.

Our Covenant

Love is the teaching of this church.
The quest for truth is its daily task,
And service is its prayer.
To dwell together in peace,
To seek knowledge in freedom,
To serve life in community,
To the end that all souls shall grow in harmony.
This is our covenant
With each and with all.

ABOUT THIS BROCHURE

This brochure describes two types of activities:

Major events that typically occur during the church year; and

Groups that meet periodically to pursue a wide variety of special interests. You are welcome to join any of them.

MVUC activities are volunteer-led and open to MVUC members, friends, and visitors. For dates and times of events, see *This Week at MVUC* (distributed weekly by email) or the *Weekly Bulletin* (distributed on Sunday mornings with the Order of Service). You can also double-check by consulting the Church Calendar on our website, www.mvuc.org.

The church governs itself through committees and task forces. On the MVUC website, check **About Us/Governance** for information about these activities. If you are interested in serving on a committee, see the committee chair, the Program Council coordinator, or any member of the Board of Trustees.

Volunteer opportunities also include such activities as

- ❖ teaching RE classes,
- ❖ helping with Sunday services (greeting, ushering, providing flowers, or managing the sound system),
- ❖ maintaining the Book Nook,
- ❖ serving as volunteer receptionists, and
- ❖ working on communications or governance.

If you do not receive the Wednesday email, ***This Week at MVUC***, and would like to receive it, please fill out a Guest Card, available on Sunday mornings at the Welcome table. The Program Council and the Lifespan Spiritual Growth Council compiled this brochure and published it in October 2019.

To find out about classes for children and about multigenerational activities, look for the RE (Religious Education) brochure in the Commons and find out more about

Lifespan Spiritual Growth programs at

<http://mvuc.org/learning/> and on the MVUC Family Calendar at <https://mvuc.org/learning/family-calendar/>.

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MAJOR EVENTS

KICKOFF WITH INGATHERING PICNIC

Sunday in September Patio and Meeting House

Social highlight of the year, the Ingathering Picnic marks the beginning of a new church cycle and the return from summer break with fresh and rested eyes and open minds. Come celebrate our community in an evening of good food, drink, and conversation.

CAMPOUT ON THE HILL

Held on a Saturday night in late summer in MVUC's Meadow. In addition to sleeping in tents overnight, participants enjoy a cookout, games, campfire, sing-along, and a pancake breakfast the next morning. **Contact: Ann Richards, dlsq@mvuc.org**

MVUC'S ACTIVITIES and VOLUNTEER FAIRS

Fall, Commons, Coffee hour after both services

Presented by the Program Council, MVUC groups showcase their activities and invite you to join them. It is a special opportunity to see all MVUC's activities in a single place with no obligation to join - only the free flow of information. Engage in a conversation about your interests. **Contact: Jan Speakman, janaspeakman@aol.com**

WORKENNANY

Fall and Spring, Sunday, 10:15 am – 3 pm, Grounds Twice a year, families or individuals come to church in work-in-the-garden clothes and spend several hours helping maintain the grounds. Tasks include weeding, pruning, cleaning, and brush removal. Free pizza lunch. **Contact: Derick Spencer, property@mvuc.org**

NURSERY FAMILY GATHERING

Infants and toddlers, parents and siblings - the Nursery families - gather to meet, dine, play, and share this wonderful stage in life. **Contact: Ann Richards, dlsq@mvuc.org**

UNICEF CARNIVAL

Sunday before Halloween, between services, Carriage House

This annual event features a haunted house, musical cake game, games, treats, and more to raise funds in support of UNICEF. Sponsored by the Lifespan Spiritual Growth Council.

Contact: Ann Richards, dlsq@mvuc.org

HOLIDAY SHOP

Saturday before Thanksgiving, 9:30 am-4 pm Meeting House and Hollin Hall

This annual church bazaar brings together regional artists in fiber arts, photography, wood, paper, metal, glass, and clay and vendors selling orchids and crafts from around the world to celebrate the beginning of the holiday season and the start of Christmas shopping. The Holiday Shop also includes a bake sale, a unique household collectables boutique, estate jewelry, the auction of a hand-made quilt designed and sewn by MVUC Quilters, and much more, including lunch. Open to the MVUC community and the general public.

**Contact: Mary Barnett, 703-360-7152
Sandy Peterson, 703-768-2565**

**HOLIDAY CRAFT WORKSHOP, LASAGNA DINNER, AND
HOLIDAY SING-ALONG *First Saturday in December,
Commons, Chapel, and Hollin Hall***

Crafts projects for children and adults of all ages, including the ever-popular graham-cracker houses and boxwood wreath-making. Then enjoy the Holiday Sing-along, complete with piñata, tree decorating, and "The Twelve Days of Christmas." Sponsored by the Lifespan Spiritual Growth Council.

Contact: Ann Richards, dlsq@mvuc.org

WINTER SOLSTICE CELEBRATION

December on the Solstice, Hollin Hall and Meadow

Celebrate the changing of the season! Food, Ceremonies, Stories, Songs, Dance—all welcoming the longer days of light. Bring a snack or appetizer to share and warm clothing so that we can spend some time outside. We begin our celebration in Hollin Hall and end the evening around the fire pit in the meadow. Intergenerational, all are welcome.

Contact: Ann Richards, dlsq@mvuc.org

HOLOCAUST MEMORIAL MUSEUM TOUR

Two tours in January and February of the Permanent Exhibit at the Holocaust Memorial Museum, led by Dr. Dan Cohen. The tour will last about 2½ to 3 hours. Those wishing to attend need to sign up in advance so that appropriate planning for tour guides can be secured. Watch for announcement.

Contact: Dan Cohen, cohendlc@gmail.com

GAMES NIGHT

Periodically, Commons Families, singles, young adults, teenagers, and younger children join together for a relaxing – but sometimes competitive – evening of board, trivia, and performance games. And what would Games Night be without a potluck? Bring something to feed eight based on the first letter of your last name -- A-J main dish; K-R side dish (such as bread, salad, fruit); and, P-Z (drinks and desserts).

Contact: Jim Kerr, reassist@mvuc.org

CONCERT BY MEN'S CHORUS

Spring – March 15, 2020

In the distinctive style known as barbershop, the Harmony Heritage Singers present a concert of traditional, patriotic, and popular songs. Hear favorites like Lida Rose, Beer Barrel Polka, and Country Roads. No admission charge; you are asked for a contribution to United Community (UCM).

**Contact: Ron Brandt, 703-765-4779,
gronbrandt@gmail.com.**

VARIETY SHOW AND LASAGNA DINNER

An early Spring Saturday, Meeting House

Enjoy lasagna, garlic bread, salad, and beverages put together by the middle schoolers' Coming of Age group and parents to benefit the Coming of Age group's trip to Boston. Then enjoy a variety show featuring church members and friends. Maybe you'd like to be in the show. Acts may include singing, juggling, doing the hula, or who knows? Each performer is limited to 3 - 5 minutes. It's an excellent chance to prepare for Broadway or discover you shouldn't give up your day job. Sign up to perform.

**Contact for Variety Show: Linda Jemison, 703-765-0379,
linda@fairfax.info**

SPRING BOOK SALE

Thursday – Saturday in March, Meeting House and Hollin Hall

Annual church event held in Hollin Hall and the Meeting House. Books, CDs, DVDs, puzzles, and art will be for sale at excellent prices. Donations come from members, friends, neighbors, and previous customers. Donations may be left in the white book box in the parking lot at any time. Proceeds of the sale support church programs.

**Contacts: Joan Wamsley, 703-451-3027
Leah Choudhury, 703-780-5982**

EASTER EGG HUNT

Easter Sunday, between services, Grounds

Held between services, this MVUC tradition is the delight of all who attend. Children scour our boxwood garden and lawn for toys and treats. Parents take photos and enjoy. Bring a basket, a camera, and any treats you would like to donate.

Contact: Ann Richards, dlsq@mvuc.org

ANNUAL CONGREGATIONAL MEETING

Sunday in May 5 - 9 pm, Meeting House

Once a year, members enjoy a potluck dinner and then meet to elect new members of the Board of Trustees, Program Council, and Nominating Committee and to conduct other church business.

Contact: boardchair@mvuc.org

STORIES AND MUSIC IN THE GARDEN

Sunday afternoon in May, Boxwood Garden

Set amid the beautiful boxwood garden of MVUC, Stories and Music in the Garden features lively musicians and storytellers to entertain participants of all ages, with delicious refreshments available on the patio behind the Commons. A joint event with Fort Hunt Preschool, all proceeds go toward the support our FHP/MVUC Natural Playground.

**Contact: Beth Peebles,
bethpeebles@gmail.com**

PARTNER CHURCH BRUNCHES AND DINNERS

Several Times a Year

Enjoy fellowship and food in support of MVUC's partner churches in Mawlat, India and Szentharomsag Romania.

Contact: Lisa Gillispie, lisagillispie@earthlink.net

ANIMAL BLESSING

Annually, June 21, noon, Patio of the Meeting House

Bring your pets on a leash or in a container for the MVUC blessing of the animals. Photographs are welcome if the pet is uncooperative, less than thrilled, or doesn't play well with others. Led by Rev. Kate Walker and canines Amy and Rory.

REPAIR CAFÉ

Periodically

Repair Café is an idea started in Europe to encourage people to repair, reuse, and recycle belongings. You will find tools, materials, and volunteer experts to help you make repairs to clothing, bicycles, lamps, jewelry, etc. You will also find repair specialists such as electricians, seamstresses, and bicycle mechanics. If you have nothing to repair, you can enjoy a cup of tea or coffee, or you

can lend a hand with someone else's repair job. Benefits of a Repair Café include the passing down of valuable practical knowledge as well as the reduction of raw materials and energy needed to make new products. Help us kindle people's enthusiasm for a sustainable society. MVUC members, friends, and neighbors are sought to furnish expertise in any of the above (or other!) areas. Publicity, planning, and set-up support are also appreciated.

**Contact: Barbara Bacon, babacon46@gmail.com,
703-795-4131**

WELCOME TO OUR COMMUNITY

These events are designed for newcomers inquiring about Unitarian Universalism and church life at MVUC; they are also open to current members and friends. The events are related but independent and will be repeated throughout the year.

NEWCOMERS MEET AND GREET LUNCHEON

Quarterly; Check the Welcome table for dates and a sign-up sheet These luncheons after the last service on Sunday provide visitors time to meet and talk with church leaders about MVUC, what our UU faith offers, and how it can meet the expectations of visitors seeking a spiritual home.

**Contacts: Linda Burke and Jim Burke,
membership@mvuc.org**

INTRODUCTION TO UNITARIAN UNIVERSALISM AND MVUC

Offered 3 times a year, usually Saturday mornings

Rev. Dr. Kate Walker will talk about Unitarian Universalism, MVUC history, and our religious education programs for both children and adults. Lay leaders will describe MVUC governance and some of our activities, such as Social Justice. Sign up at Welcome Table on Sundays

**Contacts: Linda Burke and Jim Burke,
membership@mvuc.org**

MUSIC

ADULT CHOIR

Wednesdays September to mid-June, 7:30-9:15 pm, Chapel

If you like to sing and can carry a tune and read music, you will enjoy being part of the MVUC Choir. We sing a wide variety of music and have fun doing it. The choir provides worship music for Sunday services about three Sundays a month, plus a variety of holiday music, concerts, and parties. Talk with director Mark Zimmerman about your singing background and check us out!

**Contact: Music Director Mark Zimmerman,
mszofnote@gmail.com**

Choirmaster Alan Bunner, abunner@surfbest.net

BLUES/JAZZ JAMS

***First and Third Mondays (excluding some national holidays)
8 - 9:30 pm, Chapel***

Instrumentalists of all experience levels are invited to make music, jam for fun, and rehearse for occasional performances. You will have fun and, with some pieces, frustration (life's ups and downs). We play blues, jazz, show tunes, and other genres, and read and improvise pieces.

Contact: Tom Griffin, 703-719-6152, grifthomas@gmail.com

PERCUSSION WORKSHOPS

Second and Fourth Sundays, at 2:00 pm, typically in the chapel.

Join this great group of people and community to learn and experience intricate roots percussion that help us connect with traditional cultural music and stories. Taught by Susan Gerber Berning and Rebecca Ames. Bring a percussion instrument, or we have drums, bells, shakers, and balaphone available upon request. To be added to the Drumshop listserv, contact

Susan at sberning@worldportico.com, 202-695-5561

HUM AND STRUM

Monthly, usually the Third Friday, 7:00 – 9 pm

Join us for a casual session of singing and playing songs largely drawn from the book "Rise Up Singing," copies of which will be made available. Beginning guitar and ukulele players are usually on hand, but feel free to bring any musical or rhythm instrument you have--even if you are still learning. We meet in the Commons or Fireplace Room to create the atmosphere of a campfire sing-along.

Contact: Marty Bredeck, triptoph@gmail.com

SOCIAL JUSTICE

MVUC is committed to working for social justice. In addition to its several groups, MVUC also works on voter registration drives and LGBTQ advocacy; is an active member of several community organizations, such as Virginians Organized for Interfaith Community Engagement (VOICE); and supports such organizations as Planned Parenthood of the Metro Area.

ADOPT-A-HIGHWAY

Once each quarter, 10 am – 12 noon Sherwood Hall Lane

Our seventh UU Principle challenges us to show “respect for the interdependent web of all existence of which we are a part.” In an effort to live this principle, MVUC has joined the Adopt-a-Highway project and has adopted Sherwood Hall Lane. This is a fun and very worthwhile project. We invite everyone to join us for our next clean up. RE families, young adults, young at heart--we can all do our part. Please watch the e-news and Sunday inserts for the date of the next cleanup. We will meet at the Sherwood Hall Library parking lot at 10:00 AM. If you have garden gloves, please bring them. We will provide safety vests and bags.

**Contacts: Joan Darrah, jedarrah@aol.com
Lynne Kennedy, lynnekenn@aol.com**

CLIMATE ACTION TEAM (CAT)

Ongoing

In May 2019, the congregation of MVUC voted to commit to a year-long, church-wide focus on climate change, to educate ourselves and take appropriate actions to address the issue. Inspired by Paul Hawken’s Drawdown, the Climate Action Team (CAT) is a collection of teams focused on different solutions to global warming. Each team is creating their own goals and projects and meeting monthly as part of the larger group to share ideas and resources. How you can be involved through the year: Every month CAT will organize a combination of events that may include: an intergenerational activity; an educational film, speaker or workshop; and a conversation-cafe style discussion group. CAT will give every member of the congregation an avenue to participate on three levels: personally, at home, as a church community, and as a powerful constituent block in advocacy efforts. Watch for announcements in weekly bulletins, monthly newsletters, Facebook, the MVUC website, and in the Commons after services. Sign up for our periodic email digests in the Commons.

Contacts: Barb Bacon, babacon46@gmail.com

GUN VIOLENCE PREVENTION VIGILS & LOBBYING

The 14th of the month, Headquarters of the National Rifle Association; and MLK Jr. holiday in Richmond

Join members of the Gun Violence Prevention Task Force who participate in a vigil in front of the headquarters of the National Rifle Association at 11250 Waples Mill Road, Fairfax, Virginia, on the 14th of every month. This vigil commemorates December 14, 2012, when the Sandy Hook massacre took place in Newtown, Connecticut. The vigil runs from 10 am until noon. Please contact one of the co-chairs to verify the time. We also participate in a statewide lobby day in Richmond for gun violence prevention on the Martin Luther King, Jr. holiday.

Contacts: Laura Castro, laura.castro@verizon.net

HEALTHY FOOD FOR HEALTHY FAMILIES

Year-round, MVUC garden

MVUC families and friends sow, care for, harvest and deliver organic produce to United Community Ministries for distribution to low-income people on the Route 1 corridor. There is something to do in the garden every season, including preparing the soil, mulching, weeding, watering and – best of all – harvesting the fresh produce.

**Contacts: Bonnie Iredell, bbiredell@gmail.com
Tamara de la Camp, tcamp33@gmail.com**

MVUC TASK FORCE FOR SOCIAL ACTION ON ROUTE ONE

The Mount Vernon Unitarian Church Task Force for Social Action on Route 1 reaches out and supports community empowerment programs for the homeless and marginalized population on Richmond Highway (Route 1), particularly (but not exclusively) programs undertaken by United Community Ministries (UCM), Ventures in Community (VIC), New Hope Housing, and Habitat for Humanity.

Contact: Helen Lounsbury, helenlounsbury@yahoo.com

UCM SHARE SUNDAYS FOOD COLLECTION

Every Sunday, year-round

MVUC collects food for United Community Ministries every Sunday. As you are leaving for church, think about bringing in food to share: fresh vegetables, a can of food, or a box of pasta to place in the food collection basket in the Commons. This act contributes to the well-being of our larger community.

Contact: Helen Lounsbury, helenlounsbury@yahoo.com

VENTURES IN COMMUNITY HYPOTHERMIA PROJECT (VIC-HOP)

*Thursday nights, December, January, and March
Rising Hope United Methodist Church*

We prepare and serve meals to the homeless and provide overnight supervision. This program, designed to protect the homeless on the Richmond Highway corridor from dying of hypothermia, is in its 9th year. Sign up in the Commons, either on the clipboard or on the large poster on a stand or contact:

Helen Lounsbury, helenlounsbury@yahoo.com, 703-346-4401

LEADERSHIP

LEADERSHIP SEMINAR

Annual Event, Hollin Hall

The Leadership Seminar is an opportunity for those who want to “lead the way” at MVUC through their active and engaged participation. A full-day program offered each year by a team of experienced church members, the seminar provides useful information about how we’re organized and how things are done, as well as some valuable tips on managing meetings and working with groups. Besides getting valuable insights about governance of our church community, participants become better acquainted with a small number of interesting people who share their commitment to Mount Vernon Unitarian Church.

Contact: Sue Lamb, suerieslamb@mac.com

WAYS TO WORK WITH INTERPERSONAL CONFLICT

Annual Event, 9 am - 1 pm, Commons

To be human is to have differences in values, beliefs, perceptions, goals, priorities, expectations, and personalities. All of these differences may serve as sources of interpersonal conflict. This four-hour session, open to all interested members of the congregation and their guests, will provide concepts and skills to work with interpersonal conflicts arising from these differences.

Contact: Sue Lamb, suerieslamb@mac.com

ADULT RE PROGRAMS **ARE**

CONTEMPLATIVE GROUP

*Sundays, 10:25 am, Hollin Hall Sun Porch
9 am when there is only one service*

Deepen your spiritual life through contemplative practice with a supportive group. We begin with a reading from a spiritual tradition followed by a period of silent meditation, closing with a brief discussion of the reading and contemplative practice. Whatever your background and experience, you are welcome any Sunday and do not need to register in advance.

**Contact: Jim Kerr, reassist@mvuc.org or
Sally Lindsfors, lindsforskeegan@gmail.com**

EXPLORING WORLD RELIGIONS

MVUC offers a series of courses in faiths that have made an impact on history and humanity and are being practiced today. Activities include adult classes, field trips, worship services, and social media engagement.

Contact: Ann Richards, dlsq@mvuc.org

GREAT DECISIONS

Sundays after second service, starting in February Hollin Hall Fireplace Room

Great Decisions, sponsored by the Foreign Policy Institute, is America's largest discussion program on world affairs. The Foreign Policy Institute provides materials with background information, current data, policy options, and questions for discussion. All are welcome to attend and volunteer to become a session leader.

There are lots of aids to help lead the discussion including a DVD presentation for each topic. The optional study guide is available for purchase. **Contact: Joe Kitrosser, joekit@verizon.net**

SITTING MEDITATION

Sundays, 7 - 8:30 pm, Carriage House

This class practices sitting meditation and studies readings from Jack Kornfeld, Thich Nhat Hanh, Sharon Salzberg and others. The readings provide encouragement, instruction, and support for those with no previous experience in Buddhist meditation. We practice for our own benefit and the benefit of others. Introductory instruction is available for newcomers. You do not need to register in advance.

Contact Dale Peebles, 703-780-2243

TED TALKS

First Mondays (except holidays), Hollin Hall Fireplace Room

We will take advantage of the TED website (www.ted.com) and its focus on ideas worth spreading. We will view an engaging video and join in facilitated discussions. Different programs will be offered on each date.

Contact: Ann Richards, DLSG@mvuc.org

SOCIAL and SUPPORT GROUPS

MVUC CARE TEAM

The MVUC Care Team is the heart of our caring community. The MVUC Care Team are MVUC members who volunteer to provide support to fellow MVUC members who are ill, in crisis or experiencing life transitions. The support offered goes well beyond casseroles and cards.

Over the years, the MVUC Care Team has provided support in these areas:

- Home and hospital visits
- Telephone chats
- Rides to medical appointments
- Orthopedic equipment (as available)

If you know of a community member in need or if you need help yourself, please contact the MVUC Care Team Coordinator:

Pam Unger, 703-965-5111, pamelqu@gmail.com

For orthopedic equipment needs, contact MVUC Care Team member:

**Sandy Peterson, 703-768-2565,
SandyPeterson2010@gmail.com**

CIRCLE SUPPERS

January, February, March, and April

Circle Suppers are a great way to get to know other MVUC members and friends in a home setting. Circle Suppers involve revolving groupings of 6-8 participants who take turns hosting or providing a part of the meal for monthly suppers during January through April.

Contact: Jim Burke, jburke2424@mac.com

EVERY THURSDAY GROUP (ET)

Thursdays, usually at noon, sometimes at 10 am, Hollin Hall

This lively, open group is one of the longest ongoing gatherings of new and old churchgoers. They meet weekly for socializing, promoting activities that support the church, cooking and creating items for Holiday Shop, helping with many church events, (including cooking for VIC-HOP), relevant discussions, and "Odyssey" talks where members share their life's journey. Birthdays are celebrated monthly, book discussion groups are regularly held, and new members are always welcome! Bring your own lunch or share our PBJ sandwiches and drinks at noon in the Hollin Hall dining room.

Contact: Ruth Ann MacCleery, ram668@aol.com

THE MEN'S GROUP

Third Thursdays, 7:30 pm

Hollin Hall Library upstairs and Members' Residences

A group of men that meets the third Thursday of each month to share thoughts about the ancient and modern world perspectives. The group talks about hopes, fears, defeats, losses, and joys, as well as religion and politics. All men of every age are welcome. The Men's Group Mission Goal is to provide a monthly opportunity for men to facilitate thoughts about their lives and to strengthen circle connections with each other. The medium shares knowledge discussions, nibbles and libations of choice, and laughter over a broad range of topics. There's no formal process to join, but registration for monthly email announcements is encouraged to welcome new members and guests.

Roy Wright, roywright1941@gmail.com, 703-459-4641

Alternate: Jack Hinman, HinmanJC@state.gov, 703-966-7808

YOUNG ADULT GROUP

The Young Adult Group at MVUC meets several times a year for food, fun, and conversation with the mission of cultivating opportunities for spiritual growth, community building, and social action. Past events have included a weekly trivia night, small group discussions, local day trips, and potlucks. This group invites all those interested between the ages of 18 and 35- ish to watch for announcements of upcoming events. Feel free to join our Facebook Group at "MVUC Young Adults" for up-to-date announcements.

Contacts: Carolyn Dunlea, cmdunlea@gmail.com

SPECIAL INTERESTS

ADOPT A GARDEN SITE

Year-round, MVUC grounds

Do you like to garden, and feel good when an area is spruced up? Then come join this group of enthusiastic gardeners who keep the MVUC grounds looking great. Families or individuals take on a garden site and care for it whenever they have time by raking, weeding, trimming bushes and maybe planting flowers, to keep our hill looking tidy and welcoming.

Contact Derick Spencer, property@mvuc.org

BIRDING

Year-round

Huntley Meadows, Dyke Marsh, White Oaks, and more. Come join us to watch birds. Migration season is particularly active. Help us add to the list we're compiling of birds seen on the Holy Hill during the current year.

**Contact: Ben Jesup, 703-765-4965,
benbreep@gmail.com**

BOOK SALE PREPARATION GROUP

Wednesdays 9:15 am, Hollin Hall

This group meets year-round to sort and store book donations in preparation for the Spring Sale. Perks include a preview of what will be for sale and the opportunity to purchase flat-rate books.

**Contact: Joan Wamsley, 703-451-3027, lipiczky@gmail.com
Leah Choudhury, 703-780-5982, leah.choudhury@gmail.com**

BUDDHIST STUDY GROUP

Sunday 11:30 am-12:30pm, Sun Porch Hollin Hall, beg. November

In November, a new group is starting at MVUC to study and interpret the teachings of the Buddha. All are welcome. For the first 30 minutes, a member of the group will share a lesson on a pre-selected topic, followed by a 30-minute sitting meditation. During the sitting, one can contemplate the insights from the lesson or use another personally selected focus. The topic for our first seven meetings is The Four Noble Truths, the core of the Buddha's teachings. If you have any questions or if you would like to review the readings in advance of the gathering or be added to the email list:

**Contact: Fran Oropeza at 413.636.1586 or
Glenn Chappell at glennchappell3@yahoo.com**

GREENHOUSE GROUP

Year-round, Greenhouse

Members participate in propagating and caring for annuals, perennials, herbs, heirloom tomatoes, and some tropical plants in our historic greenhouse. Plants are sold to the public every Saturday and Sunday in the spring and sometimes on book sale days and at Holiday Shop. In summer when the Greenhouse is closed some members continue their gardening activities on the MVUC grounds. We also take field trips to special area gardens. Greenhouse activities are self-funding. Sales income covers the cost of seeds, purchased plants, supplies, heating and the maintenance of the building. The group as a whole meets about twice a year. No experience required, only an interest in horticulture.

Contact Mary Barnett, 703-360-7152

INTERNATIONAL FOLK DANCE

Thursdays 7:30 – 9:30 pm, Chapel

Come experience dances from all over the world, for fun, exercise, connecting to other cultures, and an antidote for stress! No partner necessary. We are a friendly diverse group and welcome beginners. \$5 donation suggested.

Contact: eileenshropshire@gmail.com, (703) 772-9105

KNITTING AT MVUC

Tuesdays, 7 – 9 pm, Commons or Off-site

Knitters from beginners to experienced are invited to meet for knitting, discussion, knitting assistance, and comradery. Absolute beginners, spinners, crocheters and other handicrafters are welcome.

Contact: Ann Richards, dlsg@mvuc.org

OUTDOOR FELLOWSHIP

Year-round

Throughout the year, the fellowship hosts outdoor activities such as hiking and paddling. The purpose of these events is to promote intergenerational fellowship among members and friends in outdoor, natural settings that also serve to support the UU principle encouraging us to be mindful of the interconnected web of all existence. Events are open to all, and input from MVUC members and friends to plan future outings is welcome. Contact Carl Lohmann to receive activity emails.

Contacts: Carl Lohmann, carljudylohmann@gmail.com

Bonnie Iredell, BBIredell@gmail.com, 703-216-4061

MVUC/FHP NATURAL PLAYGROUND PROJECT

Year-round, MVUC Playground area

Join us as we create a natural playground at MVUC. This project continues to be a fun way to raise ecological awareness. We work with Fort Hunt Preschool (FHP) parents to plant, build, and install natural playground elements. Completed elements include a storytelling area, a stage/tree surround, a new playground structure of 25,000 recycled plastic bottles, a brick pathway, a big new sandbox, a bog garden, outdoor storage areas, composters, and raised garden beds. We will continue to add elements as time and money allow. We'd love your help and ideas!

Contact: Beth Peebles, bethpeebles@gmail.com

QUILTERS

**Wednesdays 12:30 - 3pm, Hollin Hall Blue Room,
and Third Sundays, Hollin Hall Blue Room, 12:30
(after second service)**

The quilters meet most of the year to create a quilt to be raffled at Holiday Shop in November. We also make smaller quilts for church members as needed to express love and support. We are a group of both enthusiastic beginners and experienced quilters who enjoy one another's company while continuing a long quilting tradition at MVUC.

**Contact: Nancy Barkume 703-360-3203,
nancybarkume2@gmail.com**

*This booklet was compiled under
the direction of MVUC Program
Council with the help of the
contacts listed. If you have any
additions or corrections, please
contact Linda Burke,
@membershipchair@mvuc.org.*