

Mount Vernon Unitarian Church



Events & Activities

1909 Windmill Lane
Alexandria, VA 22307

703-765-5950

www.mvuc.org

January 2021

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 sign up at mvuc.org. The Program Council and the Lifespan Spiritual Growth Council compiled this brochure and published it in November 2020.

To find out about classes for children and about multigenerational activities, look for 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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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.

MAJOR EVENTS

{updated} KICKOFF WITH INGATHERING PICNIC ***Sunday in September – Virtual via Zoom in 2020***

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

{updated} This may be held at some time during the church year if pandemic protocol allows.

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, dls@mvuc.org**

{updated} MVUC'S ACTIVITIES and VOLUNTEER FAIRS ***Fall, Held via Zoom in 2020***

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, janaspakman@aol.com**

{updated} WORKENNANY

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. MVUC is currently using SignUp Genius to do virtual Workenanny until such time as we can gather together again. Use the link in the "This Week at MVUC" email that comes out every Wednesday. Work on your task when you can. Stay away from others who might be working on the grounds while you are there. No masks are required so long as you are outdoors. Questions about individual tasks should be directed to **Leah Choudhury, Leah.Choudhury@gmail.com**

NURSERY FAMILY GATHERING

{updated} This will be coordinated by a volunteer on-line or in person depending on the pandemic protocol in Fall 2021.

Infants and toddlers, parents and siblings - the Nursery families - gather to meet, dine, play, and share this wonderful stage in life.

Contact: Ann Richards, dls@mvuc.org

UNICEF CARNIVAL

Sunday before Halloween, between services, Carriage House

{updated} During the pandemic this is a UNICEF Halloween Drive-Thru

Held 5:00-7:00pm. Decorate your car and/or wear costumes inside it, then swing by to enjoy the displays and trick-or-treat from a distance. Participants are asked

to remain in their cars, however cameras and waving are encouraged!

Contact: Ann Richards, dlsq@mvuc.org

{updated} HOLIDAY SHOP

In Fall 2020 this will be an online-only format. Please join us for a virtual Holiday Shop with your favorite crafters! Because of the pandemic, we had to put off this year's Holiday Shop. Instead, we are featuring some of our favorite crafters online. Join us <https://mvuc.org/support-mvucs-virtual-holiday-shop-use-coupon-code-mvuc/> online to see what's available, now through Thursday, December 24. Use the code "MVUCHS" during checkout to track purchases made through the MVUC website and a portion of the sale will go to MVUC's Susan B. Anthony Fund, supporting church projects.

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

{updated} Holiday Craft Workshop/Pizza Party/Caroling/Pinata

These events are usually contiguous on the first Saturday in December.

However, in 2020: Home for the Holidays - Holiday Craft Workshop is Back -- and Coming Straight to You!

On-line ordering: <https://mt-vernon-unitarian-church.square.site/>

Craft Kit pick-up Saturday, December 5, 9 am – 12 pm

Interactive craft demos via Zoom 11:00 am – 2:00 pm on the 5th

Even though we can't join together in person this year, the annual Holiday Craft Workshop continues in virtual form. You can pick up craft kits with all you need to make MVUC's traditional Graham Cracker houses and your favorite decorations & ornaments at home. Miss the annual piñata event? We have that covered, too, with a DIY mini "piñata" popper! For \$12 per kit, you'll receive a DIY Graham Cracker house, DYI Mini "Pinata", DYI Paper chains, Dreidel game, and holiday pizza recipe PLUS you may select three additional DYI crafts - free at checkout. Written craft instructions provided.

Contact: Ann Richards, dlsq@mvuc.org

{updated} WINTER SOLSTICE CELEBRATION

December on the Solstice, Hollin Hall and Meadow. Modification for pandemic will be announced in December.

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

{updated} GAMES NIGHT

Periodically, Commons

During the pandemic this is held online. No potluck Families, singles, young adults, teenagers, and younger children join together for a relaxing – but sometimes competitive – evening of board, trivia, and performance games.

Contact: Jim Kerr, reassist@mvuc.org

{updated} CONCERT BY MEN'S CHORUS

Spring – 2021-*Pandemic will likely prevent a 2021 concert*

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.

{updated} VARIETY SHOW AND LASAGNA DINNER

No dinner in 2021 due to the pandemic. The Variety Show may be virtual. An early Spring Saturday, Meeting House

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

{updated} SPRING BOOK SALE

Postponed until the church feels it is safe to hold the sale; donation box closed until then.

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**

{updated} EASTER EGG HUNT

Easter Sunday, between services, Grounds

This will be modified to account for the pandemic.

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, dlsg@mvuc.org

ANNUAL CONGREGATIONAL MEETING

Sunday in May 5 - 9 pm, Meeting House

This will be modified to account for the pandemic, was done virtually last May.

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.

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

{updated} PARTNER CHURCH BRUNCHES AND DINNERS

Not now held due to Pandemic. Maybe in Summer 2021

Enjoy fellowship and food in support of MVUC's partner churches in Mawlat, India and Szentharomsag Romania. **Contact: Lisa Blair, lisablair5950@gmail.com**

{updated} ANIMAL BLESSING

October 2020 - *held outside with physical distancing and Covid precautions.*

Annually, 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.

{updated} REPAIR CAFÉ

Currently on hiatus due to pandemic

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. 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.

{updated} NEWCOMERS MEET AND GREET

These are held via ZOOM during the pandemic.

Quarterly, Check the "This Week at MVUC" Wednesday emails for dates and sign-up procedure. They 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

{updated} INTRODUCTION TO UNITARIAN UNIVERSALISM AND MVUC

Offered 3 times a year now via online ZOOM, 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 with email to membership@mvuc.org

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

MUSIC

{updated} ADULT CHOIR

1st and 3rd Wednesdays, 7:00pm via ZOOM

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 method has changed a bit in these difficult times, but the joy of singing remains. Currently the Choir meets 1st and 3rd Wednesdays at 7 pm via Zoom. We record virtual choir anthems several times a season to use in worship. Not as tricky as it sounds! Talk with Mark Zimmerman about your singing background and check us out!!

**Contact: Music Director Mark Zimmerman, mszofnote@gmail.com
Choirmaster Alan Bunner, abunner@surfbest.net**

{new} MVUC PRESENTS! Concert Series

2nd Wednesdays of the Month 7 pm via zoom

Please tune in to watch MVUC church musicians, readers, and guest artists create theme-based light fare to uplift the heart and spirit during these difficult times. Contact Mark Zimmerman for opportunities to perform or Zoom links for the performances. **music@mvuc.org**

{updated} BLUES/JAZZ JAMS

On hiatus due to Pandemic - 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

{updated} PERCUSSION WORKSHOPS

On hiatus during the pandemic.

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

{updated} HUM AND STRUM

On hiatus until May 2021 due to pandemic restrictions -- 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.

{updated} ADOPT-A-HIGHWAY

On hold until the pandemic is over. 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**

{New}

Anti-Racism Committee Planning Meeting

Throughout its history, MVUC has been engaged in efforts to achieve social justice in the greater Washington area and beyond. Many people feel that MVUC should create a more formal structure to coordinate its work on transforming our community into an anti-racist organization and to guide us on how we actively engage in work to dismantle White supremacy. If you would be willing to be part of this committee, If you would like to be involved, please send an email to Joan Darrah.

Contacts: Joan Darrah, jedarrah@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 at digestsclimateaction@mvuc.org.

Contacts: Barb Bacon, babacon46@gmail.com

{updated} GUN VIOLENCE PREVENTION VIGILS & LOBBYING

All in-person activities are on hold during the pandemic.

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: John Johnson, johnwjohanson99@gmail.com

{updated} HEALTHY FOOD FOR HEALTHY FAMILIES

On hiatus until 2022 due to pandemic.

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

{Updated} UCM SHARE SUNDAYS FOOD COLLECTION

On hiatus due to pandemic.

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

{updated} 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. Our volunteer Hypothermia Shelter help resumes December 1, 2020 with big changes due to the pandemic. Fairfax County & New Hope Housing staffs in the South County Government Center on Rt. 1 will now serve fifty guests from the Rising Hope and Kennedy Shelter. They will serve the meals, & breakfast bags dropped off by volunteers & do all the overnight chaperoning of guests. We will no longer have any guest contacts. MVUC will continue to provide hot dinner meals & breakfast bags all Thursday nights during December, January, and March (not February). Because of the larger number (50) when signing up you will sign for 25 for the usual 2 or 3 couples, small group or 2 families. Larger groups perhaps could sign on for the whole meal, or all bags: Choir, Towanda, Every Thursday Group, Quilters, Youth, CAT, etc. The meal needs to be the same, for both groups for that night. Sign up Genius will be different to reflect these changes. There will be no sign up sheets in the church. Please feel free to text, email or call Helen and Brian Lounsbury to sign up early for December dates, or for a specific future date reserved or for any questions.

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

LEADERSHIP SEMINAR

*On hiatus until 2021 due to pandemic
Annual Event, Hollin Hall*

LEADERSHIP TRAINING

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

*On hiatus until 2021 due to pandemic
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*

{updated} CONTEMPLATIVE GROUP

Sundays, 9:00 am, via Zoom

Deepen your spiritual life through contemplative practice with a supportive group. The session begins with a reading, which is followed by 20 minutes of quiet contemplation. We close with a brief, quiet discussion about the reading and contemplative practice.

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

EXPLORING WORLD RELIGIONS via ZOOM

Will be held in Spring 2021 via ZOOM.

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, dls@mvuc.org

GREAT DECISIONS

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

On hiatus during the pandemic.

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

{updated} **SITTING MEDITATION**

Sitting Meditation is delayed until in person is available. Sundays, 7 - 8:30 pm, Carriage House

During the pandemic there are some available meditation resources in the area, mostly by ZOOM (contact Dale Peebles for current info). 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 of each month (except holidays)

Offered via Zoom

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. See Wednesday e-mail for topic and Zoom log in.

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

{updated} CIRCLE SUPPERS

On hiatus this church year due to the pandemic. Try the Neighborhood Covenant Groups this year instead.

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

{updated} EVERY THURSDAY GROUP (ET)

Now meeting via ZOOM during the pandemic.

Thursdays, usually at noon, sometimes at 10 am, 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

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

{updated} BIRDING

Year-round but on hiatus due to COVID, contact Ben to be included in announcements of bird walks when they start again.

Huntley Meadows, Dyke Marsh, and more. Come join us to watch and learn about birds. Help us add to the list we're compiling of birds seen on our Holy Hill.

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

{updated} BOOK SALE PREPARATION GROUP -- postponed until the church feels it is safe to hold the sale; donation box closed until then.

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

{updated} BUDDHIST STUDY GROUP

On Hiatus until pandemic restrictions lifted.

On 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 about twice a year. No experience required, only an interest in horticulture.

Contact Mary Barnett, 703-360-7152

{updated} INTERNATIONAL FOLK DANCE

Not meeting in person during pandemic but you can email Eileen .com about Zoom sessions that are once a month on a Thursday evening from 7:30-9 PM.

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

{updated} KNITTING AT MVUC

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

Via Zoom during the pandemic.

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: Barb Bacon, babacon46@gmail.com

{New} LOST AT THE X-ROADS - GENERATION X AT MVUC

Via Zoom during the pandemic

An informal social group of MVUCers approximately, although not exclusively, between the ages of 35 and 60 - we meet every two or three months for food, conversation, and community. During the pandemic, we schedule occasional Zoom Happy Hours/Coffee Hours. Contact genxmvuc@gmail.com for more information and to be added to the notification list.

Contact: genxmvuc@gmail.com

{updated} OUTDOOR FELLOWSHIP

Year-round

We are again planning monthly walks/hikes (wearing masks and social distancing) and will continue doing so as long as we feel it's safe. This fellowship hosts outdoor activities such as hiking, biking, 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.

**Contacts: Carl Lohmann, carljudylohmann@gmail.com
Bonnie Iredell, BBIredell@gmail.com, 703-216-4061**

{updated} QUILTERS

Modified schedule this pandemic year.

The quilters are working behind the scenes this year as we socially distance and work at home. Weather permitting, we meet every other Wednesday on the church grounds for a "bring your own lunch and chair" to share what we're working on and to check in. We continue to work on "comfort" and thank you quilts for MVUC members. 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. Beginners welcome! Contact: Nancy Barkume 703-360-3203,

nancybarkume2@gmail.com

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