



*Love is the spirit of this church,
and service is its law.
To dwell together in peace,
to seek the truth in love,
and to help one another –
this is our great covenant.*

TVUUC Programs Guide

September 9, 2022

Bring your passion and desire to see change.
Be prepared to exercise your mind and your heart.

Together we can do the most good.



View Updates Online

There are many different ways to be involved in this community. One of the best ways to meet people and experience true connection is by finding a volunteer role that works for you. Whether it is a one-time job or an ongoing commitment, there are many ways to engage in community that will fit your lifestyle, skills, and interests. Every program and event in the church is run by volunteers and supported by our staff. Included here are some of the best ways for newcomers to plug in.

Groups

A group is a collection of individuals who each contribute and interact with each other to achieve a larger goal. A group has one designated leader. Group members do not share responsibility for the final outcome. The focus is achieving individual goals. The group discusses a problem, decides on a solution, and delegates tasks to individual group members.

Teams

Teams consist of people with complementary skills who have a common purpose, goals, and approach for which they are mutually accountable. Although there may be a designated leader, leadership moves from member to member based on the topic or task assigned and the member's skills. Successful teamwork requires members to behave in ways allowing work toward a collective product.

Committees

Committees are long-term groups, sometimes referred to as Standing Committees. Committees maintain a Board-approved Charter and may have legal and structural responsibilities. A Committee Chair is elected by the members of the Committee. Committees have regularly scheduled meetings, and its elected secretary records minutes of the meetings.

Task Forces

Task forces are small groups of people brought together to accomplish a specific objective, with the expectation that the group will disband when the objective has been completed. Some of the people are experts in specific areas of knowledge or practice. The impetus for the creation of a task force is often the result of some event, often unexpected or unanticipated, causing the need for an organization to acquire knowledge as to how to best respond to the event, related events, or to a similar situation

Tennessee Valley Unitarian Universalist Church

2931 Kingston Pike – Knoxville, Tennessee 37918 – (865) 523-4176

Rev. Chris Buice – Senior Minister

Claudia Pressley – Director of Finance and Administration

Michael Miller – Office Administrator/Bookkeeper

Catherine Farmer Loya – Director of Lifespan Religious Education

Miriam Davis – Assistant Director of Religious Education

David Asbury – Interim Music Director

John Montgomery – Building Maintenance

This 1st edition of the TVUUC Programs Guide was assembled by the 2022/2023 Program Council. Working under the guidance of the Executive Team, the Program Council is a body of volunteer leaders who, with input from staff, work to focus and guide the development and coordination of church programs in concert with the mission of TVUUC. The Program Council promotes communication, connects people in our congregational community, and maintains a master list of committees, teams, interest groups and contact persons. Monthly meetings are open to all interested persons.

Program Council Acting Chair

Barbara Lamm

Program Council Rising Chair

Betty Bumgarner

Program Council Secretary

Betty Bumgarner

Cluster Chairs

Barbara Lamm, Elnora Williams, Other Chairs TBD

Board Representative

Eddie Chin

Ex Officio - Director of Finance and Operations:

Claudia Pressley

Ex Officio - Director of Lifespan Religious Education

Catherine Farmer Loya

We strive to be a liberal religious community where people of all faiths can find common ground and feel empowered to work for the common good. In our church we believe that diversity is a strength not a weakness. Listening to different points of view can lead to opportunities for intellectual and spiritual growth.

Our members hold a variety of theological and philosophical perspectives, and yet we covenant together to build a community where each person is valued and respected. We believe that each person has something to share that can enrich our common life.

Our congregation has a deep commitment to religious freedom and the authority of the individual conscience. We believe in building a society that respects human rights both at home and abroad. We are committed to working in interfaith partnerships to feed the hungry, protect the environment, empower social justice efforts, and celebrate religious freedom.

We appreciate you taking the time to learn more about our church. By learning about the programs listed here, you can begin to get some sense of the creativity and the variety of our programming and activities. We welcome you and your ideas and your vision.

– Rev. Chris Buice

Arts and Music Cluster

The following programs are part of what we call the “Arts and Music Cluster.” They are TVUUC programs involving the arts and music (not specifically related to religious services). For more information about our Choirs for adults and children, please see information in the Religious Services Support Cluster.

Art Gallery Committee

Every two months – Members organize and support art shows by hanging works in the gallery and publicizing the opening. Put out a call for artists every 12 to 18 months and jury submissions for following year’s shows. Organize artists’ reception the Friday following the installation to open the new show. No artistic talent is required for committee membership.

Sing Out

Founded in 1995, Sing Out is a folk singing circle that currently meets the fourth Sunday of each month, 5:30 to 7:00 p.m. at a **yoga** studio five minutes from our church. We sing from the book "Rise Up Singing," which is provided. Because we currently sing without masks though socially distanced, we ask that participants be fully vaccinated.

Congregational Care Cluster

Programs in the Congregational Care Cluster foster a sense of community and care within TVUUC. With compassion and empathy, volunteers help congregants to connect to each other and find support when needed.

Caring Table

Volunteers set up Caring Table in Fellowship Hall an hour before the service. Prepare cards to friends with caring needs or celebrating a joy and encourage people to sign, then prepare for mailing. Collect information about caring needs and communicate as needed to appropriate staff member or other volunteers. Collect names of people who will volunteer to help. Two volunteers needed each Sunday. Orientation gladly offered.

Caring Network

The Caring Network is composed of volunteers who provide various services for members and friends.

- **Helping Team** – These volunteers will coordinate a group to provide rides and meals as needed during illness or family issues. Depending on the situation, they may also be available for home visits. If you have a need or wish to volunteer, please leave your name at the Caring Table or contact the chairperson of the Caring Network.

- **Spiritual Care Team** – These volunteers are trained to provide a listening and confidential presence when you are working through a personal concern, a crisis, illness, or other transition. They are available in person for one-time or several meetings, depending on the need. They are available by phone via the Heartline/Pastoral Care phone 24/7, answering directly during the day and evening. They also provide pastoral care visits to those in assisted living. This is part of the TVUUC pastoral care ministry.
- **Caregivers Support Group** – Those of us who provide full-time care for loved ones need ongoing support. This group can meet once a month to share their personal concerns in a safe and confidential space to encourage self-care and updates about full-time caregiving. If you are interested in participating, please leave your name at the Caring Table or contact the chairperson for the Caring Network.

Memorial Garden Committee _____

This committee provides information and individual, confidential support for individuals and family members to be interred in the Memorial Garden. They provide you with the brochure, application, and process information. At the time of interment, we provide support to the family as needed, prepare the site, assist in the interment, and complete the burial.

Memorial Service Coordination Team _____

Four to eight team members respond to requests from TVUUC-connected families planning a memorial service at the church. They provide coordination of details of service – guest book, flowers, sanctuary preparation, seating, and ushers if needed. They may help the family coordinate a reception that meets the needs and desires of the family, often requesting donated food items from the congregation and helping with serving and reception clean-up, if needed.

Volunteer Assisted Transportation _____

The church partners with Volunteer Assisted Transportation to help provide drivers for folks in the Knoxville area who may need transportation to the grocery store, medical appointments or to church events. Volunteer drivers undergo extensive training and use hybrid vehicles provided through a partnership with the CAC Volunteer Assisted Transportation program. If you are interested in being trained to be a driver, please contact Nancy Welch at: nancy.welch@cactrans.org or call 865-673-5001. Also, if you or a family member need transportation, call the same number to request a rider application. Those seeking rides must first apply to CAC, and ride availability depends on volunteer drivers.

Congregational Fellowship Cluster

The Congregational Fellowship Cluster includes programs, groups and activities that offer opportunities for members and friends of the church to come together to enjoy social time with others.

All-Church Spring Retreat (The Mountain)

Similar to the Fall Retreat, we gather together at The Mountain, a Unitarian Universalist Retreat and Learning Center near Highlands, NC. Church members, families and friends stay in fully accessible lodge or cabins, share delicious meals prepared by Mountain staff. Fees based on cost of fully furnished cabins, staffing and meals. Retreat atmosphere allows for solitude, engaging with others on a hike, or relaxing on the deck of the lodge with your own craft project. Volunteers may offer specific programs. Get acquainted with UUs and friends from other churches for meals and other activities.

Alliance

The Alliance began as a service organization to support the physical needs of the church, and its annual book sale continues to raise funds for specific church needs. The group has evolved into a social and educational group that meets monthly for a forum-like presentation and potluck meal. Details announced in the newsletter and social media. All are welcome! The TVUUC Alliance meets every 2nd Thursday of the month at 10:30 AM.

Coffee Service

Love is the spirit of this church and coffee is its fuel. Two volunteers go to the kitchen one hour before the first service to prepare beverages for the congregation. They make coffee, hot water for tea and cocoa, and lemonade for the children, and ensure cream, sugar, etc. is put on the serving table. After the social hour ends about 1:00 the volunteers wash the dishes and clean the kitchen. Volunteers serve one Sunday each month, and everyone appreciates their efforts.

Heart to Heart Circles

Often people seek a church community to find deeper meaning in their lives and to build relationships with others who share their values. For people new to the church community, as well as those who've been here for a long time, TVUUC's Heart to Heart Circle groups offer a way to with a small group of people in an affirming, covenanted space focused on listening and personal introspection. Meetings also offer opportunities for members and friends of the church to enjoy social time and build relationships with one another. Participants commit to meeting once a month, October-May, for a single year's program cycle. Each month we share selected readings along with questions to consider that invite us to explore a common theme. Trained volunteer facilitators give participants time to pause, reflect, speak what's in their heart, and hold the space while others share their truth.

Laughter Is Good for the Soul

Laughter meets at 1:00 pm-2:00 pm on Fridays, at Panera Bread, 4855 Kingston Pike, Knoxville, TN 37919. Let's gather together to share the things that make us laugh, that remind us to love and that living is a good thing to do. This is an opportunity to share what makes you laugh, love and believe in the miracle of life in the current environment. Let's

seek JOY together with poetry, readings, stuffed animals and anything that brings a smile to your heart. Hope to see you there! Bring a friend! JOY

Sci Fi Club

2nd Saturday of each month - 6:00 pm - The Science Fiction Club meets at the church on the 2nd Saturday of each month for an entertaining, edifying and appetizing evening of movie-watching, conversation and pizza-eating. All are welcome!

Small Group Ministries

Small groups are great places to get to know other people and to get to know yourself. Over time, participants build deep connections with one another, with the congregation, and with the sacred. Groups of six to twelve people covenant to meet once or twice a month for structured and confidential sharing on topics that inspire reflection and spiritual growth. In each session, facilitated by a member of the congregation, all participants have opportunity to share their perspectives, tell their stories, and listen deeply. The time together is structured: Groups begin and end with centering readings and often include times for quiet reflection as well as sharing.

Wednesday Afternoon Gaming Group

Anyone interested in playing card or board games, we meet on Wednesday afternoons, from 3:00pm - 6:00pm in the Lizzie Crozier French room.

Women's Table

All people who identify as women of the church are invited to an evening together for dinner out and a movie. The location rotates between Downtown and West Knoxville and meets on fourth Tuesdays of the month at 5:30. Watch for details in the newsletter and social media. Ask to join the TVUUC Women's Table Facebook page.

Food Ministry Cluster

Food Ministry Programs at TVUUC include programs, projects and activities that serve people in the Knoxville area experiencing food-insecurity.

Community Garden

Members and friends of the church help plant, tend and harvest a food garden in the church's backyard. The Garden is the Children's RE outdoor classroom during the Summer and periodically throughout the year. Newcomers and volunteers always welcome! There are four sections: Personal Gardens, Donation Garden, Memorial Orchard, Butterfly Garden.

FISH of Knox County

TVUUC and more than 20 other area churches work throughout the year to provide bags of food for those in need. On the third Wednesday of each month, our FISH volunteers bring

bags of food from the West Knox Food Pantry to church, receive 15-25 calls at the church requesting food, deliver bags of groceries and other items around the community, help stock our shelves with non-food essentials (like soap and toilet paper), and file monthly reports to FISH about deliveries. In addition, TVUUC takes responsibility for purchasing, stocking, and bagging food at the West Knoxville Food Pantry throughout the month of December — a month of high demand. Volunteers always needed!

TVUUC Little Food Pantry

The TVUUC Little Food Pantry offers free food and personal care items to those struggling with food insecurity. Located at the edge of the upper parking lot, the zero-barrier outdoor pantry is open 24/7 to anyone in need, no questions asked. Items and funding are donated by members and friends of the church. The Little Pantry is currently re-stocked twice a day by a team of Pantry Checkers – individuals, families, and groups. There are many ways to be involved in this help-one-another program. Let us know if you would like more information!

Lifespan Religious Education Cluster

Below are programs that offer opportunities to engage in personal, spiritual and faith development at TVUUC, with options for people of all ages to connect, learn and grow together as fellow seekers.

Sunday Morning for Children and Youth

This year's program will provide a nurturing environment for our children and youth to explore and grow through a variety of freely-chosen experiential spaces offered each week, engaging with a common spiritual theme. This year will be a returning and emergence of TVUUC faith development programming that focuses on building beloved community and living our UU values together every day. We offer a Preschool program, a Choose Your Own Adventure program with rotating options for exploring through story, hands-on action, creative challenges, and spiritual practice (open to K-12th grades), as well as the Call to Justice (open to 6th-12th grades) and Coming of Age (open to 9th-12th grades) spaces for older youth. In addition to Sunday morning programming, we'll offer at-home activities, outdoor storytimes and RE activities, and other all-ages opportunities to connect and grow together throughout the year.

Youth Programs (Middle School and High School)

Sunday morning Call to Justice (open to grades 6-12) and Coming of Age (open to grades 9-12) programming, as well as monthly youth social and service events, anchor our programming for our middle and high school youth. We also offer opportunities to engage in the life of our congregation as we develop leadership skills and cross-generational relationships at TVUUC. Contact us for detailed info about our offerings for youth and to sign up to receive communications about program happenings!

Young Adult (18-35) Group

Offering ways to connect with fellow young adults at TVUUC, this group is currently being reformed and we are eager to build our contact list. Possible programming on its way this year: a young adult Heart to Heart Circle, the young adult Our Whole Lives sexuality education program, as well as events to connect for fun and conversation and service.

RE Programming – Adult

The Adult RE Leadership Team at TVUUC coordinates a wide variety of personal and faith development programs for adults throughout the year, including one-time forums and workshops as well as multi-session classes. A sampling of this year's anticipated offerings includes opportunities to explore reproductive justice, a Defund Fear book group, a Starting Points program for welcoming and orienting newcomers as well as longtimers to TVUUC, and much more!

Personal Beliefs and Commitments

This class, which began thirty plus years ago, involves discussion and exploration of beliefs and values which guide individual lives. The weekly topic is selected by that week's moderator, a class member volunteer, who defines and leads the discussion. Topics often focus on understanding and developing the spiritual self and how that applies to everyday life. The principles of Unitarian Universalism inform these explorations with participants being ever aware of the inherent worth and dignity of each other. This group meets on Sunday mornings at 9:45 a.m. All are welcome!!!

Member and Visitor Services Cluster

The Member and Visitor Services Cluster includes programs that help individuals and families fully connect to the life of TVUUC. Whether you're a long-timer or a newcomer, we can connect you to activities for learning, for fun, for volunteering, and more!

Membership Committee

The purpose of this committee is to create a welcoming environment for visitors and generate interest in becoming members. Five to seven committee members work with the Membership Coordinator to help members and friends find involvement in programs and activities that connect with their talents, skills and interests. Assist with periodic programs that help new people learn about Unitarian Universalism, TVUUC, and membership. Try to compile, archive, and discern members' information and skills to join programs, committees, and pathways to leadership.

Volunteer Connection Team

The purpose of this team is to facilitate connecting TVUUC members and friends with church-sponsored activities and programs that match their talents, skills and interests. The VCT works to make individual referrals to specific programs, performs outreach through

Starting Point, the Welcome Table, periodic Volunteer Fairs and their events. The VCT team also will help direct and channel interested parties when programs request volunteers. They also maintain the Volunteer Calendar and post volunteer opportunities through various social media channels.

Welcoming Congregation Committee

We are a Welcoming Congregation, recognized by the Unitarian Universalist Association. This means we affirm and include people who are lesbian, gay, bisexual, transgender, and queer at every level of congregational life—in worship, in programs, and in social occasions—welcoming them as whole people. We recognize that there's always something more to learn and remain open to deepening our understanding about the lives of lesbian, gay, bisexual, transgender, and queer people.

TVUUC has a strong commitment to welcoming and supporting the LGBTQ+ community. Our tradition affirms the inherent worth and dignity of people of all sexual orientations and gender identities. In addition to the many ways our church is officially involved in the LGBTQ+ community of Knoxville, many of our members and friends are also very active throughout East Tennessee. The ministers of TVUUC are also honored to offer wedding services to couples.

Religious Services Support Cluster

Choir, Adult

Sanctuary Choir – Wednesdays, 6:30 PM – This SATB ensemble is open to all volunteer singers and participates in Sunday services. The Sanctuary Choir also participates in Christmas Eve, Easter and other events and services of the church as requested. The Sanctuary Choir prepares larger musical services and works during the calendar year. It is not required that choir members be able to read music. All are invited to join, and drop-ins are welcome at Wednesday rehearsal.

Flowers Team

The main focus of the Flower Committee is the beautification of the church through the art of flower arranging. Our main focus is the pedestal in the sanctuary, and if budget and time allows, creating smaller arrangements for the Welcome Table and rest rooms. These are done for most Sunday services. Team members use flowers from their own gardens or store-bought. Members are reimbursed from the Flower Committee fund up to \$40 if they purchase flowers for that week. We have artificial arrangements for emergency coverage if needed, and for off-weeks during the summer. The Flower Committee also does a Fall and Winter Holiday display for the Sanctuary.

Donors who wish to Honor with Flowers may donate \$50 or more for specific Sundays. This is in conjunction with the main office, so that this may be noted in the Order of Service that Sunday. Currently, the chair of the committee also works in conjunction with the Memorial

Committee to provide flowers for memorial services. These are paid for from the Memorial Fund and can be used for that Sunday's service.

Most team members are scheduled one Sunday every month or two, depending on the number of members on the committee. For those who want to join, training on flower arranging will gladly be provided. No experience required.

Greeters

Every Sunday – Volunteers arrive 45 minutes before the service. Wear a nametag and a Welcome badge (available at Welcome Table). Open the doors for all members and friends and welcome them with kind words, a smile, perhaps a handshake. If they are clearly new visitors, direct them to the Welcome Table. Two greeters needed for each service each week. Volunteering for a regular slot each month is especially helpful. Orientation gladly offered.

Music Committee

Sound Team (including Audio Recordings)

Sunday worship service - also concerts and other special events. Team members should arrive 1 hour before the service begins to set up microphones, turn on the sound system, sound-check speakers and musicians, and make sure audio is being sent to video stream. During the service, make adjustments as needed. After the service, turn off the sound system and put microphones away. One operator is needed for each service or event. Fees are paid for working special events. Orientation and training to system gladly arranged.

Ushers

4 Ushers needed every Sunday. Ushers should arrive 30-45 minutes prior to service. Before the service, make sure the sanctuary is ready by checking seating for hymnals, envelopes, pencils/pens, straighten chairs and check chalice. Greet people as they enter the sanctuary, providing an order of service. Assist any person that needs help walking or traversing the aisles. As necessary, encourage audience to move closer together to open additional seating. Pass the collection baskets to ensure all members of the congregation have the opportunity to donate. Tally attendance. Following service, collect orders of service for recycling and greet people as they leave the sanctuary. Count the offering (only 2 ushers needed). After the service, tidy up sanctuary by checking seating for hymnals, envelopes, pencils/pens, straighten chairs and remove any cups or other trash that is obvious. Volunteering for one or more regular slot each month is appreciated and especially helpful.

Welcome Table

Volunteers arrive half an hour before the service. Set up brochures, cards and pens on table in foyer, return items to storage in office at end. Wear name tag and Welcome badge. Greet visitors, help them fill out visitor cards, offer temporary name badges, give a short orientation tour of the church. Answer any questions about the church, various activities and Unitarian Universalism in general. Introduce visitors to RE table, Membership Coordinator or

another member if appropriate. Respond to requests for new permanent badges from regular attendees. Return to table for ten minutes after the service. Place completed visitor cards in Membership Coordinator's box in office. Two attendants, needed for each service, three if volunteers are available. Orientation to procedures and supplies is gladly offered. Volunteering for a regular slot each month is especially helpful.

Worship Committee ---

The Worship Committee in concert with the Senior Minister develops and implements a year-round program of Sunday morning worship services. Members generally meet once a month to provide assistance and input for the creation of excellent Sunday services including planning lay-led services when the minister is not worship leader or during the minister's vacation. Assist worship associates and church staff with all aspects of service delivery.

Social Action and Justice Cluster

Justice is at the core of our faith. We work to serve, to raise awareness, and to support and partner with people who face injustice. We advocate, organize and act for justice to live out the values of our faith. Below are a wide range of volunteer opportunities at TVUUC.

Children's Diversity & Justice Library ---

The CDJL is a free community lending library providing books and programs featuring people with identities and/or from communities that are under-published and under-represented in literature. Rooted in values of equity and compassion and hosted by TVUUC, the CDJL empowers young people – and grownups! – to celebrate diversity and seek justice in their lives and communities. The name is a bit misleading, as the library includes board books, picture books, books for juvenile, middle grades and teen readers, as well as an adult collection! Anyone can become a patron and browse the collection of nearly 1700 books as well as check them out to read at home. All books in the collection represent one or more of 14 primary dimensions of diversity: African and African American, Asian Asian-American and Pacific Islander, Bodies and Abilities, Cultures and Traditions, Diversity, Families, Gender, Latinx, Justice, LGBTQIA, Native Nations and Indigenous Peoples, Refugees and Immigrants, Religion, Women and Girls, and the catalog is fully searchable online at <https://cdjlibrary.org>.

Environmental Concerns Committee ---

The Environmental Concerns Committee (ECC) works to create awareness, understanding and action projects focused on environmental issues within the church as well as locally and globally. The committee meets monthly. Programs of the ECC meet at various times. Newcomers and volunteers always welcome!

- **Green Sanctuary 2030: Mobilizing for Climate Justice**

This program follows a UUA roadmap that helps our congregation rise to the climate-change crisis. Guided by the UU 7th and 8th Principles, we work to grow a

congregational culture that is characterized by bold, collaborative, urgent, and effective action.

- **Sacred Grounds Program**

This program creates, offers, and supports inter-generational activities that help people have hands-on experiences on the church grounds where the natural world intertwines with spiritual growth. This program helps build recognition of the grounds as our outdoor sanctuary and an integral part of TVUUC's certification as a UUA Green Sanctuary. Outdoor activities may include picnics, services, explorations, yard games, campouts, art projects, and more. Volunteers welcome!

Justice Knox ---

TVUUC is a partner in JusticeKnox, an interfaith group of more than 16 Knoxville congregations that work on uncovering local issues of injustice and mobilizing to create just, fair, and effective solutions.

Lonsdale Tutoring Program ---

Weekly as arranged – Volunteers are needed for various jobs: Tutoring a child or children in reading and/or math during school hours, with schedules worked out with the school coordinator; working in a classroom to help students as a teacher requests; leading or assisting in programs in the community school which meets in the afternoons after regular classes end; Really, the sky is the limit for people with an interest in helping students, especially in the community school where they provide special help and enrichment classes as well as a dinner before they go home.

Racial Justice Committee ---

January, and year-round as appropriate – Members keep TVUUC members and friends informed of the activities and events scheduled in January by the Knox County Martin Luther King, Jr. Commemorative Commission, and encourage TVUUC participation. Assure that the interests and concerns of TVUUC are represented in the deliberations and planning of the Commission. Attempt to keep TVUUC members and friends apprised year-round of activities in, by, and on behalf of Knoxville's communities of color, and to raise TVUUC's profile in Knoxville's communities of color.

The Linda Lee Kraeger Library

The Linda Kraeger Library provides materials for the use of TVUUC members/friends and categorizes materials within the parameters of the eight Unitarian Universalist Principles. Special collections reflect the interests of TVUUC and include a portion of the private book collection of Linda Lee Kraeger. In addition, the library contains a small children's book collection. TVUUC volunteers maintain the library.