



Tennessee Valley Unitarian Universalist Church

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

Together We Can Do the Most Good

Programs Guide – August 25, 2023

DIGITAL

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

Tennessee Valley Unitarian Universalist Church

- **Physical Address:** 2931 Kingston Pike – Knoxville, Tennessee 37919
 - **Mailing Address:** P.O. Box 11763, Knoxville, TN 37919
 - **Phone:** (865) 523-4176
 - **Website:** tvuuc.org
 - **Church Facebook page:** <https://www.facebook.com/tvuuc/>
 - **TVUUC Members and Friends Facebook page:** <https://www.facebook.com/groups/TVUUC>
 - **TVUUC YouTube page:**
<https://www.youtube.com/channel/UC3uv5kH5hWXSv2HzdPhehrQ>
-

Staff

- **Rev. Chris Buice** – Senior Minister
 - **Claudia Pressley** – Director of Finance and Operations
 - **Catherine Farmer Loya** – Director of Lifespan Religious Exploration
 - **Miriam Davis** – Assistant Director of Religious Exploration
 - **David Asbury** – Music Director
 - **Michael Miller** – Office Administrator and Bookkeeper
 - **John Montgomery** – Building Maintenance
-

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.

2023-2024 Program Council

- **Co-Chairs** – Barbara Lamm and Betty Bumgarner
- **Board of Directors Liaison** – Board Chair-Elect: Heather Kistner
- **Ex Officio: Director of Finance and Operations** – Claudia Pressley
- **Ex Officio: Director of Lifespan Religious Education** – Catherine Farmer Loya

Table of Contents

All-Church Retreats	5
Art Gallery	5
Congregational Care Cluster	5
Caring Table	5
Caring Network	6
-Caregivers Support Group	6
-Helping Team	6
-Spiritual Care Team	6
Memorial Garden Committee	6
Memorial Service Coordination Team	6
Volunteer Assisted Transportation	6
Fellowship Groups Cluster	7
Alliance	7
Laughter Is Good for the Soul	7
Sci-Fi Club	7
Sing Out	7
Wednesday Afternoon Gaming Group	7
Women's Table	8
Food Ministry Cluster	8
FISH of Knox County	8
TVUUC Little Food Pantry	8
Volunteer Center Ministry Meals	8
Lifespan Religious Education Cluster	9
Sunday Morning for Children and Youth	9
Youth Programs (Middle and High School)	9
Young Adult Group (18-35)	9
RE Programming - Adult	9
Linda Kraeger Library	10

Member and Visitor Services Cluster	10
New Member Program	10
Let's Connect	10
Welcoming Congregation Committee	10
Religious Services Hospitality Cluster	11
Coffee Service	11
Flowers Team	11
Greeters	12
Ushers	12
Special Events Team	12
Welcome Table	12
Religious Services Support Cluster	13
Adult Choir	13
Music Committee	13
Sound Team	13
Worship Committee	13
Sacred Grounds Cluster	13
Garden Club	14
Community Garden	14
Trail Team	14
Nature Exploration	14
Social Action and Justice Cluster	14
Children's Diversity and Justice Library	15
Environmental Concerns Committee	15
-Green Sanctuary 2030 Program	15
Family Promise	15
Justice Knox	16
Racial Justice Committee	16
Refugee Assistance Team	16
Spiritual Connections Cluster	16
Personal Beliefs and Commitments, Sundays	16
Personal Beliefs and Commitments, Wednesdays	17
Small Group Ministry	17

All-Church Retreats

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 Retreat, Spring

The Mountain – We gather together at The Mountain, a Unitarian Universalist Retreat & Learning Center on top of Little Scaly Mountain in Highlands, NC. Church members, families, and friends head three hours southeast to stay in either the accessible lodge or cabins, share delicious meals prepared by Mountain staff, and be together. Fees are based on costs of fully furnished lodging, staffing, programs, and meals. The retreat atmosphere allows for solitude, engaging with others during activities both outside and inside, or relaxing at one of many vista points and taking in the views. Attendees may volunteer to offer specific programs.

Arts Cluster

Art Gallery Committee

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.

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 the Caring Table in the 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 are needed each Sunday. Orientation gladly offered.

Caring Network

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

- **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.
- **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.

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. The team provides 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.

Fellowship Groups Cluster

Fellowship Groups provide opportunities for members and friends of the church to come together around a particular topic. Social in nature, groups meet at various times in the building or offsite.

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.

Laughter Is Good for the Soul

Fridays at 12:30 pm, currently meeting at Panera Bread, 4855 Kingston Pike 37919. Let's gather together and share the things that make us laugh, remind us to love and that living is a good thing. This is an opportunity to share what makes you laugh, love and believe in the miracle of life. 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!

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.

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

Diane Fox – (865) 684-9339 – dfox7@utk.edu

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 who are experiencing food-insecurity. Volunteers are always welcome – contact the program leader.

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.

Volunteer Ministry Center Meals

As part of its Social Justice Outreach, TVUUC has been helping the VMC for as long as many of us can remember. Currently, TVUUC has three teams who serve a hot lunch for 35-50 individuals at the Center on specific dates. We have found our efforts to be most worthwhile, having lots of fun, warmth, and camaraderie in the process. We also have found that both the VMC personnel and the folks they serve to be most appreciative of our efforts. Our partnership has been long term yet modest. New volunteers always welcome – no experience required.

Lifespan Religious Exploration 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 _____

TVUUC's RE programs 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 and focused 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 a Youth Focus space open to middle and high school youth (6th-12th grades) which offers deeper content, conversation and fun as well as an opportunity to bond with youth peers. During the summer months we offer a more informal hands-on Summer Garden Program for children and youth, as we put our hands and hearts to work connecting with our natural world and engaging in service as we plant, tend and harvest in our TVUUC community garden. In addition to Sunday morning programming, we offer additional all-ages opportunities to connect and grow together throughout the year.

Youth Programs (Middle School and High School) _____

Sunday morning Youth Focus (open to grades 6-12) 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 Group (18-35) _____

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. Currently we are offering a Young Adult Book Club, and possible programming on its way in the coming year include young adult small group ministry and 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 workshops as well as multi-session classes. In the coming year we will be offering programs for welcoming and orienting newcomers as well as longtimers to TVUUC including Starting Points, Questions, and

Landing Points, and offer programs that provide opportunities for spiritual and personal growth, learning about our UU history, traditions and values, engaging in spiritual practices, exploring the intersection between our personal values and the work of justice in our community and our world, and much more!

Linda Kraeger Library

The Linda Kraeger Library provides materials for use by 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.

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!

New Members Program

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.

Let's Connect

Let's Connect helps people connect with programs and with each other! Find opportunities to engage that light you up and fill your cup by emailing TVUUCLetsConnect@tvuuc.net or complete the Interest Survey at <https://tinyurl.com/ymbbzeda>. A team member will reach out to provide you easy-access, concierge-like navigation to activities that resonate with you. You can also join us monthly at the First Sunday Lunch for joyful fellowship and food.

Welcoming Congregation Committee

The Welcoming Congregation Committee supports TVUUC's intention to foster an inclusive religious community that is supportive of and welcoming to all persons of all sexual

orientations, gender identities, and gender expressions. The committee works to incorporate LGBTQ+ issues into the church service calendar and observes important dates throughout the year, such as National Coming Out Day, Transgender Day of Remembrance, and World AIDS Day. The committee also organizes and hosts movie talk-back sessions and community book readings throughout the year.

Religious Services Hospitality Cluster

The Religious Services Hospitality Cluster strives to ensure that everyone attending a service at TVUUC feels welcomed and loved. From the first hello at the front door to the last cup of coffee served after service, we hope you feel at home here.

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. They ensure cream, sugar, etc. are 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.

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 from the Memorial Fund and can be used for that Sunday's service.

Most Flower 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 name tag 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 are needed for each service each week. Volunteering for a regular slot each month is especially helpful. Orientation gladly offered.

Ushers

4 Ushers are needed every Sunday. Ushers should arrive at least 30 minutes prior to the service. Before the service, make sure the sanctuary is ready: pick up old orders of service and other papers, remove left over cups and glasses, check for the distribution of hymnals, envelopes, pencils/pens, straighten chairs and check chalice for oil. 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 members 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 including adults and children. Following service, collect orders of service for recycling and greet people as they leave the sanctuary. Count the offering (only 2 ushers needed) and complete the form for attendance and offering. 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.

Special Events Team

Volunteers of the Special Events Team assemble when there is a special event or holiday at TVUUC and put our collective talents to use to make the day extra special for our church family. These events include Easter and Christmas Eve service receptions, fellowship after communions, new member services, and other festive times that we want to do something a little extra during coffee hour. This team is made up of dishwashers, coffee makers, decorators, floral wizards, space organizers (setting up and breaking down tables & chairs), cleaners, servers, and friendly hosts.

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. Introduce visitors to RE table, Membership Coordinator, or another member if appropriate. Respond to requests for new permanent badges from regular volunteers are available. Orientation to procedures and supplies is gladly offered. Volunteering for a regular slot each month is especially helpful.

Religious Services Support Cluster

A team of four groups (the Music Director, the Music Committee, the Sound Team an, and the Worship Committee) work together to develop the weekly worship services.

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.

Music Committee

The Music Committee charter states that the function of this Committee, which works under the auspices of the Executive Committee of the Church, is to support the Music programming as envisioned by the Music Director. Members' and Friends' ideas for music programming can be made to the MD or to any member of the committee.

Sound Team

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.

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 the worship leader or during the minister's vacation. Assist worship associates and church staff with all aspects of service delivery.

Sacred Grounds Cluster

The Sacred Ground Program offers and supports multigenerational activities that help people have hands-on experiences on the church grounds where the natural world intertwines with

spiritual growth. This program also helps build recognition of the grounds as our outdoor sanctuary. Outdoor activities may include classes, picnics, services, explorations, yard games, campouts, art projects, and more. Volunteers are always welcome!

Community Garden

Members and friends of the church help plant, tend and harvest a food garden in the church's backyard. There are four sections: Personal Gardens, Donation Garden, Memorial Orchard, Butterfly Garden. The Garden is the Children's RE outdoor classroom during the Summer and periodically throughout the year. Harvests are donated to the TVUUC Little Market for members and friends of the church to purchase; the money is used to purchase shelf-stable food to stock in the TVUUC Little Food Pantry. Newcomers and volunteers are always welcome!

Garden Club

With an appreciation of the church grounds, the Garden Club meets for workshops and programs, takes field trips to other garden-related locations and events, helps nurture the church's 14 garden spaces, and strengthens our connections to each other and our sacred grounds. We work, love, laugh, and learn together – often outside, where the natural world and the spiritual world intertwine. A multigenerational club.

Trail Team

The Trail Team manages the trail that loops around the TVUUC grounds. The team helps with trail blazing, interpretive signage, light maintenance work, and helps lead groups through the many and varied habitats of our church grounds. Volunteers welcomed!

Nature Exploration

The church grounds are a National Wildlife Federation Certified Wildlife Habitat. The TVUUC Nature Exploration program connects members and visitors with the birds, bugs, and bigger critters that inhabit our grounds. Activities include fun and interactive bird walks, hands-on workshops, walks along the church trail, and educational programs for all ages. Future plans include application to be a NWF Certified Sacred Grounds Congregation.

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 represents 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 of the Environmental Concerns Committee 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.

Family Promise

TVUUC partners with Family Promise of Knoxville to provide food and shelter to families with children without housing for a week four times a year. Family Promise aims to get the families back into housing and help them stay in housing. Family Promise is unique in Knoxville because they allow families to shelter together and not be segregated by gender.

During our hosting week(s), the families stay in the TVUUC building overnight and eat breakfast and supper in our fellowship hall. We never know the exact number of guests until a few weeks before our scheduled host week, but we could have up to four families or up to 14 people.

We need dinner hosts, cooks, overnight hosts, and a driver to bring the Family Promise trailer with the beds and other items that are stored for transport to and from other churches. We need people to set up and make the beds and provide towels for each family member. We also need people to take down the beds, restore the rooms to their original

state, load and prepare the trailer to transport the beds and other items to the next host church, and launder and store towels and bedding.

Justice Knox

TVUUC is a partner in JusticeKnox, an interfaith group of more than 22 Knoxville congregations that work on uncovering local issues of injustice and mobilizing to create just, fair, and effective solutions.

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.

Refugee Support Team

The TVUUC Refugee Assistance Team offers assistance to Refugee Families referred to TVUUC by Bridge Refugee Services. This assistance may occur before the family arrives, immediately after arrival, and then continue as long as is needed by the family. Assistance may include (but is not limited to) equipping an apartment before arrival; driving family members to appointments and activities; tutoring children and adults and helping children with schoolwork; assisting family with U.S. and Tennessee Government applications; assisting with other unfamiliar tasks such as setting up bank accounts, grocery shopping or riding the bus; taking family members on outings or to activities, such as soccer practice, a trip to the zoo etc. Volunteer helpers welcome!

Spiritual Connections Cluster

The Spiritual Connections Cluster offers programs to support the spiritual development and everyday spiritual practice of Unitarian Universalists living out the principles of UUs.

Personal Beliefs and Commitments – Sundays

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!!!

Personal Beliefs and Commitments – Wednesdays

This class, as in the Sunday morning class, involves discussion and exploration of beliefs and values which guide individual lives. The topic is selected by the week's moderator, who defines and leads the discussion. Topics explore the spiritual self and how to live, in everyday life, in accordance with one's best self. Keeping in mind the principles of Unitarian Universalism, participants are ever aware of the inherent worth and dignity of each other. This group meets on the 4th Wednesday of each month from 6:00-7:00 p.m. to provide people with an opportunity for a mid-week spiritual boost. All are welcome!

Small Group Ministry

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 the 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.

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.



TVUUC Programs

Together We Can Do the Most Good

TVUUC CLUSTERS and PROGRAMS – August 25, 2023

All-Church Retreat	Arts	Congregational Care
<ul style="list-style-type: none"> •Spring Retreat 	<ul style="list-style-type: none"> •Art Gallery Committee 	<ul style="list-style-type: none"> •Caring Table •Caring Network <ul style="list-style-type: none"> ○Caregivers Support Group ○Helping Team ○Spiritual Care Team •Memorial Garden Committee •Memorial Services Coordination •Volunteer Assisted Transport.
Fellowship Groups	Food Ministry	Lifespan Religious Exploration
<ul style="list-style-type: none"> •The Alliance •Laughter Is Good for the Soul •Sci Fi Club •Sing Out •Wednesday Afternoon Gaming •Women's Table 	<ul style="list-style-type: none"> •FISH of Knox County •TVUUC Little Food Pantry •Volunteer Ministry Center Meals 	<ul style="list-style-type: none"> •Sunday Morning for Children and Youth •Youth Program (Middle School and High School) •Young Adult Group (18-35) •RE Programming - Adult
Linda Kraeger Library	Member and Visitor Services	Religious Services Hospitality
<ul style="list-style-type: none"> •Library Program 	<ul style="list-style-type: none"> •New Member Program •Let's Connect •Welcoming Congregation Committee 	<ul style="list-style-type: none"> •Coffee Service •Flowers Team •Greeters •Ushers •Special Events •Welcome Table
Religious Services Support	Sacred Grounds	Social Action and Justice
<ul style="list-style-type: none"> •Choir, Adult •Music Committee •Sound Team •Worship Committee 	<ul style="list-style-type: none"> •TVUUC Garden Club •Community Garden •Trail Team •Nature Exploration 	<ul style="list-style-type: none"> •Children's Diversity and Justice Library •Environmental Concerns Committee <ul style="list-style-type: none"> ○Green Sanctuary 2030 •Justice Knox •Lonsdale Tutoring Program
Spiritual Connections		
<ul style="list-style-type: none"> •Personal Beliefs and Commitments, Sundays •Personal Beliefs and Commitments, Wednesdays •Small Group Ministries 		