



Windmill

Mount Vernon Unitarian Church

*To affirm and
promote the
inherent worth
and dignity of
every person*

October 1, 2011

... MVUC is a loving and inclusive community. Our mission is to encourage one another on our spiritual journeys and to work together to build the common good.

Taking Note . . .

by The Reverend Kate R. Walker



I learned at a very early age the struggles of mental illness. I witnessed my older brother disintegrate into hallucinations and delusions while we were both in high school. My mom and I diagnosed him a year before the doctors did—paranoid schizophrenia. It's been a very long and tortuous road, but my brother is doing remarkably well today, after almost 40 years of mental and physical pain.

I'm going to share my brother's story and others on October 23 as part of a two-Sunday focus on mental health, the impact on families, and how a church community can respond. For the worship service on Sunday, October 30 we'll have a special guest, Paula Butturini, speak about her experience with her husband's chronic depression. She's a friend of MVUC member Peter Bloom and comes with his high regard. On that same afternoon, Paula will present more detailed information in a public lecture, followed by Q & A.

I want to focus on mental health because of my experience as a loving family member who has felt totally helpless while witnessing my beloved brother suffer. I want to focus on mental health because of my experience as a minister. I know

how many people are impacted by mental illness. Almost all of us know someone who struggles with some form of mental illness. Yet we all cope alone, as if we're the only one who has a friend, or is a mental health consumer. It's time we talk about this together. It's time we open our hearts and minds to learn and find hope.

A lot has changed in the world of mental health treatment, but not enough. A lot has changed in the media on how mental health and illness are portrayed, but not enough. Very little has changed in the church community; training of clergy and staff, education, open conversation, or support groups. This needs to change, and it's part of my ministry to help reach out and make that change happen. I hope you join me; it's time to stop walking this particular path alone.

With Love and Peace, Kate R. Walker

Special Notice: Religious Education classes for children, Pre-Kindergarten through 12th grade, are offered during the 11:15 am service only.

Childcare is available at 9:15 am. Nursery care for children ages 3 and under is available during both services.

Rev. Kate R. Walker

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**Program Highlights
Mark Your Calendar!**

Lunch with a Book

Sunday, October 16, 12:45 pm

Ruby Tuesday

See page 5

Good Companions

Tuesday, October 18, 12:00-2:00 pm

Hollin Hall Dining Room and Fireplace Room

See page 5

Big Boo Halloween Party

October 28, 5:30 – 7:30 pm

Commons, Followed by bonfire in The Meadow

UNICEF Carnival

Sunday, October 30, Between Services

Carriage House

Depression and the Family

Featuring Paula Butturini, Author of "Keeping the Feast"

Sunday, October 30, 2-3:30 pm

Chapel and Commons

See page 6



Lifespan Spiritual Growth

Meagan Henry, Director

Adult Spiritual Growth Classes

A Bright and Spirited Path: A Deeper Exploration of Unitarian Universalism

Written by the Rev. Mike Moran of First Unitarian Society of Denver, CO

Led by the Rev. Kate R. Walker

Wednesdays, October 19 - November 16, 7:30 pm - 9:30 pm

In this class we will be exploring the central religious teachings and insights of Unitarian Universalism. These teachings and insights will be presented in a way intended to open new doors of discovery, healing, growth, connection and empowerment. Our time together will be partially information, with a strong experiential foundation. It will include assignments and practices to try in class, and in the weeks between class sessions.

Religion is not a spectator sport. This will be one of our central starting points. Spirituality is worth little as an intellectual exercise. These teachings and the methods that follow them are meant to be lived, grown into, practiced, embodied in our thinking, our relationships, our lives, and our hopes. We will touch on history and theology, but our focus will be to explore this faith as a spiritual path.

Some of what we explore together will be ancient wisdom. Some will be modern science. All of it is intended to deepen our understanding of some essential spiritual and existential truths, so that we may live lives of deeper awareness and profound connection.

Let Your Yoga Dance® led by Cheryl Sabo

Classes meet in the chapel on the 1st Tuesday of each month* from 5:45 - 7:15 pm.

Session I: October 4, November 1, December 6, January 3.

Session II: February 7, March 6, April 3, May 1.

Tuition per four-week session: \$20 MVUC members, \$40 non-MVUC members.

YogaDance is not so much about yoga or dance as it is about putting individuals in touch with their deep,

spiritual inner truths through connection to their own primal energy system. There are no 'dance routines' to learn or specific moves to master. Rather, the teacher, certified YogaDance instructor Cheryl Sabo, leads a warm-up and movements, progressively honoring each of the 7 Chakras, to awaken and open the energy body. Breathing, meditation, and post-class discussion deepen the practice. No prior knowledge of yoga, dance, or the chakras is necessary to benefit from YogaDance. Many styles of music are included, including favorite UU selections and special requests. One recent YogaDance student described the class as "...spiritual and lots of fun!" Class is appropriate for any fitness level, ages 16-97.

"The highest spiritual practice is self-observation with compassion." - Swami Kripalu

* Additional Solstice YogaDances are planned for Winter Solstice, December 21; and Summer Solstice, June 21.

Sitting Meditation

Led by Dale Peebles

Sundays, 7:00 - 8:30 pm, Hollin Hall, Fireplace Room

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.

UNICEF Carnival

Looking for an adult who loves Halloween and our UNICEF Carnival! Contact Laura Castro (laura.castro@verizon.net).

This Children and Youth RE program currently only has enough volunteer teachers to fully staff all teaching teams at 11:15. One parent has come forward to offer a multi-age class at 9:15, but he needs help. Please contact me if you are willing to teach Religious Education at 9:15. Thank you, Meagan Henry (dre@mvuc.org)

Monthly Worship Theme

CREATION/CREATIVITY

"The world is the work of a single thought, expressed in a thousand different ways."

Madame de Staël, Corinne (1807)

Religious mystics have long proposed that creation is still unfolding and that we are a part of creation, subject to it and contributing to it. That means we are also responsible as co-creators.

For millions of humans it matters who the original creator is, or was. They may spend eternity contemplating and envisioning the "creator." Meanwhile creation is happening all around them.

When was the last time you helped create? Have you taken the time to notice creation? Do you feel creation within you?

With love, Kate Walker

Monthly Worship Services

Sunday, October 2

"In the Beginning ... There Was Creation"
The Rev. Kate R. Walker

The theme of the month for October is creation/creativity. So let's get creative together and see what kind of mess we can make.

Sunday, October 9

"Calling All Ministers"
The Rev. Kate R. Walker, Mark Zimmerman and Meagan Henry

Join us for a celebration of our annual Association Sunday focusing on ministry in all its beauty.

Sunday, October 16

"Evolution as a Religious Principle"
Peg Bartel/Worship Leader

What happens to our world view when we truly accept evolution not only as scientific fact but as a sacred truth?

Sunday, October 23

"Walking the Thin Line of Mental Health"
The Rev. Kate R. Walker

Mental illness has long been feared by all. How do we walk a spiritual path as mental health consumer, family and friends?

Sunday, October 30

"Keeping the Feast"
Guest speaker Paula Butturini

The author of "Keeping the Feast: One Couple's Story of Love, Food and Healing," offers her story of her husband's history with treatment-resistant depression, the effect on her and their children, and the hard-earned lessons from the experience.

An afternoon program will also be presented from 2:00 - 3:30 pm; see article on page 6.

Note from Kate—Learn about MVUC's visit to our Partner Church in Romania during Tuesday, October 18th's presentation of Good Companions; noon for brown bag lunch with program at 1 pm. Or request to be Kate's friend on Facebook to see photos of the whole trip.

Kate's Facebook policy: I'm happy to accept friend requests from MVUC members and friends. I do not initiate a Facebook friendship with MVUC members and friends since some people prefer not to have their minister peering into their Facebook life.

On This Day in Unitarian Universalist History

October 2, 1881 The first Unitarian church in Budapest, Hungary, was founded.

October 7, 1894 Oliver Wendell Holmes, Sr., a Unitarian physician and writer, died at age 85.

October 8, 1793 John Hancock, a Unitarian merchant, political figure and signer of the Declaration of Independence, died at age 56.

October 18, 1893 Lucy Stone, a Unitarian women's rights activist, died at age 71.

On and Off the Hill

Lunch with a Book

Lunch with a Book will be meeting on Sunday, October 16, at 12:45 pm at Ruby Tuesday in Hybla Valley.

This month's selection *Luncheon of the Boating Party*, by Susan Vreeland, is told by Renoir and 7 of his models. It tells how a group of friends enjoying a summer day became the masterpiece "Luncheon of the Boating Party."

All are invited to attend. For more information please contact Louise Werner-Rhoades at 703-619-1369 or at louron13@cox.net.

Good Companions

Hollin Hall Dining Room & Fireplace Room
Elaine Bronez assisted by Eleanor & Al Erickson
12:00 - 1:00—BYO LUNCH, 1:00 - 2:00—SPEAKER

Tuesday, October 18, 2011

MVUC's Visit to Our Partner Church

Learn about MVUC's visit to our Partner Church in Romania.

Operation Medicine Cabinet Clean-Out

October 10-14. You can drop off old medicines at the Mount Vernon District Station, 2511 Parkers Lane, Alexandria (the police station). Help our community by monitoring and properly disposing of your unused or expired medications. Doing this prevents accidental poisoning or abuse by others, and protects the environment. This is a county-wide program operated by the Fairfax-Falls Church Community Services Board. Disposal is free, convenient, and confidential.

Music on the Hill

There is music on the hill almost every Monday night at MVUC. The Jams will meet every Monday from September 12 through December 19 (except October 31) and then start again in January. Check the church calendar or contact the organizers to confirm sessions on Federal holidays.

MVUC Jazz/Blues Jams meet on the 1st and 3rd Monday of the month in the Chapel from 8:00 - 9:30 pm. Instrumentalists and vocalists of all

experience levels are invited to make music, jam for fun, and rehearse for occasional performances. We will play Blues, Jazz, Show Tunes, and other genres, and read and improvise pieces. Contact Tom Griffin at 703-719-6152 or grifthomas@gmail.com.

MVUC Folk Jams meet on the 2nd and 4th Monday of the month in the Commons from 7:30 - 9:00 p.m. The focus is on folk and other familiar music: think The Weavers, Peter Paul and Mary, Simon and Garfunkel. So get your guitar, dust off your dobro, activate your autoharp, or just limber up your larynx and "come on down!" Herb Tyson and Eric Pourchot will co-lead the Jams. Contact Eric Pourchot at 703-721-0595 or epourchot@yahoo.com.

Small Group Ministry News

Small Group Ministry is a program created to facilitate individual space for spiritual growth. Groups of no more than 10 to 12 people discuss topics of common interest, in a shared space of inclusiveness, spirituality, and confidentiality. These are open to anyone, but they are not drop-in groups. If you wish to participate, please contact group leaders in your area of interest (sign-up sheets and contact information are available in the Commons).

The following groups are currently active: **Our Spiritual Journey** (second and fourth Tuesdays starting September 13, 1:00 – 2:30 pm, Hollin Hall Blue Room, Facilitator: Louise Werner-Rhoades; this group is closed after September 27); **Young Adults Spirituality** (third Sundays, 5:00 pm, members' homes, Facilitators: Jami Hill-Smith and Ben Whelan-Morin); **Parents of Teens** (second and fourth Sundays beginning September 11, 4:00 - 6:00 pm, Hollin Hall Morning Room, Facilitator: Ben Rich); and **Diversity in Spirituality** (first and third Fridays, starting on September 16, 7:30 pm, Hollin Hall Morning Room, Facilitator: Sarah Sidar).

Earth Scouts Alexandria

Earth Scouts Alexandria is a new co-op scouting group meeting here at MVUC this fall. Meetings and outings are planned and led by members. Contact Cheryl Sabo for more information: cherylsabo@me.com.

Depression and the Family

Paula Butturini, Author of *Keeping the Feast*
Sunday, October 30, 2-3:30 pm
Chapel and Commons



This program will provide attendees with a window into the family's experience of severe depression by featuring Paula Butturini, author of ***Keeping the Feast: One Couple's Story of Love, Food and Healing***. It is the true story of her husband John's history with treatment-resistant depression, the effect on her and their children, and the hard-earned lessons she learned from the experience. The love of Italian cooking and eating with family and friends is woven throughout the book, and plays a role in the couple's journey to healing.

Big Topic, Small Lunch Group

Move from the positive but mostly passive act of Sunday service attendance to thoughtful conversation and spiritual growth among friends in community. We normally meet the 2nd Sunday each month, after the second service, for about an hour, including a light lunch (vegetarian options always—special diets should bring a brown bag). Suggested donation is \$5, and child care is available if you sign up. Please sign up in the Commons or on Facebook (Big Topic, Small Lunch Group). First session is **October 9, "DOES IT MATTER WHAT A UU BELIEVES?"** Notes and web video link are on our Facebook page. Questions to Georgia Pourchot or Bill Clontz.

Are you at least 70½?

You can help MVUC and save yourself a heavy tax burden. Thanks to the Tax Relief Act, you may take your mandatory IRA withdrawal, pay full income tax on it (as much as 28%, depending on your income level), and put it in a savings account to earn 1% (!) **OR** you can make an important contribution to MVUC and pay no taxes at all on the withdrawal. Which sounds better to you? This option expires at the end of 2011, so act now. See the information memo and sample

form in the Commons. Questions? See Bill Clontz or Joan Darrah.

Holiday Shop

In 2011 we celebrate the **50th Anniversary of Holiday Shop!** We will have special decorations, a beautiful quilt show (borrowing and showing of all quilts possible) and special raffles.

Holiday Shop is a Holiday Bazaar, held on the Saturday before Thanksgiving. We have vendors offering specialized wares, a country kitchen sharing baked goods, an extensive jewelry shop, and a second hand "boutique". Church volunteers help bake, park cars, clean, or whatever. Proceeds go to the Susan B. Anthony Fund which buys things for the church that are wanted/needed but are not in the regular operational budget. Please help!

Quilts

Did you win a quilt in a raffle? Do you have a picture of one from a previous year? Can we borrow your quilt and honor it in a special show? Please let Colleen Griffin know (703-719-6152). Thanks.

Jewelry and Boutique

Time for all of us to clean out jewelry boxes, and sort out the closets and shelves. Please leave items in the Hollin Hall kitchen with your name on it and what it is for. **IMPORTANT!** Terry Bradley, our fabulous jewelry lady, is moving at the end of the year. We are looking for a new person to be a "**jewelry apprentice**" to take over the jewelry shop next year. Please call Terry at 703-360-0163 if you are interested.

Door Prizes

In honor of our 50th year, we will be offering "50 year DOOR PRIZES" this year. We are still working on the details but want this to be a fun extra. Thus far, four people have offered \$50 each toward the prizes. Other ideas are such things as 50 quarters or 50 pieces of candy. If you have any ideas, or would like to donate toward this, please call Annie Montanari at 703-402-3297.

**MARK YOUR CALENDAR FOR NOVEMBER 19.
COME TO HELP AND COME TO SHOP!**

From Our Board of Trustees

Becky Brandt, Chair



At the September Board of Trustees meeting our church administrator, Carol Graves, gave us a quiz. It was quite enlightening and thought-provoking. I'd like to share it here with you.

1. Of the twelve months in a calendar year, what two months of the year yield the least amount in contributions (including pledge payments)?
84% 90% 94%
2. Similarly, in what month do we receive the most total income?
3. Of the individuals who make annual stewardship commitments to the church, what percentage actually fulfill their pledge?
65% 75% 85%
4. What percent of the church's total annual income come from contributions (including pledge payments)?
65% 75% 85%
5. In 2004-05, 13% of the church's total income came from Weddings/Facilities Use/ Rentals. What is the comparable percentage in 2010-11?

The answers: 1. July & September 2. December 3. 94%. 4. 75% 5. 20%

I share these numbers with you because they are very important indicators. Every member needs to be aware of them, especially in light of one of the Board's central goals for the year, which is "to enhance MVUC's financial situation through intentional, responsible stewardship."

MVUC is very healthy spiritually. The many outstanding activities held on September 11 are recent examples of our church's vitality. Financially, though, we must aspire to do more. Rental income has provided significant revenue to MVUC; but one of our goals is to not need rental income to meet our budgetary needs. Our hope is that we can allocate funds from wedding rentals to Property Major Maintenance (the PMM fund) rather than to pay our annual expenses. We are on the right track, but we must keep moving forward to live up to our UU principles and to continue to provide a vital liberal religious community.

With an open mind and heart,

Becky



Social Justice Programs at the Mount Vernon Unitarian Church

Love is the teaching of this church, and service is its prayer.

Easy Green

Many of us work hard to use only resources we need and to be thoughtful in our purchases. And why do we do this? I think that we hope that we can maybe, just maybe, slow climate change a bit.

Some of those people who are suffering the most right now from drought and climate change seem to be those living in the Horn of Africa. I recently heard of a web site, www.FreeRice.com, where a sponsor who advertises on the site will donate 10 grains of rice for each question you, or I, answer correctly to someone there through the United Nations World Food Programme. I may be the last person to have heard of www.FreeRice.com and if so, I am really thankful that all of the rest of you are already playing. Teenagers seem to all know of it and support it. I have played with people ranging in age from 7 to 80 this summer and we all have had fun. And, we have had some good discussions, too.

Anyhow, please go to the website, have fun, and feel good at the same time! Enjoy!

Just a thought ~ Wendy

A Very Special Thank You

In June 2011, MVUC held a special collection to support the work of the Alexandria Neighborhood Health Services, Inc. (ANHSI), an organization that provides much needed affordable health care to residents of Alexandria. We raised \$1,173 and sent a check promptly. Here is an excerpt from the thank-you letter addressed to Mount Vernon Unitarian Church:

"I am writing to let you know how wonderful I felt upon hearing of the generous response of the congregation to the special collection for ANHSI. Your donation will enable ANHSI to help many patients receive excellent care provided through

visits related to services such as pediatrics, obstetrics, dental care and mental health. Nyrma and Kristin Langlykke, the Executive Director of ANHSI, attended the June 12 service and were very impressed with the spirit of the church. The MVUC Coming of Age group put on an outstanding service.... Thank you for your generosity and for making me so proud of being a member of our church."

Signed: Anne Andrews, ANHSI Board member and member of MVUC Holocaust Museum Tour

We Walk the Walk - Once Again

The special collection in September to benefit New Hope Housing raised \$1,500; thank you all! This amount will enable us to register our support for this organization, working with the homeless on the Richmond Highway corridor, *and* register for the Walk for the Homeless on the National Mall on Saturday, November 19. At this level of support, we will be "neighborhood sponsors" of the Walk, which puts MVUC's name on the list of other sponsors, on the t-shirts and the publicity materials of this reputable annual walk.

In concrete terms, at this level of support, New Hope Housing can provide 1,500 meals, or a safe bed for the night for 60 homeless individuals, or affordable housing for one former homeless family for at least one month. Please consider joining us on the mall for the walk on November 19. We can meet up at church, carpool to the Mall, do the walk, then return to church for lunch and shopping at the Holiday Shop. In the past, we had families with children join us. We would like to revive that tradition. Please contact Helen Lounsbury for details. Thank you, MVUC!

Social Justice Movie Series

Please join us on Friday, October 7, at 7:00 pm (Hollin Hall Fireplace Room) to watch and discuss *A Most Unlikely Hero* (2003). When Bruce Yamashita arrived at U.S. Marine Corps Officer Candidate School, one of the first things he heard was a staff sergeant yelling, "You speak English? We don't want your kind around here. Go back to your own country." It took years, but Bruce Yamashita finally uncovered the secret that brought him justice, a secret that proved he wasn't alone. He uncovered data that proved a pervasive, consistent pattern of discrimination against minorities at Officer Candidate School for years. When the Commandant of the Marine Corps argued that "minorities don't shoot as well as non-minorities...they don't swim as well, and when you give them a compass and send them on a land navigation exercise, they don't do as well at that sort of thing either," the discriminatory evidence was so persuasive that Congress and the White House couldn't ignore it. Information is available from Georgia Pourchot, 703-721-0595 gpourchot@yahoo.com.

October Youth Birthdays

Lily Penn	October 7
Peter Guch	October 14
Grace Bessel	October 20
Lachlan Kerr	October 23

Question Box Sunday

Q. If Unitarians originally rejected the trinity and Universalists originally believed in universal salvation, why have we moved entirely away from discussing God or the search for God?

A. Unitarians, the larger of two at the time of merger in 1961, were heavily influenced by secular humanism during the 1920's when the Humanist Manifesto was published in Chicago. We still feel the effects today, but we've continued to change and today, I believe we do invite conversations about God and the search for God. For example, the adult curriculum "Building Your Own Theology" is a regular offering in RE programs throughout the UUA and is quite popular. As a preacher, I preach about God and related concepts without hesitation or fear of objection. The Theme of the Month for December this year is God, so a whole month is dedicated to this elusive topic. It may be difficult to recognize conversations about God, because we use so many different terms for God.

Q. How does one find meaning without a creed?

A. Creeds don't create meaning; they're ideas about God/Gods. People create meaning. Millions of people have profound meaning in their lives without God or creeds. So, try separating creed from meaning, and see what happens.

Q. Why do so many other faiths espouse a doctrine of love and tolerance in their teachings but actively promote hate and exclusion in their actions?

A. Ah, the elusive conundrum of why human beings are hypocritical. Sorry to break this to you, UU's can be hypocritical too, simply because we're human beings. While I don't like preaching one thing and acting the opposite way, I also never underestimate the power of denial, justification, and ignorance. I'll be talking about boundaries and hospitality in my sermons on September 18 and 25.

A Month of Sundays

*Two services at 9:15 am and
11:15 am unless otherwise
noted*



Sunday, October 2

*"In the Beginning ... There
Was Creation"
The Rev. Kate R. Walker*

Sunday, October 9

*"Calling All Ministers"
The Rev. Kate R. Walker,
Mark Zimmerman and
Meagan Henry*

Sunday, October 16

*"Evolution as a Religious
Principle"
Peg Bartel/Worship Leader*

Sunday, October 23

*"Walking the Thin Line of
Mental Health"
The Rev. Kate R. Walker*

Sunday, October 30

*"Keeping the Feast"
Guest Speaker
Paula Butturini*

See Page 4 for Sermon
Descriptions

**Mount Vernon
Unitarian Church**
1909 Windmill Lane
Alexandria, VA 22307

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Caring Associates

Contact information for the Caring Associate for the week and Caring Associate Coordinator (CAC) can be found each week in the Order of Service and in the Church Life section of the church website. As always, MVUC staff is willing to assist you during normal business hours. Please direct any questions or concerns to Betsy Stephens betsys@cox.net.

Drivers are needed for occasional rides to appointments in our area. Kindly contact Betsy Stephens if you can help the Caring Associates. Thanks.

Please Tell Us When Your Email Changes

If your email address changes, please notify Esther Dickinson esthergertrude@verizon.net.

Thank you!

Sermons for Your Re-Hearing

Each Sunday's service is recorded and available within a few days on the MVUC web site (www.mvuc.org - worship/sermons). The services are also available on CD; to request a copy, see **Raleigh Romine**.