



# Windmill

## Mount Vernon Unitarian Church

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

November 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 a couple of things about hospitality during September's reflection on our Theme of the Month: first, it's deeply ingrained in culture; and second, expectations matter a lot. Of course, the two are intertwined.

The culture of New England, where I spent 14 years of my life growing up, is friendly but with a coolness bordering on icy snowdrifts. If you have family going back a couple hundred years, you will have friends that will stand by you through thermonuclear warfare. My family moved to New England in the late 1960's, but it took a few hundred attempts of outreach to gain something close to what I would call a hospitable welcome.

Fortunately, people adapt. I moved away. Out west on the great frontier I found fierce independence, similar to New Englanders, but with a geographic vastness that made independence not only easy, but necessary. Due to the gorgeous weather that New Englanders only dream about, people are outside a lot and actually meet each other on the trail and in many outdoor cafes. There's a reason why micro-brew pubs took off like wildfire in the western U.S.: independent-minded brewers met altitude-rushed hikers thirsty for a brew. People are naturally warm and hospitable when they have access to sunshine, the great outdoors and good beer.

I eagerly adapted to this new culture and then moved away ... again and again. Now, living south of the Mason-Dixon line, I've occasionally tasted the warm

friendliness of a modified southern hospitality. It's been lovely, if not at times overwhelming to someone with mixed cultural expectations for hospitality. My New England-bred tendency toward retreat has to be overcome and dampened. My western desire for outdoor fun in the sun brings occasional encounters with sweaty, panting, friendly people when they're not in a rush to get somewhere.

Everyone brings their own experiences and therefore expectations for hospitality. And, as we know, we carry our expectations out in front of us like a battering ram, imposing them upon everyone who comes into our line of sight. Those who disappoint us, likely due to their expectations crashing into our own, receive our disdain and a huff of rejection. Because of our human preference for bias, we even look for patterns that fulfill our expectations, thus pleasurably confirming our rightness in belief.

So, is Mt. Vernon Unitarian Church a hospitable place? A good question that needs to be asked more than once, because it's a moving target. One person's hospitality is another's invasion. There is no "one size fits all." It helps if we take a few moments and ask ourselves how we were raised, and how does that culture influence us today? It helps if we examine our expectations and keep an eye on them before we impose them upon clueless friends, neighbors and strangers.

With Love and Peace, Kate R. Walker

Rev. Kate R. Walker

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**Program Highlights  
Mark Your Calendar!**

**Lunch With A Book**

Sunday, November 13, 12:45 pm

Ruby Tuesday

See page 5

**Holiday Shop 2011**

Saturday, November 19, 9:30 am to 4:00 pm

See page 6

**Multigenerational Conversation**

Sunday, November 20, 12:45 pm - 2:45 pm

Brown bag lunch in the Commons

See page 5

**Partner Church Brunch**

Sunday, November 27, after service

See page 9

**Holiday Craft Workshop**

December 3, 2:00 – 4:00 pm

Meeting House

See page 5

**Holiday Dinner and Sing Along**

December 3, Dinner at 5:30 pm

Sing Along at 7:00 pm

Meeting House

See page 5



## Lifespan Spiritual Growth Meagan Henry, Director

Dear Friends,

As a member of the professional staff at Mt. Vernon Unitarian Church, I am lucky enough to have the opportunity to take a sabbatical now that I have completed five years of employment as your Director of Lifespan Spiritual Growth and Religious Education. My Letter of Agreement states that after serving five years, I am entitled to take a sabbatical consisting of one month for each of the five years served. The purpose of this professional sabbatical is to provide a period of refreshment and renewal for both the Religious Educator and the congregation. Rev. Kate, the Lifespan Spiritual Growth Council and I discussed this and we decided that the best time for me to be gone is January through May, 2012. Therefore, I am busily making plans and working with the Lifespan Spiritual Growth Council to prepare for my absence. The Chair of the Council, Liz Bessel, will meet regularly with Rev. Kate in order to keep her apprised of program developments. The Council is made up of members who have "portfolios," or areas of expertise, and each will coordinate their respective area. In addition, Jim Kerr will take on some extra duties to ensure the smooth running of day-to-day program operations.

I am thrilled to have this opportunity, and I plan to spend my sabbatical time researching and observing the Religious Education Programs, Family Ministry and Multi-Generational collaboration of several churches in order to return to MVUC with fresh ideas for programming and practices that will invigorate our own program. On my list of churches to visit for research so far are the All Souls Unitarian Church in Manhattan, the Asheville Unitarian Universalist Church, the Unitarian Church of Portland, OR and several DC area UU churches. In addition, I've made plans to work with the minister of our Partner Church in Transylvania. I will visit Szentháromság, Romania, for two to three weeks in March and April to work with the children and

youth of our Partner Church. During this time, I will also apply to the Unitarian Universalist Association Religious Educator Credentialing program.

I am sincerely grateful for this opportunity to study and improve my knowledge of Lifespan Spiritual Growth. I am excited about the possibility of bringing fresh ideas to MVUC when I return in June. If you have any questions or concerns about my sabbatical, please do not hesitate to contact me.

In the Spirit of Community,  
Meagan Henry

The Lifespan Spiritual Growth (LSG) and Religious Education Council is preparing for Meagan Henry's upcoming sabbatical. We are confident that we will keep the LSG program running smoothly in her absence. We cannot replace the ongoing work that Meagan does, so we are not undertaking any new projects while she is away. We will continue to support our LSG classes so both children and adults have a valuable learning experience at MVUC.

Open communication between the MVUC community and the RE council is encouraged during Meagan's sabbatical.

Sincerely, Liz Bessel  
Chair, Lifespan Spiritual Growth Council

### ***November Youth Birthdays***

Payton	November 1
Malcolm Kerr	November 5
Jonathan Erickson	November 7
Jessica Masterson	November 9
Imran Chaudhry	November 13
Ewan Thompson	November 28

## Monthly Worship Theme

### DEMOCRACY

*"The spirit of democracy is not a mechanical thing to be adjusted by abolition of forms. It requires change of heart."* Mohandas Gandhi

*"The right of conscience and the use of the democratic process within our congregations and in society at large;"* Fifth UU Principle

At the core of democracy is empowerment. Each individual in a group (country, church, club, family) has a natural right to speak for his or her self and to have equal power: one person, one vote. This fundamental approach to how we organize ourselves appears simple. And it is a simple idea, yet it is complex in how it is put into action, how it is lived and how it is created.

Gandhi spoke of the heart in connection to democracy, and he lived it in his actions as he challenged a system of government that he witnessed oppressing individuals on a vast scale. He laid his life on the line for his belief and to challenge the oppressive systemic power that denied individual power.

Our fifth UU principle publicly proclaims our belief in democracy. We have argued, fought for, marched for, and voted for democratic principles many times and in many places. Yet, in our church communities, we often take our democratic commitment for granted. We remain silent until we're bothered by something, or passive until moved by some controversy. We abandon the community when we don't get our way in a vote. We fail to be an active participant in our chosen community for a variety of reasons such as apathy, lack of courage, lack of interest or personal hurt.

I wonder what would happen to Mt. Vernon Unitarian Church and Unitarian Universalism across the country if we all had a change in heart and became proactive participants in our religious communities? What would happen to the power and to the spirit of democracy across our country if we believed we had power? With love, Kate Walker

## Monthly Worship Services

**Sunday, November 6**

***"Sin of Anonymity"***

***The Rev. Kate R. Walker***

The theme of the month for November is democracy. Democracy is embedded in our UU Principles, so we'll ask ourselves some questions: What is the role of dissent? What is the relationship between religion and the government? Do we still trust our democracy?

**Sunday November 13**

***"Our World is One World"***

***The Rev. Kate R. Walker and Meagan Henry***

This is our annual service for the Unitarian Universalist Service Committee. We'll have a special collection for this international organization's outreach efforts to support and empower people around the world. To add to our international perspective, we'll welcome special guest Nangroi Suting who is our Partner Church minister in the Khasi Hills in India.

**Sunday, November 20**

***"We Gather Together"***

***The Rev. Kate R. Walker, Meagan Henry, and friends***

Today's service is a multigenerational celebration in song and story for Thanksgiving. Please bring a non-perishable food donation for a local food bank.

**Sunday, November 27**

***"Forgotten Virtues"***

***Mimi Stevens***

There must have been something good about "the good old days." What's missing from the way we live today? One service at 10:00 am only.

***Thanksgiving Vespers Service***

***Wednesday, November 23, 7:30 pm***

***Ilene Gillespie***

In this season of giving thanks, we will come together in community for a Vespers service-- for the sharing of silence, song, and gratitude. All are welcome to attend this special service; a time for sharing our innermost light with each other.

## On and Off the Hill

### ***Lunch With A Book***

All are invited to join Lunch With A Book that will be meeting at Ruby Tuesday on Sunday, November 13 after the second service.

This month's selection is Ann Patchett's *The Magicians Assistant*, the story of the partner of a secretive magician who upon his death discovers that he had a family. This leads his partner to discover the truth about him and all the relationships within his family.

For more information please contact Louise Werner-Rhoades at [louron13@cox.net](mailto:louron13@cox.net) or at 703-619-1369.

### ***Circle Suppers Update***

The October Circle Suppers were a success; thank you, all who got engaged!

We are gearing up for the next Circle Suppers, on the second weekend of December. If you would like to participate as a guest, or if you would like to host, please contact anyone on the planning team: Mike Walker, Sandy Peterson, or Georgia Pourchot. If you would like to host, you can choose any day of the weekend that works for you; Friday, December 9, Saturday December 10, or Sunday December 11. We are looking for family-friendly hosts as well. Let us know if you want to host a group or be a cherished "diner"...all members and friends are welcome to join our circle supper!

Contact: [CircleSuppers@gmail.com](mailto:CircleSuppers@gmail.com).

### ***Pet Blessing***

The Pet Blessing has been moved to the spring due to lack of available space. Date to be announced.

### ***Multigenerational Conversation Sunday, Nov. 20, 12:45 pm - 2:45 pm Brown bag lunch in the Commons***

So what year were you born? Do you understand what products are being sold on all the commercials? Do you know how to tweet? Do

you want to join a church committee and make important decisions about the church? Did you graduate from college with no debt or \$40,000 in debt?

Join Rev. Walker in the second conversation for all ages about generational differences and similarities. How do different generations perceive the church community and the secular world?

### ***Hanging of the Greens Friday, December 2, 7:00 pm***

Bring your good cheer and some extra greenery. Help decorate MVUC for the holidays! People of all faiths or none are welcome. Festive music, cookies and holiday drinks provided. Hosted by your MVUC staff.

### ***Holiday Craft Workshop***

Join us for the annual Holiday Craft Workshop on Saturday, December 3, 2:00 – 4:00 pm in the Meeting House. Crafts for children and adults of all ages – including the ever-popular gingerbread houses and boxwood wreath-making for adults.

### ***Holiday Dinner and Sing Along***

Dinner from 5:30 – 6:30 pm follows the Holiday Craft Workshop on December 3 and precedes, at 7:00, the Holiday Sing Along - complete with piñata, tree decorating and "Twelve Days of Christmas" hilariously led by our own Marty Bredeck.

### ***The Ethical Eating Cookbook***

The Green Sanctuary Task Force will be selling its ***Earth Friendly Food: Ethical Eating for Today's World*** cookbook at Holiday Shop. It has been months in the making. Come enjoy our cookbook! Its recipes are nutritious, fun to make by yourself or with your family, good for you, and friendly to the environment. You will find a wide range of different recipes, some seemingly exotic but with readily available ingredients.

The Green Sanctuary task force wants to thank Ruth Heimburg and Lynn Alsmeyer-Johnson for

the extensive editing efforts. We'd like to thank Suzanne Mc Dougal for her help getting the cookbook ready for publication.

***Spread the Word: Come to the Energy Fair  
November 5***

To mark the successful launch of our new sustainable energy project, MVUC is sponsoring a free energy fair for community members 9:30 am to 12:30 pm Saturday, November 5. The "Toward Net-Zero" Fair will provide information to homeowners and leaders of other places of worship regarding alternative energy projects and financing options. Representatives from related businesses and non-profit organizations as well as government officials will participate. It is an opportunity to learn how to make your home more energy-efficient and a good way for your friends and neighbors to hear about MVUC. The event is free and open to the public.

Refreshments will be served. For information see <http://mvuc.org/netzero> or contact Ken Pilkenton at [kpilk@cox.net](mailto:kpilk@cox.net).

***Workplace Charitable Giving Campaigns***

When your annual workplace giving campaign kicks off this year, please select UU charities. Beacon House, UUSJ and OpenDoor Housing Fund are neighborhood organizations formed by UUs from local congregations, and UUSC is an international human rights organization. If you give through the Combined Federal Campaign (CFC), please remember:

OpenDoor Housing Fund

ID# 65151 [www.opendoorhousingfund.org](http://www.opendoorhousingfund.org)

UUSC ID # 11685 [www.uusc.org](http://www.uusc.org)

UUSJ ID # 17271 [www.uusj.org](http://www.uusj.org)

Beacon House

ID # 85145 [www.beaconhousedc.org](http://www.beaconhousedc.org)

***Book Nook News***

The holiday season is upon us, and we will again be selling Holiday cards to support the UU Service Committee programs. Cards will be on sale from November 6 until the beginning of January. We also have a rich selection of books and new UU bumper stickers donated by Herb Tyson.

Help is needed to run the Book Nook on Sundays during coffee hour. The time commitment is 1 hour every 4-8 weeks. Training time is 30 minutes. If interested call Sonja Bloom at 703-768-2238.

***HOLIDAY SHOP 2011***

***Saturday, November 19, 9:30 am to 4:00 pm***

It is time for the traditional MVUC Holiday Shop -- 50<sup>th</sup> Anniversary! In honor of our 50<sup>th</sup> year we will be offering "50 year DOOR PRIZES" this year. This is a church community event with the money going to the "Susan B. Anthony Fund." This fund pays for things that cannot be afforded in the regular operating budget.

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 Griffith know (703-719-6152).

Holiday Shop takes effort from all of us besides being lots of fun. We cap off the day with a wine and appetizer toast to the sunset. We will be seeking the support of everyone to make Holiday Shop 2011 the best.

Can you help? There are lots of choices:

- Sign up for baked goods donations. We will give you suggestions for packaging and handling.
- Donate jewelry that you no longer want to wear and leave it in the Hollin Hall Kitchen on the table to the left of the back door. **We need both "good" jewelry and costume jewelry.** Bring items in "wearable" condition, please.
- Bring donations of decorative household items for Helene's Attic which is our very own upscale resale shop. Please leave them in the Hollin Hall kitchen tagged with your name so that we can give you a tax receipt.
- Bring donations for door prizes to Hollin Hall kitchen tagged with your name.
- **VOLUNTEER, VOLUNTEER.** Betty Panyik is looking for dependable volunteers. Please call her at (703) 643-3151. We have room for people who like to do many things – cooks, cleaners, parking attendants, cashiers, etc.

## From Our Board of Trustees

### Becky Brandt, Chair



I can't believe it's November already. Fall is my favorite season of the year. I like getting back into routines after the summer break, the cooler temperatures, the fall flowers and falling leaves – just beautiful! This year the weather was perfect for the fall Work-a-nanny in October. Sometimes digging in the dirt or pulling vines can be very therapeutic.

Also it's time again for our annual Holiday Shop, which this year is celebrating its 50th anniversary. Saturday, November 19 will be here soon, and preparations are in full swing. For example, the quilters have designed and created another masterpiece this year, so be sure to get your raffle tickets. If you haven't yet been asked or volunteered for a job at Holiday Shop, contact Betty Panyik or Ruth Ann MacCleery. It may seem strange that work can be such fun, but those of us who've been a part of this phenomenal church-wide event in the past know what a satisfying experience it is.

This church year has begun rather quietly – we are in a bit of a comfort zone. Our church programs are well established; our staffing is stable; we are not in chaos or crisis (what a joy!) The members of the Board of Trustees don't want to appear complacent, but we think we're in pretty good shape. Of course, we want to know what you think, too. The Board has set three broad goals for the current church year. They may not seem flashy or exciting, but they are fundamental to the mission and vision of our church. We think we need to achieve financial health, to grow our membership, and to make our main church building more attractive and comfortable.

It is very important to the Board that we know how you feel about these goals. We are a congregational church and we work for you! Please go to the website, [MVUC.org](http://MVUC.org), where you will find (under "Of Special Note") an invitation to complete a very short survey – or if you receive your Windmill electronically – please follow this link for the survey: <http://www.surveymonkey.com/s/QQ3PYCQ>. The Board will discuss results of the survey at our November meeting and I will share the results in next month's Windmill.

With an open heart & mind, Becky

### ***Musical Notes, Mark Zimmerman, Director of Music***



Hello Everyone - Leaves are set to turn to beautiful colors, our 50th anniversary Holiday Shop is around the corner, and thoughts of food and gifts for the winter celebrations are in sight. I hope this finds each of you enjoying this exciting time of year.

I have been so pleased with the renovated grand piano. The cabinet is beautiful, and the action plays wonderfully. Just like new! Thank you to so many who made this project possible.

We have a guest coming on November 20 for our intergenerational service to provide special music for our children. Dennis Warner, from Clearwater Minnesota, is a UU musician with a new CD of children's music. Bring the kids to this family-friendly service!

Please watch the Weekly Bulletins for start dates of Pageant rehearsals. Performance is 11:15 am on Sunday, December 18. Always a great day on the Hill.

We continue to invite singers to join our choir regularly, or folks to come join us for Holiday music on December 4, 11, and 24.

Do you make time to attend Sunday services each week? Some come to the Hill for activities, but don't treat themselves to the actual 9:15 am and 11:15 am services in the Chapel. This is where we recharge our batteries for weeks and lives! Don't forget the 9:15 service – there is plenty of parking and free seating!

See you in church, Mark



**Social Justice Programs at the Mount Vernon Unitarian Church**  
*Love is the teaching of this church, and service is its prayer.*

***Easy Green! For November 2011***

Most of us realize that we increase our carbon footprint significantly when we fly. We may not be willing to give up flying for vacations or to visit family and friends, but we can have an impact on the waste we create on a flight. Green America [coopamericanews@coopamerica.com](mailto:coopamericanews@coopamerica.com) issued a report in 2010 called, What Goes Up Must Go Down: The Sorry State of Recycling in the Airline Industry. They found that “airline passengers generate over 881 million pounds of waste each year – 9,000 tons of plastic, enough aluminum cans to build 58 Boeing 747 jets, and enough newspaper and magazines to cover a football field 230 meters deep. That is a lot of waste! What’s even worse, 75 percent of this waste is recyclable, but only 20 percent is recycled.”

Please, ask the flight attendant, the airline ticket agent, or any airline representative with whom you speak what their airline is doing to decrease its environmental impact through recycling. They are sensitive to these questions and it will let the airline know we care! And, then, maybe they will improve! Thank you!

Just a thought ~ Wendy

***YOU TOO \*\*\* CAN \*\*\* HELP!!***

All the local food banks need your help. Every month the number of folks who ask for food assistance increases. Here’s an idea... Every time you come to MVUC remember: **YOU TOO \*\*\* CAN \*\*\* HELP** and bring some CANS of food (or boxes) from your home to contribute to the UCM Food Bank. Helen Lounsbury delivers what we contribute weekly; please make sure your needed contribution is included! Place items in the cart outside as you come in, or in the rear foyer area next to the patio.

***TIME FOR VIC- HOP SHELTER SIGN UP***

MVUC is again committing to provide services on Thursdays for December through March for the Ventures in Community Hypothermia Program (VIC-HOP). This program provides dinner, shelter, chaperones and breakfast bags for 25 of our homeless neighbors along the Route 1 corridor. Join us now by grabbing dates and jobs that are best for you, your family, class or group. Sign up is easy:

Please go to <http://tinyurl.com/MVUC-VIC-HOP>, enter your email and follow prompts. Or, call or email Helen Lounsbury: 703-346-4401 [Helenlounsbury@yahoo.com](mailto:Helenlounsbury@yahoo.com).

If time does not allow you to participate, financial contributions are welcome and used entirely for food. Make checks out to MVUC with a subject line VIC-HOP. Leave in church office, or Helen’s mailbox and let Helen know that you are contributing.

VIC-HOP is an excellent program and your efforts fill an important need. You do make a difference!

***Memorial Walks Expansion  
Summer 2011***

This summer, the Memorial Walks Committee hired Avon Corporation to build a new eartharium surround with 60 additional niches. We also purchased new tops from our supplier. So, we have space in the earthariums for a number of years to come. Avon Corporation did a wonderful, careful job. Bill McKechny ably oversaw the project for MVUC on a day-to-day basis. Dorothy Brandt assisted him, and took pictures, too. We are enthusiastic about the outcome and hope you will take a walk this fall to see the progress. If you would like more information or a tour of The Memorial Walks,

please talk with a member of the committee – Charles Morrissey, Dorothy Brandt, Bill McKechney, Mimi Stevens, David Napier, Lisa Napier, and Wendy Burns.

### ***ADORE News***

A Dialogue on Race and Ethnicity (ADORE) was launched at MVUC on September 26. ADORE is an opportunity to talk about race until it loses its power to separate us. It is a forum for coming together to explore ways in which race and ethnicity impact our lives, our church, and communities. Paula Cole Jones, JPD director of social justice programs helped us start this dialogue, which we continue throughout the next year and beyond.

We will meet regularly on the *second Monday of the month starting on November 14*, in Hollin Hall. Keep an eye on sign-up sheets in the Commons, and visit us on Facebook, under MVUC group, Diversity and Multi-culturalism. Contact Georgia Pourchot or Sarah Klein.

***Social Justice Movie Night  
Friday November 4, at 7:00 pm  
Hollin Hall Fireplace Room:  
The Future of Food (2004)***

There is a revolution happening in the farm fields and on the dinner tables of America; a revolution that is transforming the very nature of the food we eat. This movie offers an in-depth investigation into the unlabeled, patented, genetically engineered foods that have quietly filled grocery stores in the past decades. The movie examines the web of market and political forces that are changing what we eat. The movie also explores alternatives to large-scale industrial agriculture, placing organic and sustainable agriculture as real solutions to the farm crisis today. If you eat food, you need to see *The Future of Food*. Contact Georgia Pourchot at [gpourchot@yahoo.com](mailto:gpourchot@yahoo.com).

### ***Partner Church Happenings***

Over the last fifteen years, MVUC members and friends have helped educate more than 200

students from our partner church village, Szentháromság, in Transylvania.

This summer, several MVUC members and friends were hosted by the current students in the program. They warmly welcomed us, and they put on an incredible program in the village during our visit. They expressed their gratitude to all of the sponsors and they emphasized the importance of sponsor support in continuing their educations and having job opportunities. Thank you for all your support—past, present and future.

Several students graduated from high school or university last year, and now we have ten new students. If you are currently not sponsoring a student and would like to help, please contact Lisa Gillispie, at 703-799-1847 or [lisagillispie@earthlink.net](mailto:lisagillispie@earthlink.net). Several of our students are shared by multiple sponsors, so any amount you can contribute will help.

Another way to help is through our Alternative Gifts program. During the holiday season, you can purchase an alternative gift to honor someone in your life who does not need things, but wants to help others. The Alternative Gifts will benefit scholarship students, or provide the elderly members of our partner congregation with a food package during the holidays. You will receive a beautiful card with an explanation of your gift to share with your recipient. Alternative Gifts can be purchased at Holiday Shop or between services in November and December, or see Lisa Gillispie to purchase a gift.

**Remember the date:** Partner Church Brunch after Thanksgiving, Sunday, November 27 after the service. Adults \$12, children under six "pay their age."

**Gift Plaque:** The students from our Partner Church scholarship program surprised us with a beautiful, amazing gift this summer. Look in the chapel for the hand carved wooden plaque with images depicting American and Transylvanian Unitarianism conceptualized by our students.

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

Address Service Requested

## **A Month of Sundays**

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



**Sunday, November 6**  
"Sin of Anonymity"  
The Rev. Kate R. Walker

**Sunday November 13**  
"Our World is One World"  
The Rev. Kate R. Walker and  
Meagan Henry

**Sunday, November 20**  
"We Gather Together"  
The Rev. Kate R. Walker,  
Meagan Henry, and friends

**Sunday, November 27**  
"Forgotten Virtues"  
Mimi Stevens  
One Service at 10:00 am Only

See Page 4 for Sermon  
Descriptions

**TIME VALUE MAIL — PLEASE EXPEDITE DELIVERY**

## **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](mailto: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](mailto: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](http://www.mvuc.org) - worship/sermons). The services are also available on CD; to request a copy, see **Raleigh Romine**.