

Getting Connected @ UUFR

If you're looking for opportunities to meet Fellowship members and friends, to deepen your connection with the Fellowship, and to get involved in Fellowship programs and activities, please have a look through this list and...

- Read the Fellowship's weekly e-mail newsletter each Thursday, *The Chalice!*
- Read The Sunday Chalice in the Order of Service to find out about upcoming events.
- Check out our website www.uufr.org
- Join our Facebook Groups: UUFR Members & Friends, Unitarian Universalists of Raleigh – Young Adult Community, UUFR Acts! (justice action alerts), UUFR Middle School Youth Group, UUFR High School Youth Group
- Attend a Newcomer Welcome Gathering after a Sunday service. Dates will be announced in the Chalice.
- Become a member by attending the Pathway to Membership - a three-session series leading to membership at UUFR. Offered on Sunday mornings before service several times per year.

Contact:
connections@uufr.org
(Revised April 2019)

Worship & Spiritual Life

Sunday Service

The Sunday worship service is at 11 a.m. in the Sanctuary. Worship leaders include UUFR's ministers, visiting ministers, guest speakers and UUFR members and friends who are trained worship associates. The UUFR Choir performs twice a month. Other contemporary and classical music is performed by members of our congregation and visiting musicians.

Visual Ministry Team

Members create PowerPoint slide shows that are projected during the Sunday worship services

Contact: Cathy Murphy
murphc@nc.rr.com

AV Team

Members manage audio setup and execution for Sunday Services

Contact: Jan Piskacek
jan@piskacek.net

Lay Worship Associates

Lay worship leaders work with the ministers to plan and lead the Sunday worship service.

Contact: Chris Wise
jchriswise@nc.rr.com

Worship Support Team

Prepares sanctuary for Sunday services.

Contact: Ray Easterlin
rayeasterlin@gmail.com

Sunday Flowers

Members bring floral arrangements and plants to decorate the sanctuary for Sunday worship service.

Contact: Jane Hunt
janehunt120@gmail.com

Adult Religious Exploration

Wellspring

Throughout the year, UUFR offers a wide variety of one-time and multi-session programs, classes, workshops, learning circles, and discussion groups for members and friends. Wellspring sessions occur on Wednesdays from 7 to 8 or 8:30 p.m. Come early for a catered dinner (see Wednesday Night Dinner).

Information in the weekly e-newsletter, The Chalice, the Sunday order of service and UUFR's website.

Contact: Linda Bestimt
lbestimt@gmail.com

Sunday Morning Forum

The Sunday Morning Forum (SMF) presents and discusses topics of religious, spiritual, moral, educational, scientific or political interest within or outside the UUFR community, including various aspects of justice. Everyone is welcome! SMF meets Sundays, 9:30-10:45 a.m. in the Clara Barton Room, upstairs in Peace Hall (the older building on the campus).

Contact: Michael Rulison
r3vm53@gmail.com
Bill Dutkiewicz
dutkiewi@yahoo.com

Covenant Groups

Covenant Groups are lay-led groups of six to 12 people who meet regularly (usually once or twice a month) in the homes of members or at UUFR. Covenant Groups follow a small-group ministry format and covenant that help members of the group come together to share their lives and stories with each other and wrestle with important spiritual, religious, and human questions about living, dying, and the spaces in between. <http://www.uufr.org/connection/small-group-ministry/>

Contact: Sandy Pearce or Pete Adler
scarterpearce@gmail.com
epadler03@yahoo.com

Connections & Community Life

Connections Council

The Council helps visitors and new and established members to find connections within UUF. When newcomers walk through our doors, we want to be a religious community that warmly welcomes everyone, no matter who they are or where they are on their journey. The Connections Council also facilitates programs and activities, including the Pathway to Membership, which provides an overview of our religion and our congregation for those on the road to membership. This is a great opportunity to participate in our community as we welcome visitors and potential new members!

Contact: Brenda Rigby
brendarigby@gmail.com

Welcome Table

Be a welcoming face to newcomers as they come in the door for the first time. Welcome visitors before the service, have them fill out a brief form and name tag. Explain about coffee hour and the Blue Tag Express Table and serve as a welcomer at the Blue Tag Table.

Contact: Pat Butler
PatAButler3@gmail.com

Ushers

Ushers are often the first person a visitor or member interacts with on Sunday morning. The responsibilities include welcoming everyone, helping visitors find the Welcome Table and people to find seats, controlling the entrances to the sanctuary during the service, and taking up the offering. A brief training is required before being added to the list to usher one Sunday a month.

Contact: Chris Breivogel
csbreivogel@gmail.com

Blue Tag Express

Visitors are invited to visit the Blue Tag Express Table during coffee hour to meet members of the congregation, pick up a cup of coffee and find out more about our community. Blue Tag Express volunteers don't need an encyclopedic knowledge about the congregation or UUism, just a friendly smile and an interest in welcoming newcomers.

Contact: Margaret Neate
margaret.neate@gmail.com

SpiritFest

UUF's annual all-fellowship retreat held over Labor Day weekend off-campus. With activities geared for all ages, SpiritFest is a great way to make new friends and connect with old ones in a beautiful natural setting.

Contact: Sara Grover
sara_grover@bellsouth.net

Aesthetics

Members are responsible for the appearance of the building and make decisions about the art that is displayed.

Contact: Marge Link
margaret_link@ncsu.edu

Members Art Gallery

Members Art, Crafts, and Photography on display in the gallery outside of the sanctuary.

Contact: Linda Hames
lhames64@gmail.com

Coffee Hour

Visitors, newcomers, friends, members, and children get together for coffee, conversation, and fellowship in Founders Hall every Sunday after the worship service. Volunteers make coffee, set up, and clean up.

Contact: Bonnie Latham
bonnie.latham@me.com

Kids Corner

Snacks and activities for kids during coffee hour in Founders Hall. Easy opportunity to get to know fellow members and their kids. Volunteering just involves setting up prior to coffee hour and putting snacks/activities away at the end.

Contact:

Fellowship Friends

Fellowship Friends meets in Founders Hall on the third Thursdays of the month for potluck lunch and a movie. Everyone is welcome.

Contact: Chary Sundstrom
chary@nc.rr.com

UUF Women's Book Group

Meets monthly on the third Thursday in the Teen Cave for fellowship and discussion.

Contact: Nancy Groves
ngroves2000@yahoo.com

UUF Game Night

UUF hosts game night every 2nd Saturday night in Founders Hall at 7:00 p.m. Join us for some fun and games! Bring a snack or drink to share and your favorite game if you like. All are welcome.

Contact: Anne Hayes
ahayes3124@aol.com

UUF Parents

(Social Activities for Parents and Families with Children at UUF)

Hosts plan events and activities that are intentionally inclusive for parents and families.

Contact: Myra Moss
myra.cousineau@gmail.com

LGBT Game Night

Do you enjoy playing board and card games? Join us for game night on the third Friday of each month from 7:30 to 11 p.m. in the Clara Barton Room in Peace Hall. Friends and allies always welcome!

Contact: Greg Hunt
gamenight@lgbtcenterofraleigh.com

Race & Culture Book Club

The Race & Culture Book Club reads and discusses four or five books per year. The club is open to all viewpoints, reads books focused on race, religion, and history, and maintains a civil discussion in an attempt to further everyone's understanding. Meets 2nd Wednesday, 7 p.m. as part of Wellspring.

Contact: Chris Wise
jchriswise@nc.rr.com

UUF Young Adult Group

For 18-35 year-olds. Join us for games, grub and good times. 1st Saturdays, 6:00-7:30 p.m.

Contact: Jessica Lin
jessie.o.lin@gmail.com
Michael Oakes
michaelpoakes@gmail.com

Facilities Team

A team of members who take care of repair and improvement projects to our facilities here at UUFR. Skilled help and labor volunteers appreciated.

Contact: David Prestrud
planaarch@bellsouth.net

Kitchen Team

Works with all who use the kitchen in Founders Hall to keep it clean and accessible.

Contact: Sandy Pearce
scarterpearce@gmail.com

Second Friday Potluck

Come and enjoy food, fun, fellowship, and music on the second Friday of every month at 6:15 p.m. in the Clara Barton room in Peace Hall. All are welcome.

Participants bring a dish for the potluck. Followed by the Folky Friday music program at 7:15 p.m. Bring your songbooks, voices, or instruments and stay to enjoy, listen, sing, or play music.

Contact: Mary Parker
worfile@aol.com

Grounds Team

Love to get your hands dirty? So do we! Come and join other members and friends for the monthly Grounds Work Day, usually the second Saturday of each month from 9 to 11 a.m. (except from June to August, when we meet from 8 to 10 a.m.). The Grounds Work Day is a great place to get to know others. No need to RSVP, just bring your gloves and mosquito repellent/sun protection. Whether you like to weed, plant, or do some heavy lifting, we'd love to have you. We advocate a wooded landscape plan and details that stress attractive but low-maintenance plantings.

Contact: Erik Dyke
erikdyke@aol.com

Men's Breakfast Group

A monthly (usually second Saturday, 9–11 a.m.) breakfast and discussion group for men. Participants chip in for the cost of breakfast and take turns cooking or buying food.

Contact: Art Lieberman
art@lieberclark.com

Wednesday Night Dinners

Come enjoy a delicious catered dinner and fellowship Wednesday nights from 6 to 7 p.m. in Founders Hall. Sign up on the bulletin board in the downstairs lobby by 12:15 p.m. on Sunday, or send an e-mail to designwise@nc.rr.com by 5 p.m. Monday. Volunteers are always welcome to help with set-up and clean-up. The cost is \$10 per adult, \$5 for children 8 to 16, and free for children 8 and under, with a maximum cost per family of \$30.

Contact: Fran Wise
designwise@nc.rr.com

Circle Dinners

Get to know other UUFR members and friends by attending or hosting a potluck circle dinners, which happen throughout the year in the homes of members and friends. Hosts usually provide the entrée and guests bring side dishes, appetizers, desserts or drinks. Sign-up sheets are posted in the foyer of Founders Hall when the dinners are upcoming.

Contact: Pat Butler
patabutler3@gmail.com

Poetry & Spirit

Meets 2nd Sunday at 9:30 a.m. This group is a chance to listen to what the poems prompt from your heart and to share as you wish with a small group in a safe circle. We don't analyze the poems but rather discuss how the words and images speak to our lives.

Contact: Bill Finger
bfinger3@gmail.com

Raleigh Ramblers

What do we do? Go to movies. Hike. Eat. Bowl. Kayak. Museums. Whatever you want! There is a Google Group Reminder E-mail list.

Contact: Art Lieberman
art@lieberclark.com

UUFR Stitchers

Knitters and Crocheters meet the 1st and 3rd Thursday of the month at 10 am in the Teen Cave to make hats for Love Wins Ministry. Hats, mittens, and scarves accepted for donation.

Contact Judy Edmonston
judilyned@mindspring.com

Pastoral Care & Support

Care Team

UUFR is a caring community whose members provide love, nurturing, and support for each other. In times of illness, crisis, or celebration, we reach out in many ways — with a kind word, a meal, or a hug. The Care Team serves as the central contact point for news about our members and appeals for help. Working with the ministers, the Care Team ministry provides pastoral care and support (including visits, cards, phone calls, food, and transportation) to members and friends who are ill, grieving, or need care and support. Volunteers are always needed to serve as lay pastoral visitors, cook food for the care freezer, write cards, make phone calls, provide transportation, etc. Also see Ministry of Music, whose members visit those who live in nursing homes or who are unable to attend services and perform for them.

Contact: Diann Irwin
diannirwin2@gmail.com

Lay Pastoral Listeners

This trained team provides pastoral listening and visits with members and friends in need of a loving ear.

Contact: Dan Sheen
dansteen@gmail.com

Children & Youth

Sunday School

Sunday School programming is offered for children aged 3 through 9th grade. Classes guide the children through the principles and values of the Unitarian Universalist faith. We learn our 7 Principles, we build covenants, we explore spirituality and learn the history of our faith. Our classes are rooted in sound child development practices and faith-building experiences. We strive to offer activities that are age appropriate and encompass many different learning styles. All families must register their children online for classes.

Contact: Tryst Chagnon
dre@uufr.org

Babies and Toddlers

Families with younger children are welcome to use the Fellowship's Wiggle Room located at the back of the Sanctuary, the Play Church area at the front of the sanctuary, or to sit together in the Sanctuary during our Sunday morning worship service. Alternatively, free child care for infants and toddlers (up through age two) is available by experienced childcare assistants and a volunteer team of Fellowship members in the Nursery Room (located on the lower level of Fellowship Hall) during services.

Contact: Mary Choe
office@uufr.org

High School Youth Group

The High School Youth Group (HSYG) meets weekly on Sundays. Additional youth group activities are also offered throughout the year, including youth conferences (CONs) at The Mountain Conference and Retreat Center in western North Carolina. High school-aged youth are also welcome to serve as Teen Assistants in our Sunday school program for children or encouraged to attend the Sunday morning worship service.

Contact: Kathryn Kevin
youthgroups@uufr.org

Our Whole Lives

Our Whole Lives (OWL) is a comprehensive, lifespan sexuality education curricula that help participants make informed and responsible decisions about their sexual health and behavior by providing accurate, developmentally appropriate information about a range of topics, including relationships, gender identity, sexual orientation, sexual health, and cultural influences on sexuality. Advance registration and committed attendance required. For detailed information about the courses offered for different age levels.

Contact: Tryst Chagnon
dre@uufr.org

Coming Of Age

The Coming of Age curriculum is for 9th graders. This group meets throughout the year for a comprehensive faith formation experience for teens, including spiritual practice, ethical and theological exploration, mentorship, and more. At the end of the year, graduates are invited to sign the membership book to formally join our congregation and lead a worship service to share their Credo. Advance registration and committed attendance required.

Contact: Tryst Chagnon
dre@uufr.org

Music

Choir

The Uufr Choir welcomes everyone! The choir sings traditional and contemporary SATB (Soprano-Alto-Tenor-Bass) music from the Renaissance to the 21st century. The choir usually rehearses on Thursday nights at 7:15 p.m.-9:00 p.m. from mid-August through mid-June and sings during the Sunday worship service twice each month and at other events. Intent to participate regularly is required. Call time for Sunday morning is 9:20 a.m. Schedule: <http://www.uufrchoir.wordpress.com>

Contact: Scott McKenzie
maestroscottm@uufr.org

Coffee House

An open-mic evening of music, poetry, and stories in Founders Hall at 7:30 p.m. on the third Friday of every month. All ages and genres welcome. Come to perform, come to listen, come to enjoy the company! Performance signup begins at 7:00 p.m. Refreshments.

Contact: Denise Shell
denisejshell@gmail.com

Folk Friday

Come, bring your songbooks, voices, and acoustic instruments for an evening of fellowship, music, and songs from the folk era and acoustic music tradition. Everyone is encouraged to come share songs and pick together in an informal and low-key atmosphere. Meets second Friday evenings of the month at 7:15 p.m. in the Clara Barton room following the Second Friday Potluck.

Contact: Tom Atkinson
tatkinson.uufr@gmail.com

Song Swap

Come and share your music, stories, poems, jokes, etc. All ages are welcome; childcare is not provided. Each participant will have a turn to share their contribution. You may perform solo or invite others to join in. First Sunday of the month at 3 p.m. in the Clara Barton room of Uufr's Peace Hall building. We try to finish by 4:30.

Contact: Bill MacMillan
bill.macmillan@gmail.com

Ministry of Music

A group of singers and instrumentalists visits members, friends and families at their home, nursing home, or hospice to make music together. No special musical or singing ability is required, just a desire to be involved and spread good cheer! Singing times arranged according to mutual convenience.

Contact: Tom Atkinson
tatkinson.uufr@gmail.com

Justice Ministries

UUFR Justice Council

UUFR's Justice Council is responsible for planning our justice programs and overseeing and resourcing UUFR's justice ministries.

Contact: Susan Silverio
sesilverio@bellsouth.net
Pat Clark
Pat@Lieberclark.com

Focus Our Light

Interfaith Food Shuttle

UUFR supports three programs at the Food Shuttle - Back Pack Buddies (providing weekend meals for kids at risk of hunger), monthly Martin Street Mobile Market (pop-up grocery offering fresh produce and staples for low-income people in downtown Raleigh) and Grocery Bags for Seniors (monthly packing and delivery of produce to low-income seniors).

Contact: Amy Gilbert
amy@voxmea.net
Susan Silverio
sesilverio@bellsouth.net

Love Wins

UUFR provides lunch once a month at Love Wins Ministries, a nonprofit organization in Raleigh. Love Wins provides meals, job training, housing, and pastoral care for the people experiencing homelessness and at-risk populations of Raleigh.

Contact: Linda Liles
lsliles@gmail.com

Voter Advocacy

UUFR periodically organizes voter registration, education, engagement and advocacy opportunities.

Contact: Nancy Moxley
nancymoxley46@gmail.com

Welcoming Congregation Team

UUFR's Welcoming Congregation team coordinates UUFR's LGBTQ justice work and Welcoming Congregation re-certification process.

Contact: Susan Silverio
sesilverio@bellsouth.net

Anti-Racism Ministry

UUFR's Anti-Racism Ministry team coordinates UUFR's racial justice work. We seek to do our anti-racism work in ways that promote and embody a multicultural and multigenerational community and to make space in our work for everybody. People interested in joining ARM are encouraged to pursue anti-racist training through our "Living the Pledge" workshops.

Contact: Lee Tate
ltate1008@gmail.com

Anti Gun Violence Ministry

UUFR's Anti Gun Violence Ministry creates opportunities to educate and activate UUFR around the issue of gun violence in our congregation, community and world.

Contact: Jim Hurdis
jim.hurdis@gmail.com

Habitat For Humanity

UUFR offers two opportunities a year for volunteers to help provide affordable housing by building homes.

Contact: Robin Banker
robinbanker@gmail.com

Migrant and Refugee Justice Ministry

UUFR's Migrant and Refugee Justice Ministry creates opportunities to educate and activate UUFR around issues of migrant and refugee justice locally, nationally and internationally.

Pat McLaughlin
pat.vista.mclaughlin@gmail.com

Environmental Justice Ministry

UUFR's Environmental Justice Ministry creates opportunities to educate and activate UUFR to take care of our Mother Earth and all her creatures within and outside our congregation.

Michelle Hunter
quabbin@gmail.com

Angel Tree

Each holiday season, UUFR provides an opportunity for volunteers to coordinate a gift drive for families in need.

Contact: Deanna Alfaro
lucky_thirteen@yahoo.com

Justice Sunday Collections

Once a month, UUFR gives away the Sunday morning collection to a justice organization in the community.

Contact: Susan Silverio
sesilverio@bellsouth.net
Pat Clark
Pat@Lieberclark.com

Urban Ministries Food Collections

Bring canned & other non-perishable food to place in food barrels on Sunday or any other day of the week. And, if you're willing and able, help deliver items to Urban Ministries and shelve them.

Contact: Linda Bestimt
lbestimt@gmail.com

Denominational & Interfaith Connections

Chalice Lighters

The Chalice Lighter program of the Southeast District encourages and supports the growth of Unitarian Universalism by awarding grants to member congregations and clusters. Grants are awarded for both traditional and innovative growth projects. A Chalice Lighter is a person, a couple, or a group of people who pledges to respond with a contribution when the call comes to "light a chalice."

Contact: Julie Angerman
julieangerman@gmail.com

Southeast UU Summer Institute

The Southeast UU Summer Institute (SUUSI) is an intentional community of approximately 1,000 people of all ages who gather for a week in mid-July on the campus of Western Carolina University at Cullowhee, NC. There, we explore our interconnectedness, learn new ways of seeing our world and each other, delight in the joys of meeting old friends and making new ones, share outdoor adventures, dance, and sing.

www.suusi.org

Southeast UU Winter Institute In Miami

Southeast UU Winter Institute in Miami takes place the last full week of the year, Dec. 26 through Jan. 1, at a nature camp south of Miami, Fla. Volunteer-participant-operated, SWIM is an intergenerational UU community gathering for workshops, off-site adventures, campfires, music, worship, and sharing.

<http://swimuu.org/home/>

UUA General Assembly

The Unitarian Universalist Association of Congregations (UUA) is comprised of more than 1,000 Unitarian Universalist congregations. The UUA General Assembly, held during the last week of June, brings thousands of UUs together to conduct denominational business, adopt actions of social witness, and meet and make friends across the country.

Contact: Billy Liles
keysbybl@mindspring.com

Universalist Convention of N.C.

UUFR is a member of the Universalist Convention of North Carolina Inc. UCONCI owns and operates Shelter Neck, a conference center in Pender County.

Contact: Billy Liles
events@ShelterNeckUUCamp.org

UU Service Committee

UUSC advances human rights and social justice in the United States and around the world. We envision a world free from oppression and injustice, where all can realize their full human rights. Through a combination of advocacy, education, and partnerships with grassroots organizations, UUSC promotes economic rights, advances environmental justice, defends civil liberties, and preserves the rights of people in times of humanitarian crisis. www.uusc.org

Contact: Kathryn Reis
kbreis@mac.com
Jane Hunt
janehunt120@gmail.com

Governance & Financial Affairs

Board of Directors

UUFR is governed by a seven-member Board of Directors; with three members being elected each year at the congregation's annual meeting. The Board generally meets once a month and meetings are open to all members of the Fellowship. A link on the website shows the current membership of the board and key topics of interest. The Board is assisted by several committees.

Contact: Billy Liles
president@uufr.org

Finance Committee

Assists by establishing and/or revising financial policies, managing Sunday collections, oversight of accounting practices and reporting.

Contact: Diane Chen, Treasurer
dayangchen51@gmail.com

Stewardship Committee

Develops, implements, evaluates and revises as needed a stewardship program for the Fellowship, to include an annual Generosity Campaign and year-round efforts to improve stewardship

Contact: Nancy Moxley
nancymoxley46@gmail.com

Healthy Congregation Committee

Helps develop policies regarding how we interact with each other, e.g., the Covenant of Right Relations; addresses concerns such as safety, day-to-day interactions, developing of covenants.

Contact: Anne Hayes
ahayes3124@aol.com

Committee on Ministry

Works to strengthen the quality of ministry of the congregation by facilitating congregational ministry to one another and to the wider community and by supporting and advising the professional minister(s).

Contact: Beth Ligouri
bethligouri@yahoo.com

Memorial Committee

Works to create and enhance spiritual spaces in our building and on our site. Serves as a vehicle to receive memorial, honorific, and other specific gifts and to preserve the institutional and spiritual history of our community.

Contact: Shelley Eason
shelleyeason@gmail.com

Nominating Committee

A committee of the congregation. Six members serve staggered three-year terms with two members elected by the congregation each year. The committee develops a slate of officers for vacant positions on the Board of Directors and provides it to the congregation at each annual meeting. At the request of various board committees, recruits members for those committees and, as requested, for the board of the UUFR Foundation.

Contact: Chris Wise
jchriswise@nc.rr.com

UUFR Foundation

The Foundation is an independent non-profit foundation established for the benefit of the Fellowship. It solicits bequests, gifts, and contributions and oversees the distribution of its funds in accordance with its bylaws.

Contact: Robert Sundstrom
bob.sundstrom@gmail.com

Affiliated Groups

Fellowship Of The Oak: Covenant of UU Pagans (CUUPS)

This is our gathering of earth-based spiritual seekers of all kinds. Meets monthly on the third Saturday at 1:00 p.m. in the Emerson Room/Peace Hall

Contact: BJ Smith
schimminggirl1@gmail.com

Community Of Mindful Living

This Buddhism study/practice group meets from 7:30 to 9 p.m. every Monday in the Clara Barton Room of Peace Hall for sitting meditation, mindful movements, reading/dharma sharing, and practice support. Based primarily on the teachings of Thich Nhat Hanh, all are welcome. <https://cmlraleigh.wordpress.com/>

Contact: Gail O'Brien
ncgailobrien@gmail.com

The Haiti Tree Project

UUFR sells items during coffee hour to support the Haiti Tree Project.

Contact: Karen Nicolas
kee2008@gmail.com

Sister Communities Of San Ramon, Nicaragua

UUFR sells coffee and tea during the Sunday coffee hour to support Sister Communities of San Ramon, Nicaragua, a nonprofit program that funds municipal water, school construction, and other projects in San Ramon.

Contact: Whit Hames
whames64@gmail.com

UUFR Facilities

Facility Rental

Rooms at UUFR are available for rent to organizations and individuals.

Contact: Mary Choe
office@uufr.org

Updates and Corrections to *Getting Connected*

Mary Choe
office@uufr.org
Connections Council
connections@uufr.org

April 2019