



July 2022

Summer Pastoral Care

Rev. Doug McCusker will be away on vacation and study leave from **July 3 – Aug 8**. Our pastoral care team of Diane Elstein, Steve Elstein, Marcia Wilson, Nancy Krause, Bruce Callander, Christie Pennington, and Paula Barnes will be available to assist you if you need someone to talk to when facing a difficult situation. Please find their contact information in the Fellowship directory. Should there be an emergency, they can reach Rev. Doug and he will follow up.

Shared Ministry Spotlight

Sunday Worship

It takes a village to lead worship. Our Sunday services are a collaboration of many people's talents and passions. There are just as many volunteers working behind the scenes as the people on the chancel to pull off the spiritual, intellectual, and embodied worship we have come to expect. Here at UUFF we run a full-service, year-around Sunday worship service program. It takes planners, speakers, preachers, technicians, and musicians working together in the full expression of Shared Ministry. The worship that you attend on Sundays begins months ahead with Rev. Doug and the Sunday Services Committee planning topics and speakers. Worship Associates are assigned to find readings. Choirs rehearse weeks in advance. The order of service is created, and flowers are placed on the chalice table. Hannelore Montgomery cleans the building the night before. Greeters arrive early on Sunday. The audio-visual technicians turn everything on and do their sound checks. Congregants and visitors file into the sanctuary and the bowl is rung. At that point, the collective spirit in the room takes over and the worship enfolds.

We are indebted to the generous contributions of time and talent from these volunteers who together with the UUFF staff enrich our lives with inspirational worship every week. Please talk to Patrick Neustatter or Rev. Doug if you would like to be a part of this Shared Ministry. The list below does not include those who volunteer in our robust music program. Although music is an integral part of the Sunday worship services, we will feature them separately in a future newsletter to give them their own spotlight.

Sunday Services Committee: Patrick Neustatter, Laura Joy, Carol Rauh

Worship Associates: Karen Kallay, Ed Rodriguez, Shari Pastore, Kristen Tuxbury, Carmela Southers, Jacque Arthur

Summer Guest Speakers: Ann Wohlhueter, Karen Kallay, Bill Brooks, David Brown, Patrick Neustatter, Todd Drake

Audio-Visual Team: Siru Cooper, Josh Blum, Susan Lovegrove, Steve Walk, Dick Roop, Sarah Dewees

Greeters: Shari Pastore, Elaine Hogan, Carol Rauh, Darlene Hicks, Nan Rollison, Volkan Aytar, Filiz Babalik, Bill Brooks, Patty Davis

Flowers: Shirley Santulli, Alane Callander

THANK YOU!!!

August Social Events

Outdoor Family Movie Night August 27th

The RE Committee will host an outdoor family movie night on the patio on Saturday, August 27 starting at 8 p.m..

Bring your lawn chairs, blankets, and favorite movie snacks! Movie starts at sunset; title TBD. Contact [Susan Park](#) or [Bonnie Rossi](#) for more details.

News & Notes

Basket Contributions: As the UUFF ventures further into the 21st century, we are adding text giving to our options of ways in which contributions may be made to the Fellowship. We're not able to pass the basket at services while we are meeting virtually. But you can make those "basket contributions" during the Sunday worship services on your phone. And when we return to in-person services, the text option will remain useful for times when you cannot attend, or don't have cash or checks with you.

To donate to the UUFF, text 844-963-2785. The first time you text this number, you will receive a registration link. Click the link and enter your contact and payment information, then tap "Process." After registration is complete, you will receive a verification text as well as a receipt via email. For future giving, simply send a text with the amount you wish to give, and your contribution will process automatically. Please visit [Vanco Payments](#) for more information. We hope this new way of giving will be helpful. As always, the missions of the Fellowship depend wholly on the generosity of our members and friends. Your support is vital, and much appreciated.

Monday Music Group: Join us for informal music making the first and third Monday of each month, 6:30-8:30pm. New folks always welcome and there's no commitment, just drop in when you can. When weather permits we'll meet outdoors. All instruments and levels of play are welcome! For more info, contact [Lee Criscuolo](#) (540-760-9620).

Women's Group: Meets on the third Monday of the month at 6:30pm. On Monday, August 15, the group will meet at Aladin Mediterranean Kitchen, located at 9901 Southpoint Parkway, Fredericksburg. They have a delicious variety of food, with loads of vegetarian options. No reservations necessary – just drop by for conversation and connection. Newcomers are especially welcomed. Check out the UUFF Women's Group on [Facebook](#) or contact [Susan Lovegrove](#).

Insight Meditation Community of Fredericksburg: IMCF provides a comfortable and supportive environment for individuals seeking to meditate in a group setting and for those new to the practice of meditation. Join them at 7 pm every Thursday at the UUFF. [Click here](#) for more information.

Intergenerational Discussion Group: No gatherings until September!

Youth Group Meeting: No meetings until September!

UUFF Document Repository: UUFF has a Google Drive where you can access copies of all our Policies and Procedures, By-Laws, RE documents, and other important items. The Document Repository is meant for anyone at the Fellowship to view by [clicking here](#), so that you have access to any important information.

Information from Karen Kallay's presentation "Dying; This is Your Show!"

Compassion and Choices (national)

www.compassionandchoices.org

1-800-247-7421 (MST)

(extensions for help, doctors, attorneys, media, etc.)

Virginia Department of Health Advance Directive Registry

www.vdh.virginia.gov or <https://connectvirginia.org/adr/>

Mary Washington Healthcare (critical care and hospice)

www.marywashingtonhealthcare.com/Our-Services/Hospice/Advance-Care-Planning.aspx

Patient Relations Dept. [540.741.3955](tel:540.741.3955)

Wondering Out Loud

Rev. Doug McCusker



I hope you are having a nice summer so far. Summer is the time to take stock of the last church-year and prepare for the upcoming one. It is a good time to assess how we have served this beloved community we call the UU Fellowship of Fredericksburg. While the Fellowship is technically a non-profit corporation, we don't operate like a typical non-profit. We are more like a co-op in which all members are stewards. We call our style of stewardship *Shared Ministry*. That means that every one of us plays a part in ministering to each other. I happen to be one of the professionals that you called to help guide us as we care for each other and for this institution. We are fond of saying that as members and friends of the UUFF, we contribute our time, talent, and treasure. When you volunteer to serve the Fellowship, it is just as important as the pledges and financial contributions you make. We depend on volunteers for almost every aspect of ministry from worship to religious education, leadership, pastoral care, lawn maintenance, music, social justice, and the church finances. Volunteer service is the life blood of this community.

Coming out of the pandemic, it seems like there are numerous holes to fill. And that is true. We shrunk in size a little bit and consequently we lost volunteers. But I do not want to focus on scarcity. I want to celebrate our abundance. We are blessed with dedicated volunteers who pitch in wherever they can because it fulfills their purpose for coming to the UU. We are not a non-profit where members cut a check and expect everything to take care of itself. We are a fully immersive spiritual and religious community with service as our guide and love at its core. To give is to receive. To serve is to be served. To love is to be loved. I want to lift up the tremendous volunteerism that goes on every day. And I want to invite you to find a place where you can serve that fulfills your soul and enriches your spirit. I invite you to share your talents and your time because as the old saying goes, "many hands make light work."

We are starting a new section of the newsletter called *Shared Ministry Spotlight* in which we will shine a light on who is doing what and how they contribute to the overall mission of this Fellowship. In this edition, we will recognize everyone who contributes to the success of our Sunday worship. We won't include the music program for now because it deserves its own spotlight. But keep in mind that music is an integral part of our Sunday worship. As you see the names of everyone involved in the various aspects of ministry at UUFF, please take the time to thank them for their service. And let me know if there is something you would like to do. We can make that happen!



*Yours in Fellowship and Love,
~ Rev. Doug McCusker*

WHY?!

Today is July 10th. I have been president of the Board of Trustees for 10 days now. I just received an email saying I need to submit a President's report by the 16th. So, 10 days in and I have got to say, "I've got this!" Will the rest of the year be like the first 10 days? I sure hope so!



President's Corner

Kit Carver

I cannot really report doing anything yet, there has not been a BOT meeting. So instead let me tell you why I agreed to take this job on. I have been a member for 35 years and held many volunteer positions. I have watched and or participated in calling ministers, losing ministers, selling a building, building a building, I have seen us when we finished the building and began the gargantuan task of landscaping this property. I have seen us grow and shrink and grow again.

More than 2 years of COVID however, was something so much more serious. In my life, I can only equate it to the time my son broke his neck. I think we will forever mark time as before COVID and after COVID. We saw people slide away and we saw people die. Our community has contracted. We are anxious and stressed. That anxiety has played out in the way we treat each other. Our structure has eroded, and we have lost some of the goodness we used to have. I dearly love the people that make up the UUFF and I feel compelled to help in any way I can.

I did not plan to be Board President. I planned to be on the Board. I planned on sitting on the sidelines for at least 2 years as a Board member. I planned to shirk responsibilities while being on the Board and getting credit for righteous work. When I was nominated by our UUFF Board President to be the next president and looked at her very tired face, I found I would have agreed to anything she asked. So here I am.

Here's what you need to know. I can be well organized and driven. I can be lazy and forgetful. I can be kind and considerate, but I can also be rude and thoughtless. I cannot let resentments go unaddressed and I can certainly be

blunt. Please know one thing; you are my chosen family. You all mean everything to me. I will do my best for you, and I sure hope you will forgive me for the things I screw up.

~ Kit Carver

Down the Hall this August (and a Little Bit of September...)

According to the July article, the theme for this month is More Fun!! Let's take a peek at who will be joining the kids down the hall and what they'll be learning!



Chalice Painting with Christi Bayha - Sunday, August 7th & 14th

The kiddos will join Christi the first two Sundays in August and take home your own personalized chalice painting! On the first Sunday, you'll learn about color palettes, choose a chalice design, and paint your background. On the second Sunday you'll use your chalice template and paint the top layer. Supplies will be provided.

Forest Bathing with Reverend Doug - Sunday, August 21

How do we take a forest bath without getting wet? We are so lucky to be right next door to amazing woods full of trees, birds, insects and animals. Just follow Rev. Doug as we open all our senses to life in the forest. We will learn how to see like owls, hear like deer, walk like foxes, and smell like bears. Bring water, bug spray and sunscreen.

Paper Art with Bea Park - Sunday, August 28th

We LOVE when one of our youth jumps in to teach something wonderful to their peers. Please join Bea Park in the classroom as she shares her love of paper art, also known as Origami with her friends! I was a huge fan when I was a kid, so having her come in to teach us new shapes to make is really exciting!

Summer Palooza with Ms. Chris - Sunday, September 4th

And last but not least, let's celebrate the end of summer in RE style with a good old fashioned End-of-the-Summer Blowout! Kick ball? Hop scotch? We shall see what the weather allows. But of course, either way, there will be popsicles... :)

All right, now that you know what is on the agenda this summer for the littles,
I have a couple things to share that are just for the bigs.
Read on!



Parent/Guardian Forum - Wednesday, August 10th

This has the potential to be a very busy year. Coming of Age (for youth grades 8 & 9), Upper Elementary Our Whole Lives (OWL - children in grades 4 & 5) and reinvigorating our volunteer base comes to mind, to name just a few. If you are the parent/guardian of a child enrolled in the Religious Education program, you are **STRONGLY** encouraged to join Chris Johns on [ZOOM](#) Wednesday, August 10th from 6:30 until 8:00 (give or take) to discuss all this and more! Please [click here](#) to register.

Volunteer Training - Friday, August 26th & Saturday, August 27th

Parents? Guardians? People who just like hanging out in the classrooms with the kiddos? This one's for you! Please join Chris Johns on Friday, August 26th on [ZOOM](#) from 6:30 - 8:00 and Saturday, August 27th at the Fellowship from 10:30 - 1:30 for our first real Volunteer Training in, well, it feels like forever. This year is going to be very important as we rebuild the Religious Education program and get ourselves back on track and your willingness to serve as a volunteer will be critical to this effort. Please [click here](#) for more information and to register.

I think that's it. Did I forget anything? Do you have questions? Just [click here](#) to drop me a note. I am happy to meet for coffee, on ZOOM, in-person or over the phone! There is work to be done! Let's get to it!!

*YoUUs in Faith,
~ Ms. Chris*

PS [Register your children?](#)

RE Committee - Fall Calendar of Events!

Saturday, August 27, 8 p.m. - 11 p.m., Outdoor Family Movie Night
Sunday, September 18, 11:45 a.m., Tie Dye and Bike/Scooter Party at UUFF
Saturday, October 29, 3 p.m. - Pumpkin Carving and S'Mores Party
Saturday, November 12, 6 p.m. - Bonfire with S'Mores



Please contact [Bruce Callander](#) if you are interested in helping keep our Building and Grounds beautiful.



Teen Volunteer Opportunities in Fredericksburg, Spotsylvania and Stafford

[Macaroni Kid Fredericksburg](#) is looking for Teenage volunteers!

Jr. Reporter - Do you like to write? You can [apply](#) to be a Jr. Reporter for Macaroni Kid Fredericksburg and earn volunteer hours! They can also use help in other areas as well. If you are interested in being on their volunteer email list, please email [Jenny Sites](#).

[Meow Stories Cat Rescue](#)

Needs volunteers to help with adoption events and fundraising.

[Rappahannock Area Chapter, American Red Cross](#) - Youth team (ages 12-18) meets on Wednesdays (6:30 pm to 7:30 pm), teens aged 16-years and older can become volunteers, call to get more information and application.

[Boys & Girls Club of Fredericksburg](#)

Call 540-368-9531 for information. Volunteers provide assistance with homework, games, arts & crafts for students aged 5- 17. Athletic coaching opportunities for basketball, flag football, softball, step team cheerleading, double-dutch jump roping and more.

[Bragg Hill Family Life Center](#)

Call (540) 371-3662 for information. Assist students with homework Mon & Wed 3:15-5:15; Open Gym Tues, Thurs. & Fri.

[Carriage Hill Rehabilitation and Nursing Center](#)

Call (540) 785-1120 for information. Must be at least 16 years old.

[Central Rappahannock Regional Library](#)

Call 540-372-1144 for information.

[Downtown Greens Community Garden](#)

Call 540-371-7315 for information. Volunteers are needed to help with planting, weeding and other chores. All events are weather permitting; regularly scheduled times are Thursdays 3:00-5:00 pm and Saturdays 9:00 am – 12:00 pm. Ages 13+.

[Fredericksburg & Spotsylvania National Military Park](#)

Call 540-371-1822 or 540-373-6124 – Adopt a site program volunteers of all ages are needed to maintain sites (litter pick up, painting signs, grounds maintenance) throughout the park. This project is ideal for the Boys/Girls Scouts or church groups. Sites are adopted for a year. All ages accepted.

[Fredericksburg Area Food Bank](#)

Call 540-371-7666 – Volunteers are needed to stock shelves, prepare food baskets, assist with bulk mailings, enter data and work with fundraising projects, etc.

[Fredericksburg Area HIV/AIDS Support Services \(FAHASS\)](#)

Call 540-371-7532 ext.15 – Volunteers are needed to help with office work, yard work.

[Fredericksburg Parks & Recreation](#)

Call 540-372-1086 - Coaching youth sport teams; Volunteering at special events such as: Soap Box Derby, First Night Fredericksburg New Year's Eve Celebration; Children's Art Expo; Halloween and seasonal Activities; Children's Art Show; Volunteering as instructors or aides for sports programs, leisure programs, and camps.

[Friends of the Rappahannock](#)

Call 540-373-3448 - Occasional help needed with field projects, trail maintenance and trash pick-up. Ages 14+.

[Greater Fredericksburg Habitat for Humanity](#)

Call 540-891-5009 - Youth volunteers and organizations are welcome for a variety of projects. Over 16 years old.

[Historic Kenmore & George Washington Ferry Farm](#)

Contact: Jamie Duffy, Volunteer Coordinator 1540-370-0732 ext. 12. Education Programs; Youth Programs; Public Relations; Historical Interpretation; Special Events; Gardening; Research; Cataloguing; Archival Projects; Archaeological Excavation; Archaeological Lab Work; Data Entry.

[Lake Anna State Park](#)

Call 540-854-5503 - Customer Service (meet, greet, and provide info to customers), Natural Resources Project (trail maintenance, water quality testing, etc.) Environmental Education (canoe & Kayak trips, night hikes, etc.)

[Mary Washington Hospice](#)

Call 540-741-3580

[Circle of Parents Support Group \(Central Park\)](#)

Call 540-785-6217 – mature high school youth are needed to work with children’s program- must be willing to make a weekly evening commitment. Middle school and high school students are sometimes needed for mass mailings. Age 13+.

[Pet Harbor Rescue & Referral](#)

(Massaponax PetSmart) To find out what volunteer opportunities are available, we have an ongoing e-mail list! [Please send an e-mail](#) and request to be signed up to the list.

[Rappahannock Refuge/Hope House](#)

Call 540-371-0831 after 9:30 – positions available include light cleaning, organizing, paperwork and yard work. Age 13+ with parental consent.

[Rappahannock United Way](#)

Call 540-371-5268 or [email](#).

[Fredericksburg Regional SPCA](#)

10819 Courthouse Road, Spotsylvania

Call 540-898-1500 - Mon, Thurs, Fri, Sat., Sun, 11- 4:40 pm

The SPCA requires a minimum of 2 hours per week time commitment from volunteers. You must be 16 years old to volunteer. Training is required--must be 18 years old to walk dogs.

[ARC of the Rappahannock](#)

Call 540-899-3789 - For ages 17+; Daybreak needs volunteers to help care for and play with individuals ages two and up with mental challenges or other developmental disabilities on Saturdays from 2:00-5:00 pm in a daycare type setting. Volunteers ages 12+ are needed to help with the quarterly newsletter mailing.

[The Moss Free Clinic](#)

Call 540-741-3590 - Activities include assisting with pharmacy inventory, medical records, filing, mailing and re-stocking exam rooms; Weekdays after school until 5:00 pm, Tues. and Thurs. until 8:00 pm. Age 12+.

[Thurman Brisben Center](#) (Homeless Shelter)

First Contact: Volunteer Coordinator (540) 899-9853 or go to the Thurman Brisben [Website](#) for more information.

[Virginia Kinceloe Spay/Neuter Clinic](#)

Call 540-507-7461 - Volunteers needed Monday – Friday 4:30 pm – 7:30pm.

~ Curt Swinburne

Thanks to all those who serve the local and wider community on behalf of our Fellowship.



Feeling like our world is spinning out of control? Feeling hopeless? Well, the Unitarian Universalist Fellowship of Fredericksburg and the Unitarian

Universalist Association are here for you, ready to get you going on a social justice activity that can help right this ship and make a difference for you, our community and our planet.

For the first time in a very long while (due to the pandemic), the Social Justice Committee is going to meet in person! Please join us at UUFF on Wednesday, August 10 at 1 p.m. We will meet where we can be socially distanced but still

share conversation and consider the serious business of social justice facing our committee, our congregation, and our community at large. (Face masks are required in the building.)

Agenda items will include [UU the Vote](#), a proposal in support of “end of life” legislation (see [Compassion and Choices](#) for background), and the plight of local Spanish-speaking school custodians employed by a large contractor.

To learn what the UUA has established organization-wide to respond to critical social justice needs, please visit [Side with Love](#).

There’s a lot of work to do, but we need some UU’s willing to put some time into projects! Please contact [Alane Callander](#), for further information or if you are interested in participating in the Social Justice Committee!

~ Alane Callander
Social Justice Committee Chair

Sunday Discussion Group



Sunday Discussions are intended for people who enjoy discussing controversial public policy issues. The group meets from 12-1 pm on ZOOM on the first, third and fifth Sundays of the month. Participants are encouraged to suggest controversial topics of interest and to moderate those discussions. For more information, contact Rick Neil or visit the [calendar](#).

- **Aug 07: Timothy** "With Which Philosophy Do You Most Identify?"
- **Aug 21: TBD**



All Services
In-person and on Zoom
Zoom: [UUFF](#); Meeting ID: 632 068 0813; Password: 838891
Teleconference: 1-301-715-8592

August 7

The Interdependent Web Through Song, Elaine Silver

Elaine Silver is a Spirited woman with a Musical Ministry that centers around New Thought Philosophy and a deep love and respect for Mother Earth and our own Interconnectedness. Elaine brings her audiences to places of Ancient Wisdom and Truth that resonate fully in the heart, mind and soul of those wise enough to listen.

August 14

Indigent Healthcare, Karen Dulaney and Patrick Neustatter

Despite the Affordable Care Act there are still approximately 30 million people in the US who have no healthcare coverage (and the number is climbing steadily). These people get inferior healthcare and often finish up with multiple chronic medical conditions. “Safety net” organizations like the Lloyd Moss Free Clinic provide care for these so called “medically indigent.” Executive Director Karen Dulaney and Medical Director Dr. Patrick Neustatter will talk about the challenges of providing care for these dispossessed, with some discussion of why there is a need and solutions.

August 21

The Healing Power of Self-Compassion, Todd Drake

In this culture of self-esteem, we often find ourselves on the losing end of comparing ourselves to others, which can marginalize our sense of self-worth and make us feel deeply alone. But there is a more wholesome alternative. Through the practice of mindful self-compassion, we come to see that we are not alone in our suffering and can embrace our imperfections as a part of being human. We learn to treat ourselves with great kindness by constructing an inner friend that lends us the warmth and understanding we need to feel fully alive.

August 28
The Iowa Sisterhood, Rev. Doug McCusker

After the Civil War, as settlers pushed further west into the North American heartland, Unitarian and Universalists established churches along the so-called Western frontier. This created a minister shortage in places where the Eastern bred male ministers did not want to go. What developed was an anomaly of the time. For about 40 years women were ordained and became pastors in many Unitarian churches west of the Mississippi River. In this brief period that ended in the 1920's, female ministers introduced innovations that changed how ministry was done. Female UU ministers did not re-emerge until the 1970's. Join us as we look back at the contributions to ministry of the Iowa Sisterhood.

MISSION STATEMENT

The mission of the UUFF is to nurture learning, inspire spiritual insights, create compassionate relationships, and lovingly transform our community and the world.

VISION STATEMENT

To be a catalyst for spiritual growth and social justice with service as its guide and love at its core.



OFFICE ADMIN HOURS:
Mon, Wed, Thu - 10AM-2PM
Thursdays - Working from home

REV. McCUSKER'S OFFICE HOURS:
Starting on Aug 9: Wed, Thu - 10AM - 6PM
Sun 12PM - 2PM
Fri - Study Day, Sat - Working from home

Contact [Rev. McCusker](#) in case of an emergency or to make an appointment

**UNITARIAN UNIVERSALIST
FELLOWSHIP OF FREDERICKSBURG**
25 Chalice Circle, Fredericksburg, VA 22405
540-310-4001 -- Email: uuff@verizon.net
www.uuffva.org

Minister: Rev. Doug McCusker 540-310-4001
Office Admin: Nancy Michael 540-310-4001
Dir. of Religious Ed: Chris Johns 540-310-4001
Music Director: Jason Michael 610-698-6896
Treasurer: Ron Wasem 540-373-2929
Custodian: Hannelore Montgomery 540-842-7018

BOARD MEMBERS

President: Kit Carver 540-907-8395
Vice Pres: Alex Grissom 540-273-5174
Secretary: Sarah Dewees 540-368-0785
Lisa Andretta 540-842-4991
RJ Boyd 703-585-4980
Lois Colbridge 540-847-4189
Jenna Cooper 703-615-3605
Mindy Littleton 540-288-1010
TBD Youth Member