



June 2022

**UUFF Annual Year-End Picnic!
Sunday, June 5th, 1 pm**

at the Home of the Neustatters

Our annual year-end potluck picnic will be held on **Sunday, June 5th, at 1:00 p.m.** at Belle Hill, the country home of Patrick and Paula Neustatter. The picnic is a great way to wrap up our Fellowship year, and as always, will be a day of food, fun and friendship for the whole family.

There's plenty to do for all ages: cool off with a dip in the pool, bring a Frisbee to toss or lawn game to play, stroll the beautiful grounds, or just relax in the shade as you catch up with UU friends, old and new.

Please bring a large picnic dish to share, and drinks for your family if you'd like. Hearty main dishes are especially appreciated. Water and iced tea will be provided. A lawn chair or blanket to sit on is a must and bring your bathing suit and towel if you'd like to go for a swim.

In order to reduce our use of paper products and plasticware, we ask that you bring a ceramic/plastic dinner plate and flatware with you and a bag to take them home. We would love to have a few people come out on Saturday, June 4th, to help with set-up. If you can volunteer, please contact [Diane Elstein](#) or [Susan Lovegrove](#).

Our picnic provides UUFFers a healthy dose of old-fashioned outdoor fun, so don't miss this fabulous day in the country...it's well worth the drive!

The Neustatter's address is 15713 Pepmeier Hill Road in Woodford, which is about a 25-minute drive from the Fellowship. Contact [Patrick](#) (Phone 540-809-4435) for further information.

Circle of Life Milestones Celebration

On June 19, we will honor and recognize all our congregants who have made one of the significant passages of life this year. During our worship service, we will celebrate the circle of life by weaving together Child Dedication, Graduation Bridging, Retirement and Memorial rituals. Please contact [Rev. Doug](#) by June 1, 2022, if you would like to have your child dedicated or if you retired from your primary occupation this year.

~ Rev. Doug McCusker

RE Happenings!

Registration for the 2022-2023 Religious Education Instruction Year is NOW OPEN!

As we look ahead to an in-person summer and fall instructional year (woo-hoo!), the Director of Lifespan Religious Education is happy to report that registration is open! Please [click here](#) to register up to 5 children.

June 18, 8 p.m. - 10 p.m. - Outdoor Movie at the UUFF. Hosted by the RE Committee. Bring your friends and family to an outdoor movie at the UUFF Patio! We'll gather at 8 p.m.; the movie will start at 8:30 p.m. Snacks will be provided. Movie TBD. Bring a lawn chair and insect repellent. Contact [Susan Park](#) or [Bonnie Rossi](#) for more information.

The Fellowship Needs YOU!

Greeters Needed

Now that we are meeting for Sunday services in-person again, we need your smiling face at our church door to welcome and assist people as they arrive for worship. We have open slots for the 1st and 2nd. Sundays. Volunteers agree to serve on the same Sunday each month. Training will be provided. Contact [Rev. Doug McCusker](#) with if interested or if you have any questions.

Audio/Visual Team

Now that we are meeting in-person for Sunday worship and hosting events in the sanctuary hall, we have an **urgent need** to re-form an A/V team. The team will set up and take down the A/V equipment on Sundays, monitor sound during services, and consult on upgrades to our audio and visual systems. Contact [Patrick Neustatter](#) if interested.



School Dressing Days (SDD), sponsored by the Interfaith Council of Churches, will be held on July 29th and 30th, at The Church of Jesus Christ of the Latter Day Saints located at 1710 Bragg Rd. in Fredericksburg. Low income elementary school and head start students in the region will be provided new clothing at this event. As in previous years, each member church has been assigned specific clothing items to collect for the students.

Our Fellowship has been assigned to donate **Boys M and L Crew (mid-ankle) socks**, black or white. Please bring them in by Sunday, June 26th and place them in the collection box in the Fellowship Gathering Space or in the outdoor storage box on our patio. If you prefer, you can write a check to UUFF and write on the Memo line "For School Dressing Days." To volunteer for a few hours on July 29th or 30th, please contact [Diane Elstein](#).

Board Business

A report to the congregation on business acted on by the Board.

Between the April and May meetings, the Board communicated via email to act upon two matters that required immediate attention. The Board voted to continue to require masks for everyone attending Sunday Services; however, we agreed to allow food and drink to be served and consumed in the building during the Friendship Committee potluck on May 1. Also, between meetings, the Board approved expenditures to repair two heat pumps as well as a toilet.

The following business occurred at the meeting on May 12:

- Vice President RJ Boyd reported that Carol Rauh, chair of the Strategic Planning Committee, has asked committee chairs to revisit their committee goals and updates, focusing on noting the previous goals that had been listed and to what extent these goals were obtained.
- The Board noted that for the fiscal year as of the end of April, expenses have exceeded income by \$17,325.54. Outstanding pledges equal approximately \$48,500 and we are anticipating auction income as well. Anticipated expenses for the rest of the fiscal year include mortgage, utilities, insurance, staff salaries and benefits.
- Pledge Team co-chair Diane Elstein reported that total pledges for Fiscal Year 2021 are now \$244,458, with an additional \$4,750 offered by several individuals as non-pledge contributions
- Based on the new pledge figures noted above, the Board was able to restore a number of cuts made during the joint Board of Trustees/Council of Committees meeting in April. This restoration of an RE staff position to assist on Sunday mornings, as well as a number of specific line items affecting music, office administration, and other line items in the budget. Most significantly, staff salaries were raised so that we will once again meet the UUA guidelines for minimum compensation for congregations in Zone 4.
- After hearing from Reopening Task Force member Alex Grissom, the Board agreed to the following health and safety procedures: 1) masking will continue to be required for people in the Fellowship Building; 2) food and drink must be consumed outside except for small groups that can socially distance while eating.
- The Board voted to establish an Internship Committee and appointed six individuals to serve on the committee. In addition, the Board approved a charge to be sent to committee members.
- The Board discussed a proposal received from UUFF member Dick Roop regarding fundraising and marketing.
- Finance Committee Chair Debbie Brock presented a report from the committee, whose recent review of Fellowship financial records found lack of adherence to financial management procedures and absence of oversight. Debbie also presented an addition to the current Policies and Procedures, entitled Internal Controls, that was written by the Finance Committee. These Internal Control procedures were approved by the Board.

~ Lois Colbridge

**After approval by the Board, the full minutes of each meeting are available in the [Document Repository](#).
The Board meets the second Thursday of each month at 7:30 p.m. on [Zoom](#).
UUFF friends and members are welcome to attend.**

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. *~Lois Colbridge*

Monday Music Group: We're back! We will meet the first Monday of June from 6:30-8:30. If all goes well after that we shall meet the first and third Monday of each month. All musicians and aspiring musicians are welcome. All instruments are welcome, even didgeridoos. Masks will be worn in the building. If weather permits, we shall meet outside. For more info, contact [Lee Criscuolo](#).

Women's Group: Meets on the third Monday of the month at 6:30pm. On Monday, June 20, the group will return to an old favorite, Basilico New York Deli and Italian Market, 2577 Cowan Blvd in Fredericksburg. 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 June Meeting!

Youth Group Meeting: The UUFF Youth and their advisors meet on Sundays after service from 12:15 - 1:45 PM on ZOOM at [\[YG Meeting\]](#). Teens in grades 9-12 are welcome to join them for community building and faith exploration! Please contact [Chris Johns](#), DLRE for more information.

Midweek Spiritual Practice: First Wednesday each month, 5:30 - 6:00 PM on ZOOM at [\[Midweek\]](#). This month's practice will be led by Rev. Doug McCusker. Formerly known as Vespers, the Midweek Spiritual Practice is an opportunity to engage with others while practicing together a simple spiritual activity. 30 minutes of community building and spiritual practice before dinner - Priceless!

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.

Wondering Out Loud

Rev. Doug McCusker



June is a wonderful month around the Fellowship. Every year as we round the Memorial Day holiday, I feel a sense of unclenching. It is as though the warm weather beckons us to release the tension of holding one another. It is very slight because we are still in community and there are still major events on the calendar. But as we approach the end of the "church-year," June feels like an epilogue. A wrapping of loose ends, a time of celebration.

It's no secret that this has been a tough year. Make that a tough couple of years. There is war raging in Europe, violent storms and wildfires wreaking destruction, political divisions and Supreme Court rulings shaking our democratic foundations, racial hatred and White supremacy, mass shootings, and a pandemic that refuses to go away. Here at UUFF we have absorbed all that negativity and struggled to maintain our cohesion in the face of anxiety and financial challenges. Your trust in the leadership, me included, has taken a hit. June couldn't come soon enough.

And despite all that, I still feel the easing of tension. Most of us are returning to in-person gatherings at the Fellowship. Seeing the smiles on our faces up-close is wonderful. We made it through a brutal budget-making process because so many people stepped up in the final hour to raise their financial pledges. The children have reappeared, spreading joy throughout the building. The Religious Education service in May was a reminder of how laughter and play can heal stress. We celebrated our 10th anniversary in the building and our 66th birthday as a Fellowship. Soon we will have memorial services for several of our dearly departed members. The love that is at the heart of this community is rising, reconnecting us, and showering us with blessings.

This June feels extra special. As you peruse the newsletter, notice all the ways that we bless one another. We will break bread together at our annual picnic. We will come together for an Air Communion ritual. The Music Committee will serenade us at the Music Service. We will honor those who passed major milestones in their lives. The women's group will meet for social festivities and the Chalice groups will meet for spiritual enrichment for the last time of the year. Our pastoral care team will visit and call those of us in distress and we will have opportunities to make our voices heard in the public square.

Do not dwell on the hardships and failures. Learn from them and keep moving toward the light of love that binds us together. Bring your compassionate spirit with you as we celebrate our blessings and bask in the warmth of our collective presence. Feel June down to your very soul. And may you unclench and unwind in the company of friends.



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

As I write my last President's Column, I want to thank you for the honor of serving as President of the Fellowship during the past two years. I am forever indebted to everyone in this community for all they have done to sustain the UUFF, and to sustain me, through this challenging time.



**President's
Corner**

Lois Colbridge

I especially want to thank those who have sought me out to express their hopes for this congregation, and those who have sought me out to express their concerns. Congregants have an abundance of both – hopes and concerns. I believe that the most important thing for us to do in the short term, and in the long run, is to come together to share those hopes and those concerns.

Two years of the pandemic have taken their toll on the UUFF. We have experienced a decline in attendance, a decline in membership, and a decline in income. However, even before the pandemic required curtailment of most in-person activities, members were drifting away. It seemed that members were no longer finding here what had attracted them when they first came to the UUFF. Will members find those things as we open to more in-person activities?

As the pandemic hopefully ebbs and we can be together more, we will have opportunities for informal conversations with each other. I believe that in addition to those informal conversations, we need to come together in deliberate conversation to explore who we now are and what we want to become in the future. These conversations could include discussion of questions such as:

- What brought you to the UUFF?
- What draws you and keeps you here?
- What things that initially drew you do you feel are now missing?
- What ministries would you like to see strengthened, and in what way?
- Tell us about your hopes and dreams for the UUFF.
- What is the one thing you would like to see happen that would strengthen your ties to the UUFF?

As I turn over the gavel to our next president, I urge the Board to provide opportunities for these deliberate conversations to happen. I urge members and friends to openly share their hopes and dreams for this Fellowship, as well as their disappointments and concerns. And I urge you to also be open to listening with a loving heart to the hopes, dreams, disappointments, and concerns that others share. By doing this, we can reach a collective understanding. Where there is discontent, we need to be courageous in facing the causes and in working together to deal with those causes. It is only by doing this hard, and sometimes unpleasant, work that we will continue to thrive.

There is so much love and talent within this Fellowship. This Fellowship has the potential to do so much good for the Fredericksburg community and beyond, as well as for its members and friends, and for our children and youth. It is my

sincerest hope that we will come together, work together, so that this community will thrive and will continue to sustain all who come into contact with it, with us, through the challenging times ahead.

~ Lois Colbridge

Celebrating Blessings. That is the Soul Matters theme of June. I admit, I was hard-pressed to come up with something I felt moved to talk about. But as fate would have it, I was digging through old emails looking for something particular when I happened to notice something I sent out to the Religious Education (RE) families and volunteers quite a while ago. Can you guess what it was? I'll give you one hint. It was dated 3/13/20. Does that ring any bells? Yes? No? Okay. I'll just tell you. It was the email I sent out to our UUFF families immediately after receiving Reverend Doug's call that the Board had decided that the building should be shut down due to COVID. In the email I noted that we would be closed down for at least two weeks.



That was two years ago. And I'm not going to lie, it has been hard. I have heard every manner of frustration and sadness and anger from the children and adults here at the Fellowship.

But if we skip down to the very last paragraph of my email, it reads, "Stay well. Stay healthy. Stay safe. And stay connected. I truly believe that it is by staying connected and asking for what we need, we will get through this." And I think for the most part, we've done those things. And that is where I find reason to rejoice and celebrate our blessings. Throughout this time, we have stayed connected — through ZOOM, through emails, through care packages delivered with love to those who needed the care. It's actually quite remarkable, if you think about it.

Back in May, I found myself surrounded by happy children as we made rock candy — including two on ZOOM. Blessings. An in-person summer stretches before us. Blessings. A brand new instructional year with all the lessons and activities that go with it is ready and waiting to be planned. Blessings. Knowing that we made it through this time, that we are still here and willing to continue moving forward together? Blessings, blessings, blessings.

*With a song in my heart and a little skip in my step,
~ Ms. Chris*

PS Also? [Register your child!](#)

RE At-A-Glance

June 5

YG 12:15- 1:30

June 19

End of the Year Ice Cream Social (during service)

YG - End of the Year Party! 12:15 - 1:30

June 19

No RE

Summer RE Volunteers Needed!

Summer is coming and with it, all the fun of Summer RE! Traditionally, summer is the opportunity for folks to get in the classroom to teach the kids something cool! Do you love making kites? Are you a fan of making fairy houses? Is double-dutch your thing? The possibilities are endless! No curriculum required!! Please email [Chris](#) to say you are willing to join in the fun!



When you think of "parks," what do you imagine? A manicured garden, carefully planned and tended? Perhaps a wild area where one can escape the "madding crowd" for a little while? As I was mowing the labyrinth path this spring AND as I pruned storm damaged trees last winter it occurred to me that we – the UUFF congregation – have created a park-like home at 25 Chalice Circle, regardless how you define the term "park." The continuing work of creating our park includes mundane tasks like getting the AC repaired or guiding the County's Fire Marshal through a safety inspection. Some tasks must be contracted out. Others, such as maintaining our stormwater management features (the "biofilter"), weeding the Memorial Garden, or mowing and trimming grass can be done in-house. These last recurring in-house tasks can be daunting without a team. Happily, we have turned out teams for several "weed parties" and another will be needed in the near future to beautify our Memorial Garden and keep our biofilter functional. If you are interested in (re)joining the team for a weed party on 18 June, please contact [Bruce Callander](#).

~ Bruce Callander, Chair Bldg & Grounds Committee



Volunteer at the Lloyd F. Moss Free Clinic

Volunteers work with the core of paid staff to provide medical services to those who cannot afford them. There are a variety of ways to contribute for professional/licensed volunteers and those who assist with administrative tasks, reviewing charts, screening patients, and organizing referrals. There are daytime and evening hours (M-F).

Donations also welcome and pay for a variety of things like medication and transportation for patients.

The Moss Free Clinic is located near Mary Washington Hospital:
1301 Sam Perry Blvd.
Suite 100
Fredericksburg, VA 22401

Volunteer Coordinator: 540.741.3590, andrea@mossfreeclinic.org
Applications can be found online: <https://mossfreeclinic.org>

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

SOCIAL JUSTICE NEWS



Keeping Social Justice on the Front Burner

All in all, though the Social Justice Committee (SJC) went through transitions of leadership during the year and held meetings virtually because of the pandemic, progress was made on educating ourselves on topics of importance to UU's, namely on fighting oppression for marginalized communities and the critical nature of climate change. During the coming months we need to do more on the action front to bring about significant and lasting social justice reforms. That's a tall order which brings me to this appeal: The Social Justice Committee needs members with a burning desire to make a difference and the willingness to devote their time to our work.

I have served as Interim Chair this spring, after previous very energetic co-chairs, Eunice Haigler and John Bernard, stepped down at the end of 2021 from SJC's administrative duties. I recognized the need to pull this committee back together and so I stepped forward to do it, but I have other obligations and have not been able to devote the time that would truly benefit this group. Who in the congregation wants to make a difference on social justice as a contributing member of this committee or as its leader? Please contact me at [Alane Callander](mailto:Alane.Callander).

Some members of UUFF have been working with the Fredericksburg Chapter of the non-partisan grassroots organizing group, Virginia Organizing, on topics related to mental health, racial disparity and injustice, and worker's rights. This work will continue over the summer months. The big issue right now is to stand up for Spanish-speaking custodial workers for Stafford County Public Schools who have been exploited by the contractor that employs them.

SJC members David Boone and Karen Kallay attended a criminal justice reform event in April. David wrote up the following report which points to an important area of need for our community. Hopefully UUFF will find a way to help.

~ Alane Callander, Interim Social Justice Chair

Another Opportunity for UUs to Step-Up with their Convictions

Germanna Community College hosted the Criminal Justice Reform Forum on April 16, 2022 for Planning District 16, entitled: 2nd Chance Month: "You have Rights – Resources – Opportunities". Many Virginia inmates may be eligible for early release due to the reforms to the entire Justice System instituted by the legislature. This remains to be seen but Virginia communities interested in Restorative Justice need to plan ahead. In order to reduce recidivism newly released citizens need help in every aspect of their lives: a place to live, training, etc..

This Criminal Justice Reform Forum addressed many of the needs of these returning citizens. Several leaders in Restorative Justice spoke: Libby K. Humphries, Commonwealth's Attorney, City of Fredericksburg; Katina Howard, Public Health Outreach Care Resource Coordinator; Deb Lokrantz, Restorative Practices Coordinator, Stafford County Public Schools; Shekila Melchior and Barbara Gustavson spoke on Trauma-Informed Care; Kevin Lee, Germanna Community College spoke on Resource Opportunities in Education.

~ David Boone, reporting for the Social Justice Committee

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](#).

- **June 01: Stew** "Is Taiwan next? What should U.S. policy be?"
- **June 15: Rick** "Is Now a Good Time to Admit Finland and Sweden to NATO?"



Monthly Theme: Celebrating Blessings

A Soul Matters facilitator once shared, "I guess after plan A fails, I need to remember there's still a whole alphabet out there. "Who of us doesn't need a little help remembering that? Especially after enduring Covid for so long. And the ongoing reckoning with racism. And the world's inability to deal with climate change. And political division. You get the point. It's easy to feel demoralized, daunted, and defeated these days. With so many things going wrong, it's easy to overlook the many things going right.

For Unitarian Universalists, this tunnel vision is the central tragedy of the human condition, not just of our times. We respect those who frame the human problem as sin or twisted wills, but it's nearsightedness that our religion is most worried about. Which is also why blessings are so core to our faith. They are our way of widening our view. You see, unlike some of our sibling religions, we don't *say* a lot of blessings. But we do *point* to them. For us, blessings are not so much about giving something to each other as they are about helping each other notice all that's *already been given*.

And it's not just about widening our view to see the gifts and blessings themselves; it's about widening our understanding of life. Pointing to blessings repairs our relationship with life, allowing us to see it as generous instead of indifferent or threatening. And that's no small thing. Because when the world seems stingy with us, we start getting stingy with others. In contrast, those who feel blessed have little trouble passing blessings on. Life spills into us and we spill into others.

~ Soul Matters June Packet

June 5

Blowin' in the Wind, Rev. Doug McCusker

Bob Dylan's seminal folk protest song *Blowin' in the Wind* asks a lot of questions about what it will take to love one another and to live in peace and harmony. He replies, "The answer, my friend is blowin' in the wind." Perhaps he is referring to the winds of change, and what it takes to face the headwinds collectively. Join us for our annual Air Communion service in which we celebrate the shared blessings of air, wind, and breath.

Dual Platform: In-person and on Zoom

Zoom: [UUFF](#); Meeting ID: 632 068 0813; Password: 838891

Teleconference: 1-301-715-8592

June 12

As Long As I Have Music, Jason Michael and the Music Committee

Please join Music Director, Jason Michael, along with the UUFF Adult Choir, Hand Bells, Little Ringers, accompanist Pati Dunn, and others as we celebrate the start of summer with a remembrance of the power and importance of music in our lives. As we squeak our way slowly back to normalcy let us honor music's place in our lives and the way in which it sustains and has sustained us through the most difficult of circumstances. Song selections include "Someday" from Disney's *The Hunchback of Notre Dame*, "Set Me as a Seal", "As Long As I Have Music" and many others.

Dual Platform: In-person and on Zoom

Zoom: [UUFF](#); Meeting ID: 632 068 0813; Password: 838891

Teleconference: 1-301-715-8592

Jun 19

Life's Blessings from Birth to Death, Rev. Doug McCusker

This is indeed a tumultuous time of war, climate change, and hateful divisions. And yet, we have much to be thankful for, starting with the blessing of life. It starts with birth, passes through major milestones, and ends in death. What better way to close out the church year than to celebrate our relationship with life? Come, let us gather as a community to honor those among us who have passed through birth, graduation, retirement, and death.

Dual Platform: In-person and on Zoom

Zoom: [UUFF](#); Meeting ID: 632 068 0813; Password: 838891

Teleconference: 1-301-715-8592

June 26

Woven in a Single Garment of Destiny, UUA Presentation

How is our Unitarian Universalist theology connected to our practice of covenant? As we are called by our faith to take seriously our interconnection, what choices are demanded from us, as UUs? These questions lie at the heart of “Woven in a Single Garment of Destiny,” a new on-demand video worship service available to all UU congregations.

“We are tied in a single garment of destiny, caught in an inescapable network of mutuality. Whatever affects one directly affects all indirectly.”

—Rev. Dr. Martin Luther King, Jr.

Dual Platform: In-person and on Zoom

Zoom: [UUFF](#); Meeting ID: 632 068 0813; Password: 838891

Teleconference: 1-301-715-8592

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:

Tue, Thu - 10AM-2PM

Fri - 1PM - 5PM

Thursdays - Working from Home

REV. McCUSKER'S OFFICE HOURS:

Tue, Wed. 10AM-5AM, Thu. 10AM - 3PM

Working from home Fri, Sat 10AM - 3PM

Contact [Rev. McCusker](#) to make an appointment



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