



## News & Notes

The UU Women's Group will warm up on Monday, February 17 at 7:00 p.m. at Red Robin in Cosner's Corner, 10109 Jefferson Davis Hwy. Catch up with friends or meet new ones at this casual gathering. No reservations necessary—just drop by! Newcomers are always encouraged to join us. Check out "[UUFF Women's Group](#)" on Facebook.

Music makers of all ages, levels, and instruments are welcome to join our Monday Music Gathering, which meets every other Monday in the high school classroom from 6:30-8:30 p.m. (Feb. 10 and 24). For more info, contact Lee Criscuolo.

The Insight Meditation Community of Fredericksburg meets on Thursdays in Dragonfly Yoga Studio (810 Caroline Street) at 7:00 p.m. for sitting and walking meditation, or Mindful Listening. Visit [www.meditatefred.com](http://www.meditatefred.com) for the schedule and details.

Wintry weather? To see if the service has been cancelled, call the Fellowship at 310-4001, visit [www.uuffva.org](http://www.uuffva.org) or [www.b1015.com](http://www.b1015.com), or listen to B101.5 radio.

## Funding the Vision— Making it Happen



The fall visioning exercises identified important goals the Fellowship would like to accomplish. This year's stewardship campaign theme, *Funding the Vision—Making it Happen*, puts the spotlight on funding as a key component in the equation: Goals + Funding = Reality.

The number one goal identified in the visioning process was the procurement of a full-time minister. Rev. Braman's decision to retire his position in 2015 gives us a window of opportunity to achieve this goal while we still have a serving minister.

The 2014-15 stewardship campaign, in addition to securing pledges to meet existing expenses, must also raise the dollars needed to locate and fund the new minister. Finding these additional dollars will require each of us to reflect on the importance the UUFF community at Chalice Circle has in our lives. What are we willing to do financially to ensure the community's continued growth and success?

To help with the decision-making process, budget information packets will be emailed to everyone in February. Hard copies will be mailed to those members without email. These packets will provide detailed spending information including how funds are to be allocated and what percentage each budget item is to the total budget.

In addition to the packet, you will also be receiving a phone call from one of the leaders of the Fellowship. The purpose of the call will be to schedule a visit to answer budget questions, collect pledge cards, and provide an opportunity to get to know a fellow UU better. Please welcome these hard-working volunteers!

The results of the campaign will be announced during an evening celebration party at Chalice Circle on Saturday, March 22. More information on the party will be included in the March newsletter.

If you have any questions at this time, please contact Kit Carver.

—Stewardship Committee



## Contra Dance for All Ages!

February 22 • 6:00-9:00 pm

Join us for a fantastic, fun-filled evening of American contra dancing on Saturday, February 22 from 6:00 to 9:00 p.m. Contra dancing is a type of folk dance in which partners dance in two facing lines or a square, and derives from English country dancing. It's easy to learn, especially with DeLaura Padovan giving us lighthearted instruction every step of the

way! This style of dancing is welcoming for everyone who has a vague sense of right vs. left, and can count to 8.

We'll effortlessly dance the night away to live music by fiddler Steve Hickman and his "Open Band." Musicians of all ages and levels are welcome to join the band, and Steve will lead the music-makers through jigs, reels, and American folk tunes. Whether you play by ear or by sight, you'll fit right in.

Don't worry if you come by yourself; no partner is necessary, since we'll pair up for each dance and change partners frequently. But feel free to bring a friend to share the fun! The dances are best suited to adults and older youth, but younger ones are welcome to join the dance under the supervision of their parents.

An admission fee of \$5 per person aged 10 and up will be charged to help pay expenses, but you don't need to bring anything else. Drinks and nibbles will be provided by the Friendship Committee. To protect our floor from scuff marks, please wear shoes with light colored rubber soles, or dance in socks. No baby-sitting will be available, but children are welcome to attend.

—Friendship Committee



Some time ago, President Obama made a comment in reference to the success of business leaders in the country: "You did not do this alone." He received a great deal of criticism for the statement. The criticism brought up a common mindset in American society – the idea of the "rugged individual" who did it all on his/her own with no help.

The ideal/myth persists probably because such a romantic ideal so captivates us. We've seen John Wayne tame the wild west all by himself; James Bond save the world all by himself; Mary Kay

become a successful business owner all by herself, etc., etc. What the president's critics fail to see are the contributions of the many toward the success of such individuals: many people who gave time, advice and support; roads that offered shipping; expert consultants; networks of colleagues; breaks from bosses and others in the business; family; and, yes, tax money that paid for loans and other services. True, it was the individual who came up with the idea and developed the network, but it was the network in the end that brought it all to fruition.

What we accomplish we accomplish together. Many hands pulling together make it all work. Such is the work of a congregation. And no congregation should know this better than the Unitarian Universalist Fellowship of Freder-

icksburg. Our congregation has, in the last few years, grown in membership, moved (twice), built a new building, gone through two transitions (getting ready for a third), become more involved in the district and denominational activities... the list goes on.

No one person did it alone. No one group did it alone. But many hands pulling together made all of the above happen or be ready to happen.

Now you are ready to go back to full-time ministry. You need to. There is no option here – this is essential to the continuing life of UUFF. Although I often speak in hyperbole, I am not doing so here. The future of this beloved Fellowship depends on going to full time.

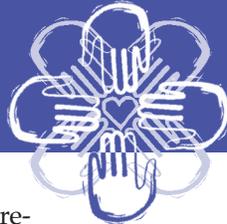
This requires a leap in our budget. This is a call for you and your hands to pull UUFF into the next chapter in its amazing history.

We have a beautiful and loving community here. Let's move it to the next level.

Get involved in the pledge campaign starting February 2. Listen to the pledge reps. Reflect on what this community means to you. And bring it to a wider orbit. Make the dream real.

Love to you all,  
*Walter*

## Community Circles Information Get-Together



### MARK YOUR CALENDAR! February 9 following the Sunday service

Have you been wondering how to get to know others in UUFF? Have you heard of Community Circles? Whether you're a UUFF member, friend, or are new to our Fellowship, Community Circles are a great way to develop new friendships and really get to know others!

Don't miss the "Community Circle Information Get-Together" on **Sunday, February 9**, after the Sunday service. Join us in the High School RE room, enjoy yummy refreshments and snacks, ask any questions you may have, and learn how to join a Community Circle!

#### What is a Community Circle?

A Community Circle is a consistent small group that meets once or twice a month in a topic-driven conversation guided by a facilitator. Community Circles offer an opportunity to connect more closely with others in our growing congregation. They allow the exploration of values and ideas of spirituality in an intimate setting, where members get to know each other, make a difference together, and often participate in a service

project for the congregation or the larger community. This is a chance to deepen connections with others by sharing and hearing personal explorations of meaningful questions in a structured setting.

Community Circles are not a study group, committee, therapy group, debate society, discussion group, or interest group. Community Circles promote and facilitate spiritual growth, introspection, and sharing with one another; they thereby provide a quality of connection and self-exploration which most people long for.

#### Why would you want to make this commitment of time?

- To have deep and meaningful connections with other adults
- To be known more deeply in a trusting and respectful atmosphere
- To explore and ponder some deeper issues of life
- To discover and speak what is really true for you
- To share conversation and service activity with others

We hope to see you there!

–Val Setzer

## IN OUR HEARTS

**Charles Lopez's** son, Gregory, is facing very serious health challenges. We are keeping Charles and Gregory in our thoughts and prayers.

Our sympathies go out to **Clay Calvert** and his family as they cope with the loss of Clay's mother, **Eva Lois Calvert**, who passed away on December 5 in Culpeper. We will keep the Calvert family in our hearts.

We send our love and support to **David Lovegrove**, whose father, **Charles Richard "Dick" Lovegrove**, passed away on December 17 in Roanoke. Our thoughts are with David and his family at this difficult time.

## PRESIDENT'S CORNER



Warm greetings to everyone! We're in the midst of exciting times at UUFF. The Visioning and Ministerial Feasibility (VMF) Committee has finished gathering and analyzing your opinions about the Fellowship's future, and the stewardship (pledge) campaign is about to begin. We'll soon know whether we're in a position to begin the search for a full-time minister.

The VMF Committee consisted of Lisa Andretta, Carl Little, Angie Noll, Carmela Southers, Randy Walther, and Kirstin Willis, and we are deeply grateful for their tireless efforts and impressive work. They proved to be exceptionally skilled in organizing the October and November VMF meetings, and have since worked diligently to gather, analyze, and format the information derived from them.

The committee will meet with the congregation to review the findings and recommendations from those meetings immediately after the February 2nd Sunday service. All are invited to attend regardless of one's participation in the visioning meetings. Watch for UUFF email attachments any day now presenting the detailed data from those meetings, as well as the summaries and recommendations. Here's a preview of some of the key findings:

### Strengths

Among the wide range of strengths most frequently mentioned were our music programs, our community spirit, RE for our young people, our principles,

and the commitment exhibited by many talented people.

### Goals

Most frequently identified was the need to hire an inspiring, thoughtful, and dynamic full-time minister. Also mentioned frequently was a desire for expanded adult RE programs, greater involvement in community action, and an increase in membership, particularly among younger adults.

### Increasing Time and Money

When asked whether participants were in a position to offer more time and money to support the Fellowship, the large majority indicated that they could offer one or the other, or both. This is indeed good news. For one thing, we have many committees that need people to help carry out the functions mentioned as priorities in the VMF findings. To make it easy to sign up, we'll have volunteer forms at the February 2nd meeting.

As for money, pledge canvassing begins in February and you can read more about that on page 1 of this newsletter. Kit Carver, ably assisted by Jim Yeatts, is

heading up another wonderful group of individuals who have been meticulously organizing the imminent campaign.

### Possible Ministerial Search Committee

Assuming we do have enough pledges to begin the ministerial search process, we will need to consider who will serve on the Ministerial Search Committee. We're beginning to work on a process to make these key decisions, and part of that process will involve asking for your input.

Who would you want to represent you on this committee? I'd like to ask you to think of several people you might nominate. We'll probably have a 7-person committee, and all 7 will need to commit a substantial amount of time to the year-and-a-half process. More information will follow on this critical issue.

As mentioned earlier, we are indeed in the midst of exciting times. However, it's essential that we all play our part to meet our goals and make UUFF truly exhilarating.

—Diane Elstein

## ❖ Visioning Feedback Meeting ❖

Sunday, February 2 following the service

The Visioning and Ministerial Feasibility Committee will hold a congregational meeting to display flipcharts from our Oct./Nov. VMF gatherings, answer questions about the data, and present recommendations for moving forward. The meeting is for everyone including those unable to attend the previous sessions. Babysitting will be provided.

Watch for VMF Committee reports attached to Thursday email announcements.

## COMMUNITY ACTION CORNER

### Rebuilding Together

We're looking for people who want to help on our **Rebuilding Together** project. Our Rebuilding Day will be April 26, the last Saturday in April. Please contact Curt Swinburne to join the team. For more information about this worthwhile organization, visit <http://rebuildingtogether.org>.

### 2013 Share the Plate Contributions

Your Share the Plate donations have aided the work of several community organizations and initiatives. Here are our 2013 contributions:

JAN: **Mental Health America** transportation/supplies, \$227

FEB: **Moss Free Clinic** transportation/medicine, \$247

MAR: **Service Dogs**, \$452

APR: **Heifer International**, \$215

MAY: **Hazel Hill summer camp**, \$203

JUNE: **School Dressing Days**, \$197

JULY: **Friends of the Rappahannock**, \$91

AUG: **Fredericksburg Area Food Bank**, \$181

SEPT: **Moss Free Clinic**, \$185

OCT: **Thanksgiving baskets**, \$188

NOV: **Christmas gifts**, \$208

DEC: **Hazel Hill health care**, \$276

Thanks for you donations!

—Curt Swinburne

# RE Views

CHRIS JOHNS, Director of Religious Education

## ADULTS:

### **Building Your Own Theology**

With the switch to one service behind us (phew), we now turn our attention to another of our RE-Solutions – Adult RE. You asked for it and you got it! I am happy to report that David Boone has offered to facilitate the popular course, *Building Your Own Theology*, starting in February! Here's what David has to say...

"Many of us come to Unitarian Universalism by way of knowing what we do not want in a religion.

We know that we do not want to be told what to believe. We are predominantly a movement of people who have left some other faith.

We feel and are told that we are free to choose our own beliefs and for this we are grateful to be here. But what do we want? It seems that we are provided with little help for understanding our own beliefs."

And David is right. Our children study world religions and the Bible and participate in the Coming of Age program. But what about us? The grown-ups?

Well, starting this February, the RE Committee is pleased to bring you *Building Your Own Theology*. These curricula, developed by Richard S. Gilbert as a three-course exploration of individual beliefs, spirituality and ideas of God and Nature, have been used and self-taught by many Unitarian Universalist congregations.

The first course, *Building Your Own Theology: Introduction*, led by David Boone, will kick off on Wednesday, February 26 and run for ten weeks, with a break on Wednesday, April 23. If there is interest, we may present the other parts of the series in the future.

Registration forms will be available at the Fellowship starting on January 26 on the RE table just off the foyer. The fee for the class will be \$16.00, to cover the cost of the books. Completed forms and checks should be turned in to the RE Committee by February 16. The course will be run much like a Circle Group. But hurry! Space is limited to 12 participants.

Onwards and upwards!

—Chris Johns

## ADULT RELIGIOUS EDUCATION OFFERING

### **Building Your Own Theology**

**Wednesdays, 7:00-8:30 pm,  
starting February 26.**

**Runs for 10 weeks  
(no class April 23).**

**Facilitator: David Boone.**

**Class Limit: 12.**

**Fee: \$16 for class materials.**

Registration forms available  
starting Jan. 26 on RE table  
off the foyer.

Return form with check by  
**Feb. 16** to RE Committee.

Drop in RE Committee mailbox  
in the workroom, or mail to  
UUFF, Attn. RE Committee.

For more information, see  
article at left.



## VEGETARIAN GROUP

### **Behind Food Labels: How to find the truth among the tricks and eat healthfully**

It is hard to recall a time before those ubiquitous black and white "Nutrition Facts" and ingredient lists were on nearly every product at the grocery store – even our bag of carrots. Most of us have become accustomed to using them to assess the number of calories in a serving, to identify allergenic foods, and sometimes to ascertain that yes, there really is high fructose corn syrup in our bread. But

food labeling in America is not confined to those two types of labels. From Certified Organic, to Non-GMO, to Fair Trade, labeling has blown up to a state where you sometimes can't find the name of the product, for all its claims. All natural! Low fat! Whole grain! How do we read between the lines? How do we separate food manufacturer claims from the truth, in order to feed ourselves and our families truly healthful food?

On Saturday, February 1, from 11:30 a.m.-1:00 p.m., the Veg Group will share a potluck meal, followed by a presentation on *How to Read Food Labels*, presented by local doctor of chiropractic and nutrition expert, Anna Yuschak-Koerber. "Dr. Anna," as she is known in town, will cover reading food labels as well as go over key ingredients to look for when shopping. She will go over a list of "hidden" ingredients and some of the basic laws and requirements for food labeling. Dr. Anna

will also compare brands and companies, and discuss GMOs. If you attended her presentation at last year's meeting, you know you are in for an entertaining and informative treat!

We start each meeting with our famous vegetarian and vegan potluck, and we encourage everyone to bring a dish. Gluten-free or raw dishes are especially welcome. If you are new to this type of cooking and eating, just bring yourself and a small donation. Silverware, plates, cups, and cloth napkins are provided. We always have extra to share! All are welcome – you do not need to be a vegetarian to enjoy the good food and fellowship. Bring your friends, family, and little ones! We also offer support, a lending library of books and videos, recipes and ideas. Questions? Contact Gloria Lloyd or Christine Carlson.

—Christine Carlson



Mason Moseley, co-chair of the Unitarian Universalist Legislative Ministry of Virginia, has announced the official beginning of this UU statewide legislative network. UULMVA is a membership organization. Individual UUs all over the state can join. Membership confers the ability to propose issues and to vote on the organization's public policy positions. UULMVA will be housed at the First Unitarian Universalist Church of Richmond. Locating UULMVA in the state capital will enhance our ability to stay on top of fast-moving legislative sessions and to lobby the General Assembly.

UULMVA organizers adopted governance guidelines and elected a working Board of Directors on January 4, 2014. The next meeting will be on March 15 in Fredericksburg. If you would like to welcome UUs from across the state and join this organization, contact current organizing members Chris Folger, Becky Reed, Barry Clark or Pat Smith.

For its inaugural issue, UULMVA has chosen to lobby for in-state tuition for DACA (Deferred Action for Childhood

Arrivals). The bills in the house are HB747, HB59, and HB88. They have bipartisan support, and we are partnered with groups such as the Virginia Interfaith Center for Public Policy, the Virginia Coalition of Latino Organizations, and Virginia Organizing.

Our next lobbying day in the General Assembly is on January 27.

You may contact your delegate in support of these bills, and follow the progress of these bills, by going to [viriniageneral-assembly.gov](http://viriniageneral-assembly.gov). For more information about Deferred Action for Childhood Arrivals, see [www.uscis.gov/childhoodarrivals](http://www.uscis.gov/childhoodarrivals). For more information on Immigration as a Moral Issue see the Statement of Conscience adopted by the UUA at their 2013 General Assembly ([www.uua.org/state-ment/statement/288860.shtml](http://www.uua.org/state-ment/statement/288860.shtml)).

You may contact the UULMVA co-chairs, Anne Joseph, [annegjoseph@gmail.com](mailto:annegjoseph@gmail.com), and Mason Moseley, [commish@uufp.org](mailto:commish@uufp.org).

—Social Justice Committee

## Mass Moral March

SATURDAY, FEBRUARY 8

Join the "Most Massive Moral Rally in the South Since Selma" on Saturday, February 8 in Raleigh, North Carolina. Join 48 others in our bus full of UUs from Virginia to support the thousands of NC folks who have been rallying on Moral Mondays this past year to protest injustices. "We are committed to resist laws that aim to suppress the voice of the people by reducing early voting, requiring unnecessary government-issued identification and ensuring that our students are penalized for voting on campus."

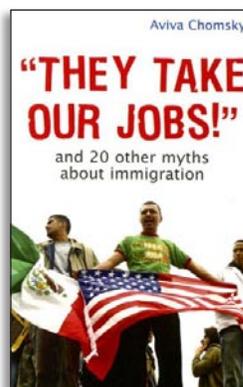
The cost is \$45.00. For more info, contact Pat Smith.

## Book Discussion: "They Take Our Jobs!"

THURSDAY, FEBRUARY 20, 7:00 PM

The next Social Justice Committee book discussion will be held on February 20 in the Thoreau (middle school) room from 7:00-9:00 p.m. This month's book is "They Take Our Jobs!" and 20 Other Myths About Immigration, by Aviva Chomsky. The discussion will be led by Vashtye Ferguson.

Chomsky breaks down and analyzes 21 of the most common myths about immigrants, such as that they take jobs away from us, they drive down wages, and they don't pay taxes but take public benefits. This is a Beacon Hill Publication, and a must read for those concerned with the current debate on immigration. A copy is available in our lending library.



—Pat Smith

## Sunday Discussion Group



The Sunday Discussion Group meets after the service on most first, third, and fifth Sundays from 12:00-1:00

p.m. in the Clara Barton (Board) room. If you are not on the regular discussion group email distribution and wish to be informed of the meetings, please email Stew Engel. Visit our website at <http://uuffva.org/home/congregational-life/interest-groups/sunday-discussion-group>. All are welcome to participate or just sit in on discussions of interest.

The topics scheduled for the near future are:

- Feb. 2: *Let's Pretend: How should we modify individual income tax rates?*
- Feb. 16: *Should the government owe you a living?*
- Mar. 2: *What do we morally OWE others because we share the same species?*
- Mar. 16: *What do we morally OWE others because we share the same nationality?*

—Stew Engel

## COFFEE TALK

Congrats to **Jane Ellen and Hugh Teller**, who became grandparents again with the birth of Raymond Barnett Tyrrell on December 16. Proud parents are Liz and Ned Tyrrell.

Rick and Nancy Neil were thrilled to become first-time grandparents on Christmas morning with the birth of their grandson, Aidan Neil Monica. His proud parents are Andrea and Andrew Monica of Bethesda, MD.

**Mike Feinman's** son, Joe, was married in November, and Mike is now a grandfather again...just like that! Joe's wife, Sylvia, has a daughter, McKenna, and a son, Mason. We welcome them all into the Feinman clan.

# ArtsBeat

The Christmas season is finally over and all of our holiday music has been performed, if not yet put away. The much anticipated performance of the Handchimes came off very successfully in early January with "Carol of the Bells" and highlights from the *Nutcracker Suite*. Similarly, the Adult Choir gave a rousing rendition of "The Hallelujah Chorus" on Christmas Eve that had more than a few in the congregation singing along. With the addition of Ms. Kana Zink's talents on the ivories and Ms. Miriam Liss to the choir's soprano section, it's been a most satisfying and productive season, but it's time to leave 2013 behind and turn to 2014 for a look at what's ahead.

In the weeks to come, the Adult Choir will be prepping pieces such as "Seize the Day" from Disney's *Newsies*, "Let It Be" by Lennon and McCartney, Garth Brooks's "We Shall Be Free," and an a capella double choir piece, "Helig," as an especially challenging and beautiful piece

to be presented around the Easter season. Handchimes are busily prepping two standards: "Tomorrow" from *Annie*, and "Over the Rainbow" from *The Wizard of Oz*, to be presented on

March 2. The UUth Choir is scheduled to sing next on February 2. Their selections are not known to me as of this writing, but they are sure to be wonderfully executed. Please come out and have a listen to all the music we have planned in the next few months.

There is a lot to share in the arts about town this month. **Taylor Johns** has just opened in *Blue's Clues Live* at Riverside Center playing the title role. Break a leg, Taylor. *Blue* will run through March 15. *Charlotte's Web*, directed by **Amber French**, our semi-regular substitute accompanist, has just closed after a very successful run. Amber is now appearing in Riverside Center's production of *Gypsy*. *Gypsy* runs through March 9 and was music directed by myself. At Virginia Repertory's historic Hanover Tavern, **Mary Anne Furey**, my wife's sister, currently plays "Charis" in their mounting of the obscure if delightfully

dippy musical *Olympus on My Mind*. *Olympus* runs through March 16. **Christie Johns** and **Caroline McNichols** were smashing in Riverbend High School's production of *Almost Maine*, performing multiple roles.

Christie will also be performing with the All-District Band as first chair piccolo on February 1. Sister **Morgan Johns** placed in the top 12 of the Junior Classical division at the Philadelphia Youth America Grande Prix ballet competition, and was offered a partial scholarship to the Rock School of Ballet. Congratulations to you both.

And finally from news up north comes word that **Analisa Wall** is now a member of the Improv Team at UArts in Philadelphia and was recently cast as a forty-year old drunk coach in *Field Hockey Hot: A Musical*. We truly have a talented and busy congregation. Please join me in supporting their efforts.

Adult Choir rehearses 7:00 p.m. Tuesdays, Handchimes rehearses 7:15 p.m. Wednesdays, and UUth Choir is on Sunday afternoons at 12:45 p.m. Come out and join us.

—Jason Michael, Music Director

## SAVE THE DATE! 2014 At Your Service Auction Saturday, April 12



Our 21st Annual At Your Service Auction is scheduled for Saturday, April 12. If you offered a service or event at our last auction that hasn't been scheduled yet, now is the time to start making some plans to follow through. If you have questions about what you've offered and who bid on it, contact Maryann Brown. We're looking forward to a whirlwind of activities in the next few months!

And it's never too early to start thinking about some great ideas for this year's auction. Guests bid on a variety of creative items and services at one of our most popular events, with wonderful refreshments, entertaining auctioneers, and a lively atmosphere. Categories for donations are: Recreation, Tours & Excursions; Services & Instruction; Dinners & Parties; Gastronomic Delights; Arts & Crafts; and Miscellaneous Items. Auction forms will be available in March, and we'll display sample catalogs for those new to the event.

—Maryann Brown

## What is a Full-Time Minister? Some Suggested UUA Guidelines

With the Fellowship heading toward once again retaining a full-time minister, some have asked basic questions about what full-time ministry entails, and in particular, how such an individual typically spends his or her time in serving the congregation. According to the Unitarian Universalist Association:

Typically, full-time UU ministers preach three Sundays a month. If a congregation has forty Sunday services a year, a full-time minister might be responsible for preaching on thirty of those Sundays, but this should be negotiated between the minister and the congregation. There is no hard and fast rule. Some full-time ministers are hired to only preach two Sundays a month and participate in other activities, e.g. teaching RE or participating in other Fellowship activities.

Full-time ministry consists of no more than an average of 48 hours or 12 "working units" (morning, afternoon or evening units) per week. Included in this figure should be time for study and personal reflection, as well as opportunities for access to the minister. Attendance at meetings relevant to the congregation's programs is part of the minister's working week, but no more than 3 evenings a week.

Congregations and ministers must seriously examine and come to a shared understanding of their respective expectations concerning the ministers' participation in Sunday services, pastoral care, committee work and meetings.

Most congregations allow some latitude in how the funds are allocated to best serve the total ministry of the congregation, as well as the minister's financial well-being.

—Diane Elstein, with information from [uua.org](http://uua.org)

# FEBRUARY CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Vegetarian Group 11:30 am <b>1</b>
Service 10:30 am <b>2</b> Visioning Feedback Meeting 11:30 am UUth Choir 11:45 am Sun. Discussion 12 noon	<b>3</b>	Mood Support Group 10:30 am <b>4</b> Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	OWL 7 pm <b>5</b> Handchimes 7:15 pm	Council of Committees 7 pm <b>6</b>	<b>7</b>	Knitting Circle 12 noon <b>8</b>
Service 10:30 am <b>9</b> Community Circles Info Meeting 11:30 UUth Choir 11:45 am	Music Gathering 6:30 pm <b>10</b> Sunday Services Comm. 7 pm Community Action 7:30 pm <i>Marriott</i>	Friendship Comm. 6:30 pm <b>11</b> <i>Marriott</i> Men's Group 7 pm <i>Primavera</i> Adult Choir 7 pm Music Comm. 8:30	OWL 7 pm <b>12</b> FUUD Group 7 pm Handchimes 7:15 pm	Board Meeting 7pm <b>13</b> Great Books 7 pm <i>817 Caroline St.</i>	<b>14</b>	Newsletter Deadline 4 pm <b>15</b>
Service 10:30 am <b>16</b> UUth Choir 11:45 am Sun. Discussion 12 noon <i>Deadline to sign up for Bldg Your Own Theology</i>	Finance 7:30 pm <b>17</b> Women's Group 7 pm <i>Red Robin</i>	Advocacy Day <b>18</b> Mood Support Group 10:30 am Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	OWL 7 pm <b>19</b> Bldg. & Grounds 7 pm Handchimes 7:15 pm	Social Justice Comm. Mtg. 6 pm <b>20</b> Soc. Justice Book Discussion 7 pm	<b>21</b>	Knitting Circle, 12 noon <b>22</b> Contra Dance 6 pm
Service 10:30 am <b>23</b> UUth Choir 11:45 am Life Preservers 3 pm <i>Pinschmidts'</i>	Music Gathering 6:30 pm <b>24</b>	Adult Choir 7 pm <b>25</b> Men's Group 7 pm <i>Primavera</i>	OWL 7 pm <b>26</b> Building Your Own Theology 7 pm Handchimes 7:15	RE Comm. 6 pm, <i>Castiglia's</i> Membership 7 pm Great Books 7 pm <i>817 Caroline St.</i> <b>27</b>	<b>28</b>	

**SAVE THE DATE** March 22 Stewardship Party  
April 12 At Your Service Auction  
April 26 Rebuilding Together

Activities are held at the UUFF unless otherwise noted, and all are subject to change. For contact information for individual members, see the UUFF Directory or call the office.

## SUNDAY SERVICES ONE SERVICE AT 10:30 AM

### FEB. 2

**Out from Under the Shadow, Rev. Walter Braman**

What does Groundhog Day have to do with the pledge campaign? Lots!  
*The UUth Choir will perform.*

### FEB. 9

**Breath, Chant & Meditation, Ren Fields**

Ren has been teaching yoga in this area for many years. She founded the Fredericksburg Healing Arts & Yoga Center for the purpose of teaching hatha yoga, breath work and meditation as a means toward strength, freedom of movement, serenity and overall well being.

### FEB. 16

**Deism: Shall We Go Back to It?, Rev. Walter Braman**

Our founder's faith—just what was it?  
*The Adult Choir will perform.*

### FEB. 23

**To Be Announced, Guest Speaker**

## UNITARIAN UNIVERSALIST FELLOWSHIP OF FREDERICKSBURG

25 Chalice Circle, Fredericksburg, VA 22405



The Unitarian Universalist Fellowship of Fredericksburg fosters a welcoming and intentionally diverse community of those who seek philosophical, spiritual, intellectual or religious growth in a forum of mutual respect. Affirming the principles of the Unitarian Universalist Association, we value social justice, respect the interdependence of all life and are united by a desire to make ethical decisions on issues of mutual concern.

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Announcement deadline: Wednesday at Noon

**REV. BRAMAN'S OFFICE HOURS:**

Tuesdays and Thursdays, 9:00 a.m.-3:00 p.m.

**March Newsletter Deadline:** SAT., FEB. 15, 4:00 pm

**March Publication Date:** Feb. 19.

Email articles to Maryann Brown.