



News & Notes

The UU Women's Group will meet on Monday, November 17 at 7:00 p.m. at Tarntip Thai in the Fredericksburg Shopping Center (507 Jefferson Davis Highway). No agenda or action items other than to enjoy each other's company. Newcomers are always encouraged to join in the conversation. Check out "[UUFF Women's Group](#)" on Facebook.

The UU Men's Group meets each Tuesday evening at 7:00 p.m. at *Primavera Pizzeria & Grill*, 600 William Street. Newcomers are always welcome to join the group.

Music makers of all ages, levels, and instruments are welcome to join our **Monday Music Gathering**, which meets every other Monday evening in the high school classroom from 6:30-8:30 p.m. (November 3 and 17). For more information, contact Lee Criscuolo.

The **Insight Meditation Community of Fredericksburg** meets on Thursdays in Dragonfly Yoga Studio (810 Caroline Street) at 7:00 p.m. A day-long retreat, *Mindful Relationship: Self, Others & the Earth*, with John McLaughlin, Todd Drake and Bill Brooks, will be held December 13 at UUFF. For more details, visit www.meditatefred.com.

Miss a sermon or guest speaker? Want to hear a choir performance again? Visit www.uuffva.org, and click on the Ministry tab, where you will find "**Sermons and Presentations.**" Here you can also suggest a speaker or topic.

Please note that the **deadline for the December newsletter** will be **November 15**, one week earlier than usual, to accommodate our holiday office hours.

Thinking about doing some early holiday shopping? Don't forget to keep the Fellowship in mind when you order from **Amazon.com**. Visit www.uuffva.org first and click on the Amazon logo there. The UUFF earns a percentage of every purchase that results from a click-through from our site.

Thanksgiving Potluck



Sunday, Nov. 23 following service

Enjoy a special holiday feast with Fellowship friends at our annual Thanksgiving Potluck Dinner, held this year on Sunday, November 23. We are thankful to be able to gather together in our spacious main hall for this wonderful meal. Please come for the service at 10:30 a.m. and stay for the potluck immediately following.

We always have an impressive buffet of food, with many wonderful holiday specialties. Turkey will be the centerpiece of the meal, we'll have a few hams, and we'll be looking for a few tofurkeys as well. We hope everyone will contribute a **generous** side dish or dessert. Hearty vegetable dishes are particularly welcome. The Friendship Committee will provide non-alcoholic beverages, but feel free to bring your own spirits if you'd like.

The Friendship Committee will gladly label your vegetarian and vegan dishes for you. We can also label any dishes that are gluten-free or that contain alcohol, if you haven't already done so. To limit our use of disposable products, we ask that you bring your own plate and utensils for eating. We will provide napkins and cups, and of course have back-up for those who forget.

Friendship will need some VIP volunteers to cook turkeys (or turkey breasts), hams and tofurkeys. Sign-up sheets for all food items will be posted in the foyer of the Fellowship, or contact Susan Lovegrove.

This year, we need some folding tables of any size or shape to borrow the day before the event, to be returned after the event or the following week. We are also looking for extra hands to help after the meal with clean up, including breaking down the table arrangement in the main hall and hooking the chairs back together. If you can help with either of these efforts, please contact Susan Lovegrove.

This event is one of the most popular and best attended of the year, and is a wonderful opportunity to celebrate our community. If you haven't been to a Fellowship event in a while, this is the perfect time to get reacquainted. And if you are unable to bring a dish, don't hesitate to come anyway and share our delicious food and good cheer!

—Friendship Committee

FROM THE Minister's Desk

Rev. Walter Braman



Contrasts have always interested me. I was thinking about a strange contrast that happened early in my career. Although it is a sad story, I pass it on as a lesson I learned and honestly believe that many can learn from it.

Earl was a genius, an engineer who had spent a lifetime building roads for the government. Like so many engineers, he was very sensitive to details and "the way things should be." Earl had been a leader in the church and was famously exacting in by-laws, contracts, and budgets. I was told of a time that the governing board spent an entire evening of four hours over the correct verb in a by-law.

By the time I was called to the church, Earl had become old, stepped down from his leadership positions, and was dying. He was still full of a notoriously dry New England wit that had probably bought him forgiveness in many a church conflict in which he had been involved.

I enjoyed that wit, even when being the butt of one of his quips – done in humor, not meanness. I spent many an evening listening to his history of the town – he was fifth generation of a family of builders in the town.

Earl went to the hospital for the last time in the beginning of January, not long after our Christmas Eve candlelight service. He asked me only one question about the service: "What account was used for buying the candles?"

As I left, Earl said, "By the way, tell my wife I loved her." She had just left.

Earl died that afternoon.

I believe one of the afflictions of our times is our preoccupation with the small stuff while we ignore what is truly important. Yes, we do sweat the small stuff, no matter what we are taught. We, too, worry more about who's buying the candles than those who are closest to us.

My hope for the coming holiday season is that, if only for the moment, we look a little closer at what is truly important.

May your holidays be blessed.

Love to you all,
Walter



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:

- Nov. 2:** *Are government employees' pension benefits sustainable, realistic and justified?*
- Nov. 16:** *What are the pros and cons of secession? What should U.S. policy be?*
- Nov. 30:** *To whom, or what, do we owe thanks on Thanksgiving? Why?*

—Stew Engel

PRESIDENT'S CORNER



On a recent Sunday, Hugh and I took a road trip up to Frederick, MD. We were going to the opening of an art show of Barbara Kenny's work

at the Frederick Unitarian Universalist Church. We got there in time for the service, enjoyed the art show immediately afterward, bought an original Barbara Kenny, and headed home before the traffic got too bad.

The Frederick congregation is just a bit larger than ours. They have a lovely new building, just a bit older than ours. They have a dynamic new minister, who I wanted to bring home with me, but he is happy where he is. They plan to vote on him as a called minister in the spring and everyone expects the vote to be 100% in favor. They love their new minister and he has transformed their congregation in the short time that he has been there. I

told some of the folks that I was chatting with afterward that we are "in search" for a new minister and they told me the story of their search. It was a long, painful process but ended well for them. In true UU style, they had lots of advice for us as we are beginning our search.

I enjoyed the service. I loved the similarities—it is a UU church after all. And I loved the differences—there are so many ways to improve or vary what we do. I was wearing a guest nametag so people knew to say "hello" to me and many did. I felt very welcomed and comfortable. I thought that they probably had a membership committee always reminding them to greet visitors just as our membership committee does.

Barbara Kenny's art had been hung in their "gallery" (some might call it a hallway) just the day before and most people stayed to enjoy snacks and view the artwork. They have a new exhibit every month and most seemed to really enjoy the transformation when a new artist is featured. All of the art was for sale and little red dots began to appear on several

of the pieces, indicating that they were sold. The church gets one-third of the sale price, so it is a fundraiser that goes on all year. I told the "gallery manager" that I was interested in doing something like this in Fredericksburg and she was very helpful. If or when we begin our art shows at the UUFF, we will be building on the experience of this Frederick congregation. It just makes it so much easier.

So, why am I writing about this visit? First of all, to shine a little light of hope as we are in the darkness of a ministerial search. There is a light at the end of all the forums and questionnaires and cottage meetings. Secondly, I want to start hanging art from local artists in our hallway and I offer the experience of the Frederick church as a successful example that it can be well done. Is anyone interested in helping to move this project along? Please contact me and we can talk. And third, I just love visiting UU churches whenever I travel and I want to encourage you to seek out a UU service when you find yourself in another city. Go and be amazed.

—Jane Ellen Teller

MINISTERIAL SEARCH UPDATE



Survey Complete!

Thanks to all of the members and friends who took our congregational survey. We achieved a 79% response rate, which is outstanding. The survey was crucial in providing us with details about the nature of the congregation and the characteristics and skills we most value in a minister.

Going forward, the survey results will inform many aspects of the search process. They have already helped us complete our Congregational Record, will be included in our comprehensive informational packet, and will guide us as we begin to consider prospective ministers in early 2015.

Cottage Meetings

The last of our eight cottage meetings will be facilitated by Gary Barnes at his home on Monday, October 27, at 7:00 p.m. Please contact Gary to register. Whether large or small, these group discussions have been valuable opportunities to frame the search in terms of our collective needs and desires, rather than just our individual preferences.

Participants have been discussing the ministerial qualities that would be the best fit for the UUFF, and considering what special strengths our congregation has to offer.

And for the first time, we've begun to talk about a critical element in the success of any ministry: what do UUFFers need to do to ensure that our next minister is as successful as possible? What role do we play and what responsibilities do we have in how our next ministry proceeds?

Ministry isn't a one-way street; it's not just about what the minister provides to us. Just as importantly, it's the support we offer, the patience we demonstrate, and the kindness we express that will all play a key role in the successful ministry we want. Please consider what you will do to make sure our next minister feels welcomed and supported.

Congregational Record

Our Congregational Record (CR) is a multi-paged document, chock-full of detailed information about our congregation. In December, it will become our online profile, the "first look" that ministers will have of the UUFF.

In the CR, we used our survey results and cottage meeting feedback to create profiles of our congregation and of the minister we seek. Also included is information about our history, governance, programs, strengths and challenges, and community info. Plus lots and lots of numbers: financial data, pledge history, membership numbers, RE enrollment, and average attendance figures going back over two decades. Whew!

Up Next: Informational Packet

Our next major project is compiling the informational packet that will be sent out to ministers who express an interest in our congregation after looking at our CR. This packet is designed to describe all aspects of congregational life. It covers a lot of the same territory as the CR, but now, the constraints of the CR's largely standardized format are lifted.

We can include any information we feel is important to tell our story, and highlight those areas where we have special strengths. And we can include photos, showing our activities and events, our beautiful building, and most importantly, the people who make up our UUFF family.

The packet will be completed in November. At the same time, ministers in search are completing packets of their own. In January, we'll be able to connect with interested ministers and exchange packets. As we evaluate ministers and they consider us, our ultimate goal is the same: to create the best possible UU ministry.

—Ministerial Search Committee



VEGETARIAN GROUP

Best Veg Restaurants in Town

Despite the recession and dwindling household budgets, if there's one opportunity to splurge, many of us still enjoy a good meal out, especially since we don't have to cook or wash dishes! With the plethora of options in the Fredericksburg area, it's still not always easy to find a great restaurant that features options for all kinds of eaters, including vegan, vegetarian, and gluten-free. Come to the November 1st meeting of the Veg Group, and get tips from the experts (your friends!) on where to find the tastiest, most afford-

able, and most flexible dining options. Various members will present on their favorite local and semi-local restaurants, with menus and meal recommendations. From tacos to tapas, we'll make your mouth water!

But don't worry – you won't go away hungry! The meeting will start at 11:30 with our famous vegetarian and vegan potluck, and we encourage everyone to bring a dish. Gluten-free and vegan dishes are especially welcome, so that everyone can enjoy the whole spread! 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. Find us on Facebook at <https://www.facebook.com/UUFFVegGroupofFredericksburg>. Can't wait to see you there!

—Christine Carlson

COFFEE TALK

Congratulations to **Marie Rizza** and **Sean Wiley**, who were married on August 25 in a small ceremony in Fredericksburg. Marie is mom to Xavier, and we send our very best wishes for happiness to the whole family!

And just like that – it’s Pageant Time! According to the Christmas Countdown website, there are only 67 shopping days until Christmas which means there are only 57 days left until the pageant which means there will be even less once this article goes to print which means we really need to get to work! As in *immediately!* At the time of this writing, the script has not been chosen, but what I can tell you is that Music Director Jason Michael and I are looking for something with a more inclusive, secular theme than last year’s offering (we like to alternate our sacreds and seculars). And as anybody who has ever been around this place at holiday time knows, there is always room for everyone who would like to participate. Registration forms will be available via e-mail or you can stop by the RE table and pick one up starting October 26.

And did you know that according to the OWL Countdown website, there are only 102 days left until the next UUFF Our Whole Lives class? Sorry. That website’s not a real thing. I just made that up. I couldn’t resist. But the time to kick off not one but two OWL classes will be here in a jiffy and that’s no lie!

For those of you who don’t know, Our Whole Lives (aka OWL) is a wonderful, age-appropriate sex ed program taught by certified OWL instructors. It is offered here at the Fellowship on a rotating schedule. Last year, Karen Kallay led a group of 22 kids through the 26-week Middle School program. This year I am happy to announce that the UUFF Religious

Education department will be offering both the 9-week Elementary and High School classes. I will be contacting the parents and guardians of children grades 4-5 and 11-12 early in 2015.

So why are we talking about this now? Well, the reason I am bringing this to your attention is because we need to line up instructors. In particular, male instructors. Each OWL classroom must have one female instructor and one male instructor; however, only one of them has to be certified through the UUA. Right now we have several trained female facilitators who are making themselves available for these upcoming classes, but we need you boys, too. I am looking for at least two men to work with either the Elementary or High School OWL students. If this sounds remotely interesting, drop me a note or track me down. And why should the girls get all the glory? If any of you guys out there are interested in attending training for certification, there is funding available through the RE Committee. Please be in touch so I can find a class for you.

Before I close I just wanted to say a quick thank you to those who donated school supplies and toiletries to the Social Action’s backpack project and, of course, to all our great kiddos who then sorted and packed those supplies into over 30 backpacks for the unaccompanied minor refugees who are arriving in Richmond very soon. Awesome job one and all!

That’s it for this month. Just trying to keep a step ahead of it all...

–Chris Johns

Town Hall Meeting on Race Relations

November 15 from Noon to 5:00 p.m.

Join us for a workshop and conversation about race relations in the Fredericksburg area. There will be facilitator-led discussion, small group activities, and a soup & chili dinner at 4:00 p.m. Shiloh Baptist Church New Site has graciously offered their church for this event. Sponsored by the UUFF Social Justice Committee and the Fredericksburg Race Relations Coalition. This event is FREE, but registration is required. Contact Lee Criscuolo for more info.

–Lee Criscuolo



“THIS IS A HISTORIC AND LONG OVERDUE MOMENT FOR OUR COMMONWEALTH AND OUR COUNTRY.”

–Gov. Terry McAuliffe

Last month, Virginia became part of the now 30 states with marriage equality. And Rev. Linda Olson Peebles of the UU congregation in Arlington performed the first same-sex ceremony. It’s time to celebrate this important step forward as we continue to press for equal rights and protections for all.

Our committee would like to thank everyone who donated backpacks, toiletries, and funds for the Unaccompanied Minor Refugee Program in Richmond. We’d also like to thank the RE classes for sorting the donations and packing the 33 backpacks!

Several UUFF members participated in the Fifth Annual Immigrant Advocates Summit last month in Annandale, along with other UUs and organizers from around the state. We will continue to fight for a fair immigration policy that recognizes human rights.

And don’t forget to visit the polls on November 4!

–Jenny Bishop



Backpacks filled with toiletries and school supplies for the Unaccompanied Minor Refugee Program.

ArtsBeat

Volunteer musicians are needed for the services that Kana is not scheduled to play. If interested and willing to help out by sharing your talents, please contact Offertory Coordinator Bernadette Jones with your availability and abilities.

Fall continues. As of this writing, all three musical organizations have performed and we're off to a great start. Congratulations to the Handchimers on your performances of "Try to Remember" and the theme from *Charlotte's Web*. Handchimes will return on December 7 with two pieces to ring in the holiday season: "I Heard the Bells on Christmas Day" and the Chipmunk's "Christmas Don't Be Late." Adult Choir performs next on Sunday, November 23, singing "Linus and Lucy" and Billy Joel's "Lullaby."

As a reminder, Kay Pollock, Nancy Michael, and Maryann Brown have revised the music pages on our website, and they look great. There's lots of useful information there about our upcoming performances. Make sure to check out their work.

In the arts about town, *Spamalot* continues at Riverside Center through November 16. It was music directed by myself. *It's a Wonderful Life: A Live*

Radio Play, opens on November 22 and runs through January 4, 2015. I am music directing it plus I will also be a part of the cast playing numerous parts. Also at Riverside, Taylor and Chris Johns are in the ensemble of *Babes in Toyland*. *Babes* runs November 29 through January 3. Check out both shows if you have a spare moment during the holidays.

Adult Choir rehearses 7:00 p.m. Tuesdays, Handchimes rehearses 7:15 p.m. Wednesdays, and UUth Choir is on Sunday mornings at 11:45 a.m. Come out and join us.

—Jason Michael, Music Director



Understanding Medicare

Coffee & Conversation with an Expert

Oct. 26, Nov. 10, Nov. 17 & Dec. 1 at UUFF



This fall, our Life Preservers group is exploring Medicare, with four sessions designed to help us navigate the system's complexities. Expert Daniel Green will join us to unravel the mysteries. At each session of approximately 45-60 minutes, Danny will cover a different Medicare-related area.

The *Introduction to Healthcare* session will be held on **Sunday, Oct. 26 at 3:00 p.m.** Then on three Mondays in November and December at **7:00 p.m.**, Danny will continue these informative sessions. On **Nov. 10**, he'll talk on *Navigating the Healthcare Insurance Marketplace*; On **Nov. 17**, Danny's topic will be *What is Long Term Care? Do I Need it?*; and we'll wrap up the series on **Dec. 1** with *Protection Against Medicare Fraud*. All sessions will be held in the main hall at the UUFF.

With Medicare open enrollment season upon us, this series is timed perfectly to help beneficiaries, caregivers, and family members better understand their insurance options and assist them in making informed decisions.

We hope you'll make plans to join us for this informative series.

—Life Preservers Group

JOIN THE DRUM CIRCLE

A drum circle has started meeting on the third Friday of each month from 7:00-9:00 p.m. at Hugh Teller's home, 32 Pawnee Dr., Fredericksburg (Altoona subdivision). Bring your own drum, or you can use one of Hugh's. Beginners are welcome to join the fun and learn about drumming. Adults and teens age 16 or over, please. This isn't a community circle, but an informal group of drumming enthusiasts. For more information, please contact Hugh.

—Hugh Teller



COMMUNITY ACTION CORNER

Thanksgiving Baskets

The Fellowship will be working with the Bragg Hill Family Life Center to provide food for low income families this Thanksgiving. We will be assembling dinner baskets for four families. Look for a sign-up sheet on the Community Action bulletin board across from the kitchen in the beginning of November. To find out more about the Bragg Hill Family Life Center and how to get involved, visit www.bragghill.org/

Meals Nights

We have a need for a total of six more volunteers to help with community dinners. On the third and fourth Mondays in December, the 15th and 22nd, we'll be serving dinner at St. George's Episcopal Church. Specifically, we need one person to make dessert on December 15; one person to serve on December 15 starting at 4:00 p.m.; one person to make dessert on December 22; and one person to serve on December 22 starting at 4:00 p.m.

We also need two volunteers to help cook at the Respite Center on Princess Anne Street the week of December 14 (no firm dates yet).

Please contact Curt Swinburne if you're able to lend a hand with these dinners for those in need.

—Curt Swinburne

NOVEMBER CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Veg Group 1 11:30 am
Service 10:30 am 2 UUth Choir 11:45 am Sun. Discussion 12 noon Teen Girls' Group 12:30 pm	Music Gathering 3 6:30 pm	Adult Choir 7 pm 4 Men's Group 7 pm <i>Primavera</i>	Mood Support Group 10:30 am 5 Handchimes 7:15 pm	Council of Committees 6 7 pm	7	Knitting Circle 8 2 pm
Service 10:30 am 9 UUth Choir 11:45 am	Sunday Services 10 Comm. 6 pm Understanding Medicare 7 pm Community Action 7 pm <i>Marriott</i>	Friendship 11 6:30 pm Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	Handchimes 12 7:15 pm	Board Meeting 7 pm 13 Great Books 7 pm	14	Town Hall 15 Mtg on Race Relations 12 noon <i>Shiloh Baptist New Site</i>
Service 10:30 am 16 UUth Choir 11:45 am Social Justice Comm. 11:45 Music Comm. 11:45 am Sun. Discussion 12 noon Teen Girls' Group 12:30 pm	Music Gathering 17 6:30 pm Understanding Medicare 7 pm Women's Group 7 pm <i>Tarntip Thai</i> Finance 7:30 pm	Adult Choir 18 7 pm Men's Group 7 pm <i>Primavera</i>	Mood Support Group 10:30 am 19 Bldg. & Grounds 7 pm Handchimes 7:15 pm	Membership Comm. 7 pm 20 RE Comm. 7 pm	21 Drum Circle 7 pm <i>Hugh Teller's home</i>	Knitting Circle 22 2 pm
Service 10:30 am 23 <i>Thanksgiving Potluck follows service</i>	24	Adult Choir 25 7 pm Men's Group 7 pm <i>Primavera</i>	Handchimes 26 7:15 pm	Great Books 27 7 pm	28	29
Service 10:30 am 30 UUth Choir 11:45 am Sun. Discussion 12 noon	<i>Activities are held at the UUFF unless otherwise noted. All are subject to change. For contact information for individuals, see the UUFF Directory or call the office.</i>					

SUNDAY SERVICES ONE SERVICE AT 10:30 AM

NOV. 2

THAT'S in the Bible? *Rev. Walter Braman*

Rose Reif won the "sermon of choice" bid at the annual auction, and challenged me to preach on Song of Songs. I accept.

UUth Choir performs. Lay leader: Bernadette Jones

NOV. 9

The Mid-Term Election, *Dr. Stephen Farnsworth*

Stephen J. Farnsworth, Professor of Political Science and Director of the Center for Leadership and Media Studies at the University of Mary Washington, returns to offer us an analysis of what the outcome of the 2014 mid-term elections means to the U.S. and to UUs.

Lay leader: Kay Pollock

NOV. 16

College & Military Sexual Assault: The Problem & the Solution
Dr. Chris Kilmartin

Chris Kilmartin is Professor of Psychology at UMW, a licensed clinical psychologist, and an internationally recognized expert on gender and on violence prevention.

Lay leader: Kay Pollock

NOV. 23

Is This Trip Necessary? *Rev. Walter Braman*

Thoughts on the Pilgrims' landing.

Adult Choir performs.

Thanksgiving Potluck follows the service.

NOV. 30

My Search for a Meaningful Life Through Community Service

Anne Little

Anne is the co-founder of Tree Fredericksburg.

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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OFFICE HOURS: Mon., Wed., Fri., 9:30 am-3:00 pm
Announcement deadline: Wednesday at Noon (firm!)

REV. BRAMAN'S OFFICE HOURS:

Tues. & Thurs., 9:00 am-3:00 pm

December Newsletter Deadline: SAT., NOV. 15, 4:00 pm

Dec. Publication Date: Nov. 21.

Submit articles to Maryann Brown.