



## News & Notes

**O**n September 13, we celebrate our **annual water service**, an opportunity for us to share a bit about our summer as we mingle our collected waters. Bring water from your travels or activities, or that represents something meaningful to you. There will also be water available for symbolic sharing if you forget, so that all may participate.

**M**usic makers of all ages, levels, and instruments are welcome to join our **Monday Music Gathering** every other Monday evening in the high school classroom from 6:30-8:30 p.m. (Aug. 31, Sept. 14 & 28). We'll sometimes meet at the fire circle in the memorial garden, weather permitting. For more info, contact Lee Criscuolo.

**A**nyone interested in a group to read and discuss **the Bible**? If so, please contact Sheila Clark.

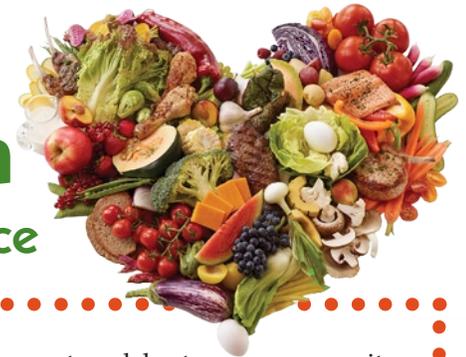
**The UU Women's Group** meets on the third Monday of each month at 7:00 p.m. at a local restaurant. On September 21, join us at *Tarntip Thai* in the Fredericksburg Shopping Center, 507 Jefferson Davis Hwy. Enjoy casual conversation and dinner with a great group of women. No agenda, no action items, no purchase necessary. Newcomers are enthusiastically welcomed!

**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.

**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. Our fall day-long retreat, *A Path to Sanity*, will be held on Sept. 26 from 9:00-3:30 at the UUFF. For more details, visit [www.meditatefred.com](http://www.meditatefred.com).

**Thinking about ordering from Amazon.com?** Don't forget to visit [www.uuffva.org](http://www.uuffva.org) first and click on the Amazon logo there. We earn a percentage of every purchase that results from a click-through from our site.

## September Potluck Lunch Sept. 27 Following Service



The Friendship Committee invites you to celebrate our community with a potluck lunch following the worship service on September 27. Please bring a delicious dish to share—your specialty or your favorite take-out—and enjoy the company of fellow UUs.

We'll cross our fingers for good weather, so plan to eat outside on our patio or on the grass. Please bring a blanket or lawn chairs for seating if you can, but some seating will be available both outside and in.

The Friendship Committee will provide the paper goods and drinks, and will organize food contributions as you bring them in before the service. Potlucks are always a dining adventure and we encourage you and your family to join in!

—Susan Lovegrove & Diane Elstein

## Cornel West Lecture Screening & Discussion FRIDAY, SEPT. 11 • 7 PM



Join us for a special screening and discussion of Dr. Cornel West's Ware Lecture from this summer's UUA General Assembly. The event will be held on Friday, September 11 at 7:00 p.m. at the UUFF, and is co-sponsored by the Denominational Affairs and Social Justice Committees.

Dr. West, a renowned intellectual, author and activist, gave an impassioned speech at the UUA General Assembly. Come view the speech and participate in a lively discussion afterwards, facilitated by Rev. Doug. Bring a snack to share if you are able. Learn more about Dr. West at his website, [cornelwest.com](http://cornelwest.com).

—Jenny Bishop

## Committee Fair!

SUNDAY, SEPT. 20  
FOLLOWING THE SERVICE

Our committees are the workhorses of the UUFF, and we are looking for your input and service. To help you find the committee that would most benefit from your special interests and talents, we're holding a Committee Fair on Sunday, September 20 following the service.

Each committee will set up a table to provide information about their goals, responsibilities and projects. There's a committee that's right for everyone, and we want you to find the right fit. So grab a cup of coffee, stop by each table to chat with a representative, learn about ongoing efforts and future plans, and see how you can join them to make a difference in the life of the UUFF. See you on the 20th!



# Wondering Out Loud

Rev. Doug McCusker



Yesterday, after my last meeting at the Fellowship, I joined my spouse, Marie, and my brother, Joe, in romping around the rocks on the Rappahannock River near the Gari Melchers Home in Falmouth. We waded out in the water among the reeds, geese and rocks. We each found a boulder to lay out our towels and commenced to become one with the river. Marie situated herself in a tranquil pool up to her chin where the current was just strong enough to stand her up but not push her downstream. I lay in a shallow place between rocks as the gentle rapids gave me a soothing massage. Dragonflies alighted on my shoulder and birds circled aloft on the warm updraft of this lazy summer day. Joe took an afternoon nap on a rock

perched above the gurgling music of the flowing water.

What a beautiful welcome to our new hometown, and a great way to enjoy Fredericksburg! The river has always been the lifeblood of this city on the fall line. The rocks are a constant reminder of the geomorphic transition from the foothills to the sandy plains of the Tidewater. As I lay on the rocks I thought of the symbolism of being in transition in the midst of a flowing current. I'm sure I'm not alone, in how my life journey has resembled a meandering stream headed for a distant ocean that I cannot see.

Water is a great reminder that sometimes we need to simply let go and accept where the flow takes us. The Tao Te Ching teaches us "When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need." A year ago, I had no idea that I would be claiming my resting rock in the middle of the Rappahannock, much less serving the Unitarian Universalist Fellowship of Fredericksburg as your new settled

minister. I am eternally grateful for the unseen forces that have brought me to this beautiful place to be among such a caring, creative and nurturing community.

Where are the waters of life taking you? Are you midstream or resting on a rock? Are you resisting or going with the flow? When we gather together on September 13 for our Water Service, be thinking of the answers to those questions. As we dedicate ourselves to merging our individual streams into a mighty river, let us be grateful for all the places that we have been, even the ones that brought us pain and suffering. For it is through those turbulent rapids that we carve our place in this world in the same way that water forms canyons. Bring with you the water of your life and pour it in the pool of our community so that together we can sustain the world of which we are an integral part.



## President's Corner

Valerie Setzer

As I near the end of my second month as president of the Board of Trustees (BoT), I've been assessing what I've learned in my nearly eight years as a UUFF member, and the last two years as a board member. First and foremost, I've realized just how important and special this UUFF is to me personally. The ministers and guest speakers I've had the privilege of hearing, the warm and welcoming congregation, the numerous social activities, groups, circles, committees, and events have offered innumerable opportunities for growth and enrichment, but most importantly to be part of a loving community. In August we received yet another reason to be thankful, when Rev. Doug McCusker joined us as our new full-time minister.

I just read a UU draft ministerial agreement, and the first section entitled "Intention" struck me in describing the responsibilities and obligations of the minister to the congregation, but also set forth the same from the congregation

to the minister. It states that we seek to dwell together in peace, seek the truth in love, and serve one another and the larger community. This mutual relationship must be grounded in open communication, mutual trust, good faith, and open and fair process on both sides. I feel it is important to keep these obligations in mind, since as congregants we may not fully realize what obligations are intended for and expected of us.

In the second section entitled "Expectations," it states the minister and the congregation share responsibility for the leadership and ministry of the congregation in a collaborative relationship. This relationship is one of discovery, of both self and other, in a context of mutuality. In the last year and a half, our congregation participated in "visioning" meetings that allowed our ministerial search committee to consider what we sought in a new minister. Not only do we as congregants look to our minister for spiritual leadership and initiative, assistance in setting and articulating our vision, and for professional and inspired performance and oversight of our programs in collaboration with the BoT and Council of Committees (CoC), but our minister will look to us for feedback in an honest and open manner,

so both our expectations and his will be met. In other words, this is an ongoing process of giving and receiving.

It's easy to see that these obligations, responsibilities, and expectations of the minister and congregants easily translate into other areas of UUFF. Both the CoC and BoT recently reflected on how to better communicate and strengthen their relationship. Covenanting (entering into a formal or serious agreement or promise) was recently proposed by both to set parameters for dealing more effectively with one another to achieve desired results. Both entities are committed to accomplishing this, and expectations are that both groups will increase effectiveness and collaboration.

As we begin this new journey with Rev. Doug, and strive to work together to draw closer to the vision we seek for UUFF, please keep in mind that the more each of us becomes involved, shares our thoughts tactfully, offers our skills and abilities, and reaches out to Rev. Doug, as well as to other congregants and the external community, the greater our organization will become. As I'm sure you do, I look forward to Rev. Doug's first sermon on Sunday, September 13!



# REViews

CHRIS JOHNS, Director of Religious Education

How do you feel about “divine synchronicity?” You know what I’m talking about. Like, when I was in danger of not making it to my class in Ocean Grove in time a couple of weeks ago and wished out loud for a good parking space. Lo and behold, there was one smack dab in front of the inn where all the DREs taking the class were staying. I was able to drop off my things and make it to class with two minutes to spare. Or the time I was on my way to work and wanted Starbucks but didn’t have time to stop. I got into the building and a friend walked up and handed me exactly what I would have ordered. Stuff like that.

About two and a half years ago, I felt a calling (yes, a calling) to become a credentialed Director of Religious Education. No one here said I had to or made it a requirement and frankly, the process is a little daunting, but still I felt

so compelled to take it on. And here we are, almost at the finish line. Depending on when you read this article, I am either writing frantically to finish up my project to become a credentialed Director or Religious Education (Associate level) or I have turned in my final draft and am anxiously awaiting feedback from Jan Gartner, Professional Development Specialist with the UUA. We have invested a lot in this endeavor. And yes, I do mean “we.” I could not have done this without you. I have invested time and money and more than a few brain cells and you have invested money and support. It was a team effort. And I am grateful for that.

Mostly what I’ve learned from the classes and the reading and my mentor and my colleagues is that being a DRE is more than curricula and classrooms and crafts – so much more. It is a ministry. I

know this now. And here we are, getting ready to officially welcome a new called minister to our pulpit. And I know that he feels the same way about my position in this Fellowship. I know for certain that I would not have been ready to work in collaboration with this person had I not undergone the credentialing process.

So here we are at the end, waiting on the UUA’s decision. But we are also at the beginning of something new and great. New year, new minister, new energy, new adventures! I confess that I am as nervous as a kitten but I am also excited to share what I have gained from this experience with you and your children.

Divine synchronicity, my friends, divine synchronicity...

Yours in service and faith,  
Chris Johns, DRE

## ArtsBeat

It’s hard to believe summer has come and gone, and it’s already time for another season of Adult and Uuth Choirs and Hand Chimes filling the Fellowship with music. On behalf of the Music Committee and all the music programs at UUFF, we welcome our new minister, Rev. Doug McCusker, into the UUFF community and sincerely hope we can sing and ring our faces off in concert with his new guidance.

We have an exciting season of music lined up through the fall, starting out with “Wade in the Water” and “Looking-Glass River” by the Adult Choir and Uuth Choirs respectively. Hand Chimes will perform in October to the theme of social justice, and then Adult Choir will perform the favorite standards “Bridge Over Troubled Water” and “Stand by Me” later that month. In November, Adult Choir will return with “Happiness” from *You’re a Good Man Charlie Brown* and

“Happy” from *Despicable Me 2*, two cheery contemporary pieces to appeal to the kid in us. Also, this season we are hopeful of the return of the Tiny TUUnes, the use of the boom whackers, a guest bass soloist, and other as of yet unscheduled soloists to fill out our musical year.

On that note, Bernadette Jones is always looking for offertory musicians to perform on non-Kana Sundays. Please email her if you are interested in sharing your talents with the Fellowship.

The Music Committee is also looking for new members and will be participating in the Committee Fair on September 20. If you’re interested in helping to steer the musical ship at UUFF, please see myself, James Sperlazza, Bruce Callander, or any of our Music Committee personnel for more information. And as a reminder, all our musical groups are un-auditioned and open to the public. If you’re interested in joining any of the ensembles, just show up for a rehearsal and start to share your gifts. Adult Choir rehearses 7:00 p.m. Tuesdays, Hand Chimes rehearses 7:15

p.m. Wednesdays, and Uuth Choir meets on Sunday mornings after services.

In the arts about town, **Chris and Taylor Johns** and **Keri Durrett** have all been starring onstage in the Riverside children’s theater production of *The Princess and the Magic Pea*. Keri also directed. *Pea* runs till August 29 and my son, John Adams, reportedly loved it, so don’t miss it. After that Taylor Johns will star as “Briar Rose” in *Enchanted Sleeping Beauty*, opening at Riverside on September 19, again directed by Ms. Keri Durrett. And *Sister Act* opens at Riverside on September 12 with me playing “The Monsignor” in what promises to be a fun-filled evening. Check all those shows out when you have a moment.

Okay. Whew! We’re off and running. Let’s make some beautiful music together.

Namaste.

–Jason Michael, Music Director



# VEGETARIAN GROUP



## Vegetarian Group FALL SCHEDULE

### Making the Transition to a Vegan Diet

Are you curious about why a person would decide to be vegan? Are you a vegetarian thinking about being vegan? Maybe you just want to have more plant-based meals. You are a vegan? Attend and share your experience. Whatever your interest, come to the Vegetarian Group on Saturday September 5, from 11:30-1:00 at the Fellowship.

Our speaker, Valerie Setzer, will discuss tips on how to transition to a vegan lifestyle. She will discuss such topics as:

- Why go vegan?
- Choosing how to transition
- Learning the benefits of a vegan lifestyle
- How to read ingredient lists
- How and where to find vegan products in your grocery stores
- Incorporating key foods appropriate for a vegan diet
- Where to find recipes for vegan dishes

- How to adapt non-vegan recipes to vegan
- How to dine out and how to serve vegan meals to guests

The Vegetarian Group is open to all – from committed vegans to those who want to try a few vegetarian dishes. Many who attend the vegetarian group are from the larger community. This is our chance to welcome them to our Fellowship. Please bring a vegetarian potluck or small donation and join us for good fellowship and “the best lunch in town.”

For additional information, contact Gloria Lloyd.

–Gloria Lloyd



*Support for our health, our earth and compassion for animals*

Location: UUFF ▪ Time: 11:30- 1:00

Bring a vegetarian potluck or small donation.

All are welcome! You do not need to be vegetarian or a UUFF member.

**September 5: Making the Transition to Being Vegan.** Speaker Valerie Setzer is a UUFF member and current president of UUFF Board of Trustees.

**October 3: Food Justice.** Speaker Eric Bonds is Assistant Professor of Sociology, University of Mary Washington.

**November 6: Vegan/Gluten Free Cooking.** Speaker Georgia Rathja is the proprietor of Natural Gourmet Sweets and Savories.

**December 5: Raising Awareness.** Speaker Keith Burgeson is Assistant Action Team Coordinator for People for the Ethical Treatment of Animals.

Contact Gloria Lloyd for additional information.



*Into the Woods* by Barbara Kenny

## UUFF Gallery to Feature Art of Barbara Kenny

**OPENING: SUNDAY, OCT. 4, 12:00-2:30**

Join us on October 4 after the Sunday service to celebrate the opening of an art exhibit featuring new work by Barbara Kenny. A reception will be held from 12:00 to 2:30 p.m. in the foyer, with light refreshments. The public is invited to attend.

Barbara’s art moves between impressionist and abstract, employing a vibrant palette of color and light to interpret the natural world. The exhibit will run through November 29.

Barbara and her spouse Tibby Middleton are former UUFF members, and we’re excited for this chance to showcase Barbara’s art and reconnect with the couple.

Weekday viewing of the art gallery can be made by appointment through the UUFF office or by contacting the Visual Arts Committee.

During December, the Gallery will host a holiday exhibit featuring the work of UUFF members. Work must be framed or artfully presented and submitted on Thursday, December 3 from 4:00-6:00 p.m. A potluck reception for the holiday show will be held on December 6 following the Sunday service.

–Visual Arts Committee

## Sunday Discussion Group



The Sunday Discussion Group meets after the service on most first and third Sundays from 12:00 to 1:00 p.m. in the Clara Barton board room. If you are not on the regular discussion group e-mail distribution and wish to be informed of the meetings, please e-mail Steve Brown. Visit our website at [uuffva.org/home/congregational-life/interest-groups/sunday-discussion-group](http://uuffva.org/home/congregational-life/interest-groups/sunday-discussion-group). All are welcome to participate or just sit in on discussions of interest.

**Sept. 6:** Should auto insurers be allowed to violate anti-discrimination laws?

**Sept. 20:** What should individuals do to protect the earth’s environment?

–Steve Sanders

# UUFF Legacy Giving Project

Last December, the UUFF established the guiding document for the UUFF Legacy Giving Project, a separate endowment fund to assure the long-range financial future of the Fellowship. As this fund is established and grows, there are no plans for distribution, and gifts forming this fund's principal shall not be used to fund general operations of the UUFF. Potential uses, probably far in the future, include special projects related to social justice, religious education, community action, or other activities that support the vision and mission of the UUFF.

While it is essential that we continue to support our UUFF regular operations, our sound and stable future is based on strength in three financial areas: operating funds, capital reserves, and endowment funds. Operating funds, generated by our annual pledges, support the annual operating budget. Capital reserves sup-

port a specific need, such as a building project. Endowment funds provide for the future. The UUFF Legacy Giving Project will secure and strengthen our mission as a welcoming, service-oriented, and justice-seeking congregation.

Legacy giving is supported by contributions of cash, transfers of property, charitable bequests in wills, charitable remainder and other trusts, pooled income funds, charitable gift annuities, and assignments of life insurance and retirement plans, whether restricted or unrestricted. Please contact the Finance Committee for more information, and be on the lookout for the pledge form and additional information in the entry hall. The UUFF Legacy Giving Project Endowment Document has been incorporated into the UUFF Policies & Procedures Manual.

—Craig Cherry

## A Short Fairy Tale For Our Times...

Once upon a time, the UU Fellowship in Fredericksburg wanted a full-time minister, but didn't have the money to pay for a salary after the UUA subsidies expired. What saved the day was a grant from wonderful fairy godparents named Chalice Lighters, which paid the minister's salary for another year.

Several years later, the same Fellowship constructed a beautiful new building, a glorious facility! But, alas, the large hall had a problem with echoes. Once again, the Fellowship asked Chalice Lighters for help and received a second grant that paid for the sound panels which now grace the main room.

In reality, fellow UUs in the Southeast District of the UUA are our fairy godparents; they are part of the Chalice Lighter program. There are Chalice Lighters in



our own congregation, but the dollar amounts of Chalice Lighter grants (the average is \$15,000) far exceed our contributions. Luckily, there are many Chalice Lighters in other congregations in our District, and the combined contributions really add up. Each contributor is only asked to give \$15 three times a year!

The Chalice Lighter program is our chance to demonstrate how much we appreciate the grants we have received and to support other congregations in our District.

To become a Chalice Lighter or learn more about the program, please call me, see me at the Fellowship, or visit <http://www.seduua.org/clsed.html>.

—Sara Toyé

## COFFEE TALK

Congratulations to **Meg and Jason Sneed** on the birth of their daughter, **Lillian Marie**, on June 25. Lilly joins big brother Bobby, 5½, and big sister Izzy, 4. All our best to the Sneed family!

Best of luck to **Marie Wiley** (formerly **Rizza**), husband **Sean** and son **Xavier** on their move to Henrico, VA. Marie would like to thank all of her UU friends for their friendship and community, and hopes you will stay in touch. Her phone number remains the same.

## Business Directory Update

In the June newsletter, an announcement ran about creating a Business Directory of UUFF Members and Friends. Meg Sneed has offered her time and expertise in creating this document.

The process for this opt-in online directory is: Only businesses of UUFF members and friends will be listed; categories will be determined by the types of businesses that opt-in; listings will include the business's name, contact info, member or friend's name, hours of operation; and a quarterly review to determine the status of the business (140 characters max). Due to the public nature of a business, the Business Directory will be accessible through the UUFF website with no password needed.

If you are interested in your business being listed in this directory, please email your business information to Meg Sneed. If enough members and friends with businesses respond, the directory will be launched this fall.

—Nancy Krause

## UU 101 Class

There will be a class this fall for prospective members, or folks who are just interested in knowing more about our fellowship. If you think that you might be interested, please contact Nancy Michael, the office manager.

## UUFF Cancer Club Looks Ahead

In September, the Cancer Club members will discuss how best to benefit from invited guests. An attorney, an MD and our new minister are each willing to attend a meeting and share their expertise. We'll also share any new sources and resources (neuropathy socks, anyone?).

Our next meeting is Sunday, September 27 in the high school RE room. All club activities are confidential. People who have had a positive diagnosis of cancer are encouraged to attend. Please contact Pat Sabat if you have any questions about this group or would like to arrange transportation.

—Pat Sabat



# Spotlight on Stewardship

“Stewardship,” for our purpose, is defined as taking care of something we value and enabling it to grow. This definition encompasses a lot when we think about all the things we value as members and friends in the community of the Unitarian Universalist Fellowship of Fredericksburg.

Inside the walls of 25 Chalice Circle, many, if not all, of the activities of our standing committees and the Board of Trustees are acts of stewardship. By giving of their time and talent, each committee and board member is engaged in stewardship. Think: Religious Education (enlightening and guiding our youth), Friendship (arranging social events), Membership (conducting new member activities, arranging for Sunday morning greeters and facilitating UU101 classes), Finance (fundraising and management of our financial resources), Building and Grounds (maintaining our beautiful building and grounds), Sunday Services (coordinating lay leaders, setting up the main hall, arranging for guest speakers), and Music (enhancing the color of our community with harmonic sounds).

Our stewardship community not only includes what happens within the walls of 25 Chalice Circle but also the things we do outside the walls under the banner of UUFF. Think: Community Action (feeding, clothing and providing for the less fortunate) and Social Justice (advocating immigration policy reform, conducting ESL classes, and raising money for Guatemalan schools).

All acts of stewardship help instill a greater sense of ownership in community. Individuals involved in stewardship activities develop a sense of pride in the work being accomplished and a longing to accomplish more. In our fellowship, this can become a continuing cycle of individual involvement, development and spiritual replenishment.

Recognizing and celebrating this greater view of stewardship can better enable us to focus on and achieve our current mission and future missions as yet unidentified. It can help us move toward an ongoing culture of abundance, generosity and ownership.

Not already involved or want to become more involved in your UUFF community? Attend the Committee Fair on Sunday, September 20 following the service and find a place where you can participate in acts of stewardship!

—Stewardship Task Force contacts:  
Kit Carver and Jim Yeatts

# SOCIAL JUSTICE NEWS



## Statement of Conscience on Reproductive Justice Passes at UUA General Assembly

This summer I had the honor of attending the UUA General Assembly in Portland, Oregon. My main focus in attending GA was advocating for and suggesting key amendments to the Statement of Conscience (SOC) on Reproductive Justice. Three years ago, I co-wrote the proposal for Reproductive Justice as a Congregational Study and Action Issue and campaigned at General Assembly in Phoenix, Arizona for Reproductive Justice to be selected as the CSAI for 2012-2016. We were successful in our campaign. After three years of study, the Commission on Social Witness, with input from UUA congregations, drafts a Statement of Conscience to be approved by the General Assembly of the UUA. I am happy to report that the SOC on Reproductive Justice, with many of the proposed amendments we were advocating for, was passed almost unanimously.

SOCs are the UUA’s guiding statements on social justice positions. These documents inform the UUA and member congregations as they respond to current issues and serve as a public document about our position. As is stated on the UUA website, “We are stronger together. Our combined efforts to make the world more fair and humane can accomplish more than any one of us working alone. As Unitarian Universalists, we set priorities for our social justice efforts by investing in key issues that exemplify our commitments to justice, equity and compassion.” UUA staff will now conduct a year of implementation work, supported by congregations, with a final implementation workshop to be held at General Assembly in 2016. The work of the SOC’s will continue in individual congregations, based on their interests and needs.

Reproductive Justice is a framework created by women of color that combines the fields of reproductive rights, social justice, and human rights. It is grounded in the particular experiences, values, priorities, and leadership of women of color. Reproductive Justice is not simply a different phrase that is interchangeable with reproductive health or reproductive rights, nor is it intended to replace these concepts. Reproductive Justice has four ground-

ing principles that guide its work from a human rights perspective:

1. People have a right to have children.
2. People have a right not to have children.
3. People have a right to raise their children in safe and healthy environments.
4. People have a right to health and self-determination regarding their bodies and sexuality, free from oppression and shame.

An excerpt from the SOC paints a vision of a world where everyone has reproductive justice:

“A world where all people have reproductive justice includes social, political, legal, and economic systems that support everyone’s freedom of reproductive choice and expression of gender identity and sexuality, especially the most vulnerable and marginalized. In such a world, all communities are places of equality, abundance and safety, free from violence, oppression, and hazardous environments.

This world includes access to safe, affordable, and culturally and developmentally appropriate childcare and health care. In our vision, everyone has access to accurate information about sexuality and family planning, and safe, healthy, and culturally sensitive reproductive health services.” (UUA Statement of Conscience)

I am proud to have worked on this issue with the UUA for the last three years. I am excited to see what comes from this Statement of Conscience.

The full Statement of Conscience is linked below, as well as a helpful handout about Reproductive Justice. I am open to discussing this issue with anyone who wants to learn more, and would love to run a four-week adult education series on the topic.

In Solidarity,  
Mandolin (Mandy) Restivo-Walsh

UUA Statement of Conscience as adopted: [http://bit.ly/UUA\\_RJ\\_STATEMENT](http://bit.ly/UUA_RJ_STATEMENT)

Two Things Every UU Should Know About Reproductive Justice: [http://bit.ly/UUA\\_RJ\\_TWOTHINGS](http://bit.ly/UUA_RJ_TWOTHINGS)

# News from General Assembly 2015

## CLIMATE CHANGE

At this year's General Assembly (GA) in Portland, Oregon in June, the delegates voted to approve an Action of Immediate Witness (AIW) on Climate Change. An AIW is a public statement petitioned for and discussed at a particular GA and is finalized and voted on by the delegates, the official participants who represent each congregation. More information on this AIW can be found at <http://www.uua.org/statements/support-strong-compassionate-global-climate-agreement-2015-act-livable-climate>.

## BLACK LIVES MATTER

A second Action of Immediate Witness was adopted by the 2015 GA, supporting the Black Lives Matter movement. "We must continue to support the Black Lives Matter movement and Black-led racial justice organizations," the resolution says. "The 2015 General Assembly calls member congregations to action, in order to become closer to a just world community...; urges member congregations to engage in intentional learning spaces to organize for racial justice with recognition of the interconnected nature of racism coupled with systems of oppression that impact people based on class, gender identity, sexual orientation, ability, and language...; encourages member congregations and all Unitarian Universalists to work towards police reform and prison abolition, which seeks to replace the current prison system with a system that is more just and equitable; and...recognizes that the fight for civil rights and equality is as real today as it was decades ago, and urges member congregations to take initiative in collaboration with local and national organizations fighting for racial justice against the harsh racist practices many black people are exposed to." (Excerpted from a UU World article by Kenny Wiley, 6/29/15: [www.uuworld.org/articles/blm-rally-general-assembly](http://www.uuworld.org/articles/blm-rally-general-assembly)).

I am sharing this information which was originally included in the August edition of the Windmill newsletter of the Mount Vernon Unitarian Church. As always, I am grateful for the opportunity to share resources with other congregations.



## LOIS COLBRIDGE

*Denominational Affairs Chair*

Is it just me, or are others feeling the excitement in the air as we begin the new Fellowship year and welcome Rev. Doug to UUFF? Much has happened in the Unitarian Universalist Association, and many activities are being planned locally, regionally, and nationwide for the next year.

## Save the Date... Save the Dollars

**GENERAL ASSEMBLY 2016**  
**June 22-26, Columbus, Ohio**

General Assembly is the annual meeting of our Unitarian Universalist Association. It is an opportunity to gather with thousands of UUs from across the country and around the world. The schedule is jam-packed with worship, music, workshops, and plenary sessions where delegates make policy for the Association through the democratic process. Whatever appeals most to you about being a UU, you'll find it at GA.

The theme for GA2016 will be Heart Land: Where Faiths Connect. This GA will assemble leaders and communities of many faiths to worship together, learn from one another, and create a new vision of faith that no longer divides us, but connects us to an interdependent future that works for all.

This year's GA is relatively close to home; Columbus is about an 8-hour drive from Fredericksburg. Now is the time to begin planning if you would like to attend. As is true of most congregations, UUFF does not have funds to send members to GA. A (very rough) estimate of expenses, including registration, housing, meals, transportation, and incidentals is \$1,000. I've begun setting aside money each month to cover my trip. I hope you'll consider joining me on the journey to Columbus next June.

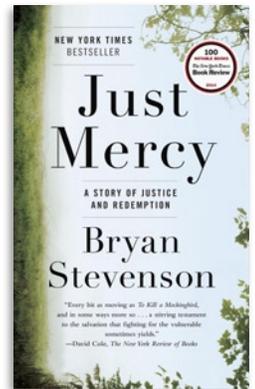


## Common Read

Each year, a committee that includes both headquarters and field staff of the UUA chooses a "Common Read" book. This opportunity for participants to read and discuss the same book allows us to build community within our congregation as well as within Unitarian Universalism by giving diverse people a shared experience, shared language, and a basis for deep, meaningful conversations.

This year's Common Read selection is *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson. Stevenson founded the Equal Justice Initiative and has dedicated his legal career to defend-

ing those who are trapped by an often capricious, political, and willfully unjust criminal justice system, including poor people, people of color, children, and others. *Just Mercy* was named one of the Best Books of the Year by The New York Times, The Washington Post, The Boston Globe, The Seattle Times, Esquire, and Time. It won the Carnegie Medal for Nonfiction and the NAACP Image Award for Nonfiction.



Books will be available for \$13.00 at the Committee Fair on Sunday, September 20. Discussion groups will be scheduled later in the year; participants may choose from a one- or three-session format. Please email Lois Colbridge if you have any questions, or you can find her at the Fellowship most Sunday mornings.

Yes, you can get it cheaper on Amazon, but by buying it at the UUFF, you will help support the UUA Bookstore, which offers books to help UUs, people of all faiths, and seekers to grapple with spiritual questions, deepen their engagement with their faith communities, find grounding and support for social justice work, nurture faith and values in their families, connect with UU history, and spread the good news of Unitarian Universalism.

# SEPTEMBER CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	Handchimes 7:15 pm	CoC Meeting 7 pm		Veg Group 11:30 am
Service 10:30 am UUth Choir 11:45 am Sun. Discussion 12 noon		Friendship 7 pm <i>Marriott</i> Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	Handchimes 7:15 pm	Board Meeting 7 pm Great Books 7 pm	Ware Lecture Screening 7 pm	Knitting Circle 12 noon
Service 10:30 am Sunday Services Comm. 12 noon RE Volunteer Orientation Noon-4 pm	Community Action 7 pm <i>Marriott</i> Music Gathering 6:30 pm	Music Comm 6:30 Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	Handchimes 7:15 pm	Bldg & Grounds 3 pm RE Comm. 7 pm	Drum Circle 7 pm <i>Hugh Teller's</i>	
Service 10:30 am Committee Fair 11:30 UUth Choir 11:45 am Social Justice 11:45 Sun. Discussion 12 noon	Women's Group 7 pm <i>Tarntip Thai</i> Finance 7:30 pm	Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	Handchimes 7:15 pm	Great Books 7 pm Membership Comm. 7 pm		Knitting Circle 12 noon
Service 10:30 am Potluck after service Cancer Club, 12 noon Life Preservers, 3 pm <i>Pinschmidt's</i>	Music Gathering 6:30 pm	Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	Handchimes 7:15 pm	<i>Activities are held at the UUFF unless otherwise noted; all are subject to change. For contact info for individuals, see the UUFF Directory or call the office.</i>		

## SUNDAY SERVICES 10:30 am

SEPT. 6

How to Be an Even More  
"Difficult Patient"

*Dr. Patrick Neustatter*

Patrick has a particular interest in helping patients become involved, informed and in charge of their own healthcare, and has a book (*Managing Your Doctor: The Smart Patient's Guide to Getting Effective Affordable Healthcare*) coming out on Sept. 28. You will be instructed in the latest innovations that will help you to be what he slightly facetiously calls a "difficult patient" (which is sometimes how the medical profession views involved, informed, empowered patients).

SEPT. 13

Streams That Carry Us Here  
*Rev. Doug McCusker*

Where are the waters of life taking you? Are you midstream or resting on a rock? Are you resisting or going with the flow? Bring your water for our traditional in-gathering water communion ceremony

and join Rev. Doug McCusker in his first service as our new settled minister.

SEPT. 20

The Long and Winding Road  
*Rev. Doug McCusker*

We are a free faith that encourages each of us to wander where our spiritual journey takes us. Every one of us has a story to tell about how we got to this present moment in our quest for truth and meaning. Join Rev. Doug McCusker as he shares his story.

*Committee Fair follows service.*

SEPT. 27

Can You Tell Me...  
*Rev. Doug McCusker*

Bring your questions for Rev. Doug McCusker. Ask anything you like and if Rev. Doug can answer it, he will. Let's explore together!

*Potluck lunch follows service.*

**MISSION STATEMENT:** *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.*

## UNITARIAN UNIVERSALIST FELLOWSHIP OF FREDERICKSBURG

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*Office Admin:* Nancy Michael .....310-4001  
*Director of Religious Education:* Chris Johns  
*Music Director:* Jason Michael  
*Treasurer:* Bob McNichols  
*Newsletter Editor:* Maryann Brown

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Bernadette Jones  
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George Solley  
Janet Watkins  
Nora Wilson-Lesser

**OFFICE HOURS:** Mon, Wed, Fri, 9:30-3  
Announcement deadline: Wed. noon

**REV. McCUSKER'S OFFICE HOURS:**  
Tues., Wed. & Thurs., 9-3

*Oct. Newsletter Deadline: Sat. Sept. 19, 4:00 pm. Oct.. Publication Date: Sept. 25.*

Submit articles via email to Maryann Brown.