



## News & Notes

**M**usic 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. (March 14 & 28). For more information, contact Lee Criscuolo.

**J**oin the **UU Women's Group** on Monday, March 21 at 7:00 p.m. at **Home Team Grill** in Eagle Village (1109 Jefferson Davis Hwy). Enjoy casual conversation with new and old friends as we share a bite to eat. No reservations necessary—just drop by! Newcomers are always encouraged to attend. Check us out on Facebook: <https://www.facebook.com/groups/303460327502>.

**T**he **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.

**T**he **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.

**I**n case of **inclement weather**, call the Fellowship at 310-4001 to see if services or events have been cancelled, visit our website at [www.uuffva.org](http://www.uuffva.org), listen to radio station B101.5, or check [www.b1015.com](http://www.b1015.com).

**S**hopping online at **Amazon.com**? Don't forget to start by visiting [www.uuffva.org](http://www.uuffva.org) and clicking on the Amazon logo there. We earn money with every purchase that results from a click-through from our site.

JOIN US AS THE UNITARIAN UNIVERSALIST FELLOWSHIP OF FREDERICKSBURG CELEBRATES THE

## INSTALLATION OF REV. DOUG MCCUSKER

AS OUR SETTLED MINISTER

**MARCH 20, 2016 • 4:00 – 7:00 pm**

UUFF / 25 CHALICE CIRCLE / FREDERICKSBURG, VA

SERMON BY THE REVEREND NANCY MCDONALD LADD

POTLUCK RECEPTION TO FOLLOW

Please bring your favorite finger food to share.

Nursery and children's activities will be provided. Middle and high schoolers will attend the service.

See the article on page 3 for additional details.

For more information, contact Diane Elstein.



## At Your Service Auction

**SATURDAY, APRIL 9 • 6:00 PM**

Auction time is right around the corner! Our popular **At Your Service Auction**, to be held on **Saturday, April 9**, gives the congregation an opportunity to bid on a catalog filled with fun, entertaining, tasty, practical, handy, time-saving, whimsical, and creative donations.

Help make our auction a success: offer to throw a party, cook a meal, visit a museum, lead a hike, babysit a child, plan a movie night, organize a closet, plant a garden, paint a room, or tap into any of your talents or hobbies. For our silent auction, we're looking for brand new retail items with a value of at least \$25. No used or yard sale items, please—think high-end!

Find donation forms in the Fellowship's entry hall and via email in March, and submit

your items by the auction catalog deadline on **Sunday, March 27**. We'll have sample catalogs available so you can see the types of offerings we've had in the past. Contact Maryann Brown if you need ideas.

Auction night kicks off with our Silent Auction at 6:00 p.m. and our live auction starts at 7:00. The success of the evening depends on lots of great donations, and on generous bidders, too! We'll have childcare available, so bring the whole family. Donations of finger foods for our savory and sweet potluck are also welcomed and appreciated.

Volunteers to help the evening run smoothly are a must, so if you'd like to lend your services, contact Ainsley Brown.

—Maryann Brown

# Wondering Out Loud

Rev. Doug McCusker



In the book *Everyday Spiritual Practice*, Scott Alexander defines spirituality as our relationship with the Spirit of Life, however we understand it to be. Our spirituality is our deep, reflective, and expressed response to the awe, wonder, joy, pain, and grief of being alive. I believe that one of the most profound things that characterizes the human animal is our spiritual sense of belonging to something much greater than ourselves. Perhaps our role in the universe is to be the consciousness of what is unfolding. That doesn't mean we have the answers, but it means we are aware and we yearn for meaning and understanding.

During March, our monthly theme will be Spirituality. Starting on February 28, I will preach a series of sermons called Spiritual Pathways. On three successive Sundays I will explore how the mind, the body and the soul serve as portals for expressing our spirituality in everyday life. I could have also included community and nature as other pathways. I'll leave them to future sermons. We use many

pathways all the time, but we each probably have specific preferences that suit our personalities.

I am a kinesthetic learner, meaning that I tend to understand things better when I am in motion. When I am in a class or a meeting, I take lots of notes because I need to involve my fingers in the learning process. No matter if I am typing or writing, the bodily movement locks me in and helps me focus. I can sit still, like at a movie, and become present with the experience, but I get bored easily if the material is not engaging. If I can move around and connect my body to my surroundings, I'm more likely to open up channels of understanding. After we clean up all the stuff that is left behind on Sundays, I notice that some people take notes or doodle on their Orders of Service. They are probably the kinesthetic congenants.

Perhaps that is why I approach exercise as a spiritual practice. When I work out on the exercise equipment at the gym, I don't like to zone out on the television screens. I usually close my eyes and focus on my breathing and my entire body. For me, exercising is a form of meditation. I come away refreshed not just physically but also spiritually. Insights come to me more readily right after exercising. I'm able to let go of anxiety over deadlines

and commitments as the adrenaline and endorphins wash over me. I used to run a lot for that reason, but my joints have rebelled. Now I hit the gym, ride my bike and take hikes in the woods as a way to connect my inner and outer consciousness.

This month we will talk about other ways that people connect to the awesome experience of life, such as through imagination, problem solving, discourse, and art. Right after the March 13th service, we will culminate the series with a workshop in which a local artist, Kandra Orr, will introduce us to the ancient spiritual practice of mandalas. We will have the opportunity to make our own mandalas whether we have artistic skills or not. The fluid motion of drawing, coupled with the sense of repetitive patterns, works as an effective spiritual pathway for young and old alike. Join us for a soup lunch after the service and mandala making in the afternoon.

The point of the workshop is not to have everyone adopt art as their primary spiritual pathway, but to illustrate one of the ways that we connect our spirit to the universe. For you it may be through logical discourse, poetry reading, mindful meditation, vacuuming the house or playing your guitar. There is a myriad of ways that we respond to the awe, wonder, joy, pain, and grief of being alive. Embrace what works for you and go for it.

## Building and Grounds Building a Team

The Building and Grounds Committee is taking a new approach to maintenance here at UUFF. Here is how it will work: We are building a team that will be on call for projects. We ask you to sign up to be on this email list. Then when a project comes up, we will send out an email to the team and ask for volunteers for that specific project. We will try to make the project as specific as possible and give a realistic start and finish to it. The projects could be as varied as planting trees, cutting brush, chainsaw work, mulching or just being at the building while a contractor is doing a job for a few hours.

We are hoping to build a team of 15 to 20 people so we can spread the work



around to a lot of people and not burden just a few. No commitment is needed, just the willingness to be on the email list and consider a project as it is needed. To sign up for the team, please contact Bill Wood or Anne Little.

—Anne Little

## Nominating Committee Seeks Leaders

The Nominating Committee would love to hear from Fellowship members interested in learning more about leadership positions in our beloved community. This committee will present candidates for election to the Board of Trustees and next year's Nominating Committee at the UUFF Annual Meeting in the spring. If you are interested in learning more about the opportunity to share a vision and passion for the future of our congregation, contact Steve Slominski.

—Steve Slominski



We were saddened to hear that **Jane Ellen Teller's** father passed away on February 17 in Charlottesville. We send our heartfelt condolences to Jane Ellen and her family.

Our love and support goes out to **Gary Barnes**, who is receiving treatment for health issues that have kept him hospitalized for several weeks. We are keeping Gary and Paula in our thoughts and prayers.





## President's Corner

Valerie Setzer

**"Springtime is the land awakening.  
The March winds are the  
morning yawn."**

—Lewis Grizzard

As I write this article, I notice it's 24 degrees outside, so it's difficult to realize that March and spring are just around the corner! The draftiness in my house reminds me that when my home was built in 2008, energy efficiency was not paramount in our builder's mind!

In the last few months, our Building and Grounds Committee has continued to make changes in our UUFF building that increase energy efficiency. You may have noticed there are sensors to turn lights on when needed, and off when not. Other "green" improvements, such as regulating hot water availability as necessary, require expense at this time, but will garner a greater cost savings over the coming years.

You may know three other UUFFers

and I are involved in developing the Fredericksburg Food Cooperative, whose vision is to implement sustainable practices and to source from local producers whenever possible. When I mentioned this to Rev. Doug, he asked if I'd heard of the UUA's Green Sanctuary Program. I hadn't, but am very focused on environmental concerns, and know that our UU seventh principle, "Respect for the interdependent web of all existence of which we are a part," confirms that our faith guides us to honor the earth, its creatures, resources, and practices that sustain nature and life.

The Green Sanctuary Program offers a way to join our efforts with thousands of other UU congregations across the country, thus working and developing a vision of a healthier, more sustainable future.

I'm in a book club that just read *Hope for Animals and Their World* by Jane Goodall. This book really brought many facets of global warming and the subsequent extinction of numerous species to the forefront of my mind. The following quotation hits the nail right on the head:

*"We seem to have lost the wisdom of the indigenous people, which dictated that in any major decision, the first consideration*

*was 'How will this decision we're making today affect our people in the future?' These days, decisions are made based on the bottom line."*—Jane Goodall

At <http://www.uua.org/environment/sanctuary/why/290823.shtml>, I learned that in their own ways, people of all faiths and philosophies recognize our responsibility to care for our planet and the need to find common ground and work together.

Stay tuned since more will be happening as we embark on this path in the coming months and years. The Board of Trustees is creating a task force to take the necessary steps for our Fellowship to become certified as a Green Sanctuary. The checklist of steps in the process takes approximately one to four years to complete.

This program provides a path for congregational study, reflection, and action in response to environmentally related issues. Its goal is to help bring the congregational culture into greater alignment with long-term, environmentally aware faith and practices. This is an opportunity for our UUFF to model environmental stewardship in the Fredericksburg religious community.

## REV. DOUG'S INSTALLATION SERVICE AND CELEBRATION

Sunday, March 20 • 4-7 pm

On Sunday, March 20, members, friends and guests of the Unitarian Universalist Fellowship of Fredericksburg will gather to witness and celebrate Rev. Doug McCusker's official installation as our minister. This is a historic, as well as important UUFF event. It marks only the second time in the life of our Fellowship that we have held an Installation Service.

The Rev. Nancy McDonald Ladd will deliver the sermon. A dynamic speaker, she has also been selected to preach the Sunday sermon at this year's UUA General Assembly, the UU equivalent of the Super Bowl halftime show.

Also taking part in the service will be numerous Unitarian Universalist ministers from near and far, including our own UUFF Minister Emeritus, the Rev. Water Braman.

The UUFF Adult, Handchime and UUth Choirs will perform selected pieces that are sure to be both inspirational and entertaining. In addition, guest solo cello performer Evan Setzer will provide the Prelude and Meditation interludes.

It will be a day to rejoice and celebrate with Rev. Doug. It will be a day to rejoice and celebrate our Fellowship's continuing journey. It will be a day to dream about our Beloved Community's future.

The festivities begin at 4:00 p.m. with the Installation Service. Following the service will be a potluck reception featuring finger foods. For dietary considerations, don't forget to identify your dish.

Nursery care and children's activities will be provided.

Mark your calendars for Sunday, March 20 at 4:00 p.m. and be a part of this awesome event!

—Jim Yeatts

## SAVE THE DATE: Dismantling Racism Workshop

On Saturday, April 23, the Social Justice Committee of the UUFF, in partnership with Virginia Organizing, will be sponsoring a day-long workshop on dismantling racism.

The event, to be held from 10:00 a.m. to 5:00 p.m., will lead participants through the process of reflecting on our understanding of race and privilege, examining racism as it exists in our institutions and culture, and making plans to move people to action and change within our community. We anticipate excellent attendance from a diversity of congregations in the greater Fredericksburg area.

Lunch will be served. For more information, contact Mandolin Restivo-Walsh. Registration is required; register online at <http://tinyurl.com/mpclbo7> or contact Mandy.

—Mandy Restivo-Walsh

# RE Views

CHRIS JOHNS, Director of Religious Education



Guess what I did last week? I worked at the Fellowship. In my office. At my desk. On a Wednesday. For three hours.

What's the big deal, you ask? Well, I have never done that before. I have never worked in my office during the week. In fact, other than staff meetings and monthly RE Committee meetings, I usually don't step foot in the building for work purposes Mondays through Saturdays (sorry, Adult Choir – you don't count as work...). And I have to be honest with you. It was a surprisingly pleasant experience.

I only mention this because I've been thinking about my job (evaluation time can do that to a girl...), well, more specifically about the differences between what I do and how I do it post-called minister time vs. pre-called minister time. There have been so many changes since my new supervisor showed up. And so much activity. I am busy, busy, busy! In the very best way! There is so much

energy down the RE hall these days! Do you feel it, too?

I feel challenged in ways that I didn't expect to be challenged. From figuring out how to get the new themed ministry into the classrooms, to the Take It Home messages for the families, to welcoming all those new faces each week, to Middle School OWL (Our Whole Lives), to the Coming of Age program, to supporting Adult RE, to soup! I mean, come on! Soup? Who knew crockpots of soup could bring people together this way? Something so simple. Soup. Soup! But there you have it.

There is something so great about seeing people of all ages sharing conversation over bowls of soupy goodness before heading off to class each week. And registering new kids and communicating with their parents in order to help them feel welcome and wanted. And the new online registration which we will be using for the first time to register participants for our March 13th Mandala Workshop. And a Mandala Workshop! How cool is that!?! And office hours – real, honest

It's time for our annual  
**EASTER EGG HUNT!**  
Ask the DRE for details.

to goodness office hours. The kind that make me sit at my UUFF desk and feel a deeper connection with those I serve. And also? I had no idea popping down the hall to visit my co-workers could be so darn gratifying.

Usually my office is used as a place to catch the flotsam and jetsam involved in Sunday morning classes OR as a place for my children to hide out and eat their breakfast OR as a work surface to sort and separate which papers should stay at the UUFF and which should come back to my house for processing. But not last week. Nope. Last week, I worked in my office. I answered emails, added two new families to our rosters and filed away half the pile that lives on my desk. And I liked it. I think this may be the beginning of a beautiful new chapter in the adventures of Chris Johns, DRE. And hey! Now that I have office hours, you can come see me. I will be available from 9:30-1:00 on Wednesdays. Just call ahead. I'll put the coffee on...

–Chris Johns, DRE

## ArtsBeat



Hi, everyone! This is going to be an extremely short update, since I'm writing this to you from the hotel room in Colonial Williamsburg that Nancy and I escaped to after the big blizzard earlier this week.

2016 is already proving to be very busy for all our music organizations. Adult Choir performed on Valentine's Day with special guest stars, Craig and Marina Cherry, and will perform next on Easter (March 27), and Reverend Doug's Installation (March 20). Handchimes will be performing "Heart and Soul" and "I Ain't Got Nobody" on March 6 and "The Great Gates of Kiev" on March 20. The Uuth Choir will be performing on March 20. Check the website and weekly

announcements for additional details as they come available.

Bernadette Jones and Laura Joy, Offertory Coordinators, are always looking for Offertory musicians to perform on non-Kana Sundays. Please email Bernadette if you are interested in sharing your talents with the Fellowship.

And that's it for now. I'm going off to hear the Fife and Drum Corps. If you're interested in joining any of the UU ensembles, just show up for a rehearsal and start to share your gifts; we've got plenty of opportunities for you to shine. Adult Choir rehearses 7:00 p.m. Tuesdays, Handchimes rehearses 7:15 p.m. Wednesdays, and Uuth Choir meets on Sunday mornings after services.

Namaste,  
Jason



## The MAGIC of MANDALA Workshop



**Sunday, March 13, 1-3 pm • All Ages**

Kandra Orr, a local artist, will be leading an art workshop on drawing mandalas as the culmination of our worship service series on Spiritual Pathways.

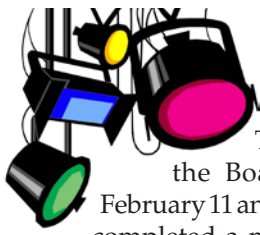
No drawing ability required. Art supplies will be provided. This workshop will be a fun experience for anyone age 8 through adult. Childcare will be provided for children under 8 years old.

Kandra will provide an informative history of the mandala and how it is used around the world as an instrument of healing, relaxation and meditation.

Participants will join our soup lunch at noon before the workshop starts.

Advanced registration is required. Sign up at the RE Registration Table, or use the online form at <http://tinyurl.com/zdc3lhy>.





# Spotlight on Stewardship

The Stewardship Task Force met with the Board of Trustees on February 11 and reported that it had completed a major task: to gather feedback from the Fellowship regarding the information contained in the Task Force's March 2015 report to the BoT.

The Task Force reported that over the past nine months, it had met with each standing committee, authored nine "Spotlight on Stewardship" newsletter articles, conducted two Sunday morning stewardship moments, and sponsored two town hall meetings. And, in conjunction with the task force's communication efforts, Rev. Doug delivered a "Blessed are the Stewards" message.

Based on the feedback received from the Fellowship, the Task Force recommended that the Board of Trustees endorse an amendment to change the UUFF By-Laws. The proposed by-law change would establish a Council of Stewardship Ministries (CSM) and be presented to the Fellowship for consideration at the Annual Meeting in May.

A motion to endorse the recommended by-law amendment was made, seconded and passed unanimously.

As presented to the BoT, the Council of Stewardship Ministries (CSM) would:

1. Consist of three "Lead Facilitators" and various designated stewardship teams. The Lead Facilitators would serve stag-

gered three-year terms and be selected by the Board of Trustees in consultation with the minister and, in future years, existing CSM Lead Facilitators.

2. Use a team approach to accomplish its activities.
3. Act as a sounding board for new stewardship ideas.
4. Have responsibility and general supervision authority for all fundraising activities.
5. Be available to help facilitate existing committee stewardship activities when requested.
6. Report to the Board of Trustees.

The BoT has asked the Task Force to prepare drafts of the necessary by-law wording establishing the CSM and removing fundraising from the Finance Committee's responsibilities. Once the wording has been approved by the BoT, the Task Force will provide the Fellowship with a written overview of the proposed CSM, including examples of how the CSM would function.

The Stewardship Task Force wishes to thank all those individuals who have given their time to provide input, feedback, guidance and direction. We are at the beginning of a continuing journey, a journey to strive to be ever better stewards of our Beloved Community.

*-Stewardship Task Force Contacts:  
Debbie Brock, Kit Carver and Jim Yeatts*

## Will You Join Us at the Sausage Factory?

That's how one participant described the General Assembly of the Unitarian Universalist Association. It wasn't a description of the entire GA, but of one of the plenary sessions. ("Plenary" - to be attended by all the participants at a conference or assembly, who otherwise meet in smaller groups.) These sessions focus on UUA business; delegates hear the pros and cons of various issues and vote on them. It's the democratic process at work.

But GA is so much more than that. It's workshops where topics in previous years have included environmental justice, criminal justice, LGBTQ rights, computers and websites, congregational leadership, multigenerational relations, and health cooperatives. It's the Ware Lecture, where

this year's speaker will be broadcaster and National Humanities Medal recipient Krista Tippet. (More information is available at <http://www.uua.org/ga/program/highlights/ware-lecture>.) It's an opportunity to join thousands of UUs witnessing for social justice.

Most of all, for me personally it's a chance to learn more about, and renew my enthusiasm for, Unitarian Universalism.

General Assembly 2016 will be held June 22-26 in Columbus, Ohio. Registration opens March 1. Everything you ever wanted to know can be found at <http://www.uua.org/ga>. Or just ask me. Okay, so I don't know everything, but together we can find the answers to your GA questions.

*-Lois Colbridge*

## 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 email distribution and wish to be informed of the meetings, please email 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.

**Mar. 6:** Should the FDA be legalizing Frankenfish?

**Mar. 20:** Should Wall Street transaction tax pay for free college tuition?

*-Steve Sanders*

## COMMUNITY ACTION CORNER

### ABOUT GIVING

Here are two organizations worth looking into:

### GiveWell

GiveWell is a nonprofit dedicated to finding outstanding giving opportunities and publishing the full details of its analysis to help donors decide where to give. <http://www.givewell.org>.



### DOCTORS WITHOUT BORDERS

This organization helps people worldwide where the need is greatest, delivering emergency medical aid to people affected by conflict, epidemics, disasters, or exclusion from health care. <http://www.doctorswithout-borders.org>.

The Community Action Committee continues to provide meals to Respite Center residents on the last Sunday of the month. Email Curt Swinburne if you'd like to get involved.

*-Curt Swinburne*



## Stewardship Pledge Campaign Update

Hello, fellow UUs. First and foremost, to those 62 families and individuals who have pledged to contribute their hard-earned money to the UUFF, a heart-felt THANK YOU. With this generosity and dedication, we have achieved 50% of our pledge goal as of February 17. That's outstanding! As you might have read in my February newsletter article, there are three ways to make our goal. We are well on track to making goal via the Eleven-Eleven plan: "11" new pledge units and "11%" more on average from each pledge unit. Again, thank you!

### By the numbers:

Pledge Goal: \$248,841

Total pledged (as of Feb. 17): \$125,895

% of Goal: 50%

New pledge units: 10

Pledged last year but not yet this year: 42

Average pledge amount: \$2,031

Average change from last year: +16%

Percentage of church's total budget that comes from pledges: 85%

*Note: A pledge unit is generally a family or an individual*

I encourage all of you to talk "water cooler" style about the pledge campaign. Don't worry about money or even *IF* the other person has pledged, simply ask if he/she *knows* about the pledge campaign. Feel free to drop my email and/or point to the pledge forms at the Treasure Chest near the office in the foyer.

With sincere appreciation,  
Cynthia Holland  
Stewardship Pledge Campaign Chair



It is a joy to welcome 12 new members to our Fellowship! In February, Mitzi Brown, Martin Capone, Sandy Capone, Andria Garrett, Jon Gerlach, Lee Hamilton, Scott Santulli, Shirley Santulli, Meg Sneed, Jason Sneed, Lee Ann Tate, and Adele Uphaus-Conner all signed the membership book. We're glad to have you with us!

# Sharing Our Light For 60 Years!

We gather each Sunday in a new building, we have many new members and visitors, and this year the Unitarian Universalist Fellowship of Fredericksburg celebrates its 60th Anniversary! Can you believe it? Our anniversary weekend is now set for April 30-May 1.



On the evening of Saturday, April 30, from 6:00 to 9:00 p.m., the UUFF will host a coffeehouse in our sanctuary, the Moncure Conway Hall. The coffeehouse will be modeled after the gatherings that were popular in the early days of our Fellowship. Folk music by the Monday Night Music group, an appearance by The Steves, a potluck assortment of our culinary favorites, and conversation about the good ole days will all be part of the evening. There will be poetry readings and opportunities to show off one's knowledge of UUFF historical trivia.

Anita Holle is putting together some photo collages from the past eras that we will display on anniversary weekend. If you have some good photos, please get them to Anita or put them in Alane Callander's BoT box in the UUFF mailroom. We are particularly in need of photos from the last ten years – since the Jubilee anniversary. If you have special mementos worth sharing for the weekend, such as our old sign from the Caroline Street church, please let us know.

Additionally, starting March 1, Alane will be collecting recipes of favorite homemade foods served at UUFF potlucks over the years. Send those in a Word document to her email. In the subject line please indicate "RECIPE for UUFF." If you prefer, you may provide a recipe to Alane Callander's mailbox. (Just be sure it is very legible!) Appetizers, soups, sides, desserts and entrees are needed.

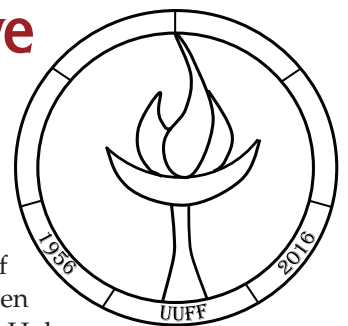
More exciting details to come as we further plan the celebration of our 60 years.

So reserve on your calendar the evening of April 30, plan to attend a special anniversary service on Sunday morning, May 1, look for those photos and mementos, and gather your best recipes. Finally, please provide complete name, address, email and phone number for any former members or friends of the UUFF that you would like notified of the anniversary weekend.

—Alane Callander and David Lovegrove

## Custom Commemorative Pottery Bowl for Sale!

Pre-order your custom, handmade UUFF pottery bowl suitable for cereal, soup, salad or simply admiring. The bowl will feature the custom artwork at right, which has a chalice with an impression of cupped hands, our UUFF establishment dates, and seven sections symbolizing the 7 Principles. Contact Cynthia Holland to place your order, which will be approximately \$25 per bowl. Bowls will be delivered in time for the 60th Anniversary. Profits raised will go directly to the church as a part of the pledge drive.



—Cynthia Holland



### Fed Up with Unreal Food?

Consider these facts: 12.7 million children and adolescents in the U.S. are affected by obesity. One soda a day increases a child's chance of obesity by 60%. It will take a 110-pound child 75 minutes of bike riding to burn off the calories in that 20-ounce bottle of soda. These are just some of the scary truths presented in the documentary *Fed Up*. These truths are hidden by the food industries, who lobby our government, who control what foods children are fed in schools, and how they are labeled on the grocery store shelves. It feels a little bit like *The House That Jack Built*.

Even if you don't have children in schools now, your grandchildren, the neighborhood kids, indeed, our country's future leaders and citizens are affected by these unhealthy habits. And, as Katie Couric points out in *Fed Up*, exercise and limiting screen time are not the real answers. It's teaching families how to recognize, prepare, and eat real food and opening their eyes to the truth behind the labels.

Join the Veg Group on **Saturday, March 12** (that's not our usual first Saturday, but the second!), from **9:30 a.m. to 12:00 p.m.** at the **Salem Church Library** at 2607 Salem Church Rd., Fredericksburg, 22407. We will start with a whole foods brunch, follow with the film, and end with a discussion led by Patrick Neustatter, M.D., author of *Managing Your Doctor: The Smart Patient's Guide to Getting Effective Affordable Healthcare*. If you're interested in bringing a low-sugar, whole foods, healthy brunch item, please contact Gloria Lloyd. Otherwise, just bring a friend!

You might already be a pretty healthy eater, but we guarantee you'll be shocked by what you learn in this film. Shocked enough to take action, to tell a friend, to encourage families to attend our screening, or check out the DVD from the local library. Because the only way this is going to change is if people talk about it.

—Christine Carlson

## UUFF Art Gallery Presents March/April Exhibit: Abstract Paintings of Light

Opening Reception: Sunday, March 6, 11:30 am



Carolyn Goodridge's *Carina's Song*

Luminous encaustic abstract paintings by Carolyn Goodridge will be exhibited at the UUFF Art Gallery in March and April. The opening reception is on Sunday, March 6, at 11:30 a.m., with an Artist Talk at noon. The event is free and open to the public.

Born in the West Indies, Carolyn immigrated to New York in 1963. She received both a bachelor's and master's degree in fine arts. Her spiritual study and practice of yoga, eastern philosophy and Zen Buddhism has further informed her art journey.

Encaustic comes from the Greek for "burn in." It is an ancient medium of melted beeswax mixed with pigment, used in ancient Egyptian art and many other cultural traditions. Carolyn's paintings are

"emotional attunements" to the elements of nature, to the sun's fire, the wind, water and earth. The artist states that each work "whispers a glimpse of an intelligent and relentlessly churning life."

Carolyn supports many other artists through her non-profit organization, Art Impact USA. Her international mission is to benefit all artists, creating an enriched world-wide community through support of multi-cultural, multi-national artists.

### Artist Talk

Carolyn Goodridge will present a lecture on her work following the service on March 6 at 12:00 noon, to be held in the UUFF sanctuary. Lunch will be served for those who stay for the lecture. Please plan to join us to hear more about Carolyn's creative vision, her personal journey, and her artistic process.

### Encaustic Workshops

Goodridge will teach two encaustic workshops at the UUFF on Friday, March 18 and Saturday, March 19 from 10:00 a.m. to 2:30 p.m. The cost is \$150 per workshop, including all supplies to create an encaustic painting, and an instructional DVD to keep. Enrollment is limited to 6 students per workshop. Please contact the artist for information and enrollment.

—Visual Arts Committee

## Communication Workshop

Because of the January blizzard, the Communication Workshop originally scheduled for January 23 has been rescheduled to Saturday, March 19. This day-long event at the Unitarian Church of Norfolk will focus on Compassion, Conflict, Communication, and Covenant. Conflict is inevitable; it's also essential, and it can be healthy. People can't be expected to agree on everything. Learning how to deal with conflict, rather than avoiding it, is crucial. When conflict is mismanaged, it can cause great harm. When it is handled in a respectful, positive way, it provides an opportunity for stronger bonds and personal growth.



The workshop will meet from 9:30 a.m. to 3:30 p.m. The only cost is \$15 to cover breakfast and lunch. There will be carpools from Fredericksburg, so you'll even have a chance for fellowship with your fellow UUFFers on the trip to Norfolk and back. Registration deadline is March 14. For more information or to register, please contact Lois Colbridge.



—Lois Colbridge

# MARCH CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SAVE THE DATES!</b> April 9: At Your Service Auction / April 30: Rebuilding Together / April 20-May 1: 60th Anniversary / April 23: Dismantling Racism		Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	Handchimes 7:15 pm	CoC Meeting 7 pm		
Service 10:30 am Gallery Opening 11:30 am UUth Choir 11:45 am Sun. Discussion 12 noon OWL 12:30 pm SoupRE Sunday 12 noon Coming of Age 1 pm		Friendship 7 pm <i>Marriott</i> Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i> Music Comm 8:30	Handchimes 7:15 pm	Board Meeting 7 pm Great Books 7 pm		Veg Group 9:30 am <i>Salem Church Library</i> Knitting Circle 12 noon
Service 10:30 am UUth Choir 11:45 am Sunday Services Comm. 12 noon SoupRE Sunday 12 noon OWL 12:30 pm Mandala Workshop 1 pm	Music Gathering 6:30 pm Community Action 7 pm <i>Marriott</i>	Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	RE Comm. 7 pm Handchimes 7:15 pm	Building & Grounds 3 pm Membership 7 pm	Encaustic Workshop 10 am	Communication Workshop 9:30 am <i>UC of Norfolk</i> Encaustic Workshop 10 am News Deadline 4 pm
Service 10:30 am UUth Choir 11:45 am Social Justice 11:45 am Sun. Discussion 12 noon SoupRE Sunday 12 noon OWL 12:30 pm Coming of Age 1 pm Rev. Doug's Installation 4 pm	Women's Group 7 pm <i>Home Team Grill</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		Knitting Circle 12 noon
Service 10:30 am UUth Choir 11:45 am Cancer Club 12 noon SoupRE Sunday 12 noon OWL 12:30 Life Preservers, 3 pm <i>Pinschmidts'</i> Auction Catalog Deadline	Music Gathering 6:30 pm	Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	Handchimes 7:15 pm			

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.

## SUNDAY SERVICES 10:30 am

Monthly Theme: Spirituality

**MARCH 6**

Spiritual Pathways of the Body  
*Rev. Doug McCusker*

In Part 2 of the series on spiritual pathways, we will explore the connection of our bodies and our spiritual consciousness. The body is our true home and companion through our entire lives. Our life force and our bodies are inextricably linked. Together we bring in energy and materials from our environment and we send them back out with our unique signature.

*Handchimes Choir performs.*

**MARCH 13**

Spiritual Pathways of the Soul  
*Rev. Doug McCusker*

In our final service of the spiritual pathways series, we will look at the creative source within each of us. We don't need to be artists to be creative. We all have the power and aptitude to create the world we enter, interact with, and leave behind. After the service, Kandra Orr will lead a

workshop on the creative and healing power of mandala making.

**MARCH 20**

What's So UU About Cohousing?  
*Peter Lazar*

UUs are less than a tenth of a percent of the overall U.S. population, but are often a third to half the population of a cohousing neighborhood. Peter Lazar will describe cohousing, explore shared values with UUs, and consider how a village can sustain a soul. Peter lives with his family in a cohousing neighborhood in Blacksburg, and is developing another cohousing community near Charlottesville.

**MARCH 27**

When All Else Fails – Reboot!  
*Rev. Doug McCusker*

When things get totally out of whack, our final contingency is to reboot the system; let things cycle through and restore their settings in harmony with the network. Easter is a time to reflect on the theology of restorative justice in our modern times.

*Adult Choir performs.*

UNITARIAN UNIVERSALIST   
FELLOWSHIP OF FREDERICKSBURG

25 Chalice Circle, Fredericksburg, VA 22405

540-310-4001 • Email: [uuff@verizon.net](mailto:uuff@verizon.net)

[www.uuffva.org](http://www.uuffva.org)

*Minister:* Rev. Doug McCusker  
*Office Administrator:* Nancy Michael  
*Dir. of Religious Education:* Chris Johns  
*Music Director:* Jason Michael  
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**OFFICE HOURS:** Mon, Wed, Fri, 9:30-3  
Announcement deadline: Wed. noon

**REV. McCUSKER'S OFFICE HOURS:**  
Tues. & Wed. 10-4 / Thurs. 2-6.  
Drop-in hours are Wed. & Thurs., 2-4 pm.  
To meet with Rev. Doug at other times, please make an appointment.

*April Newsletter Deadline:*  
Sat., March 19, 4 pm  
*April Publication Date:* March 25  
Submit articles via email to  
Maryann Brown.