



October 2022

Building Reopening Task Force Update

In August, the Centers for Disease Control issued updated guidelines for how communities and individuals should protect themselves to minimize the spread of COVID-19. Then in early September, the CDC downgraded the Risk Level for our area to Low. Since then, the weekly reported cases have remained below 200 cases. As of today, Sep 16, 2022, the risk level is at Medium because weekly COVID admissions to hospitals are slightly above 10 patients. This is a lagging indicator that is expected to drop into the Low category soon as the infection spread diminishes.

The Building Reopening Task Force met on Sep. 8 and developed a set of recommendations that the Board of Trustees adopted the next day at their monthly meeting. In the revised [Group Gathering](#) policy, whenever the CDC risk level for our area is Low or Medium, masks will be optional in the UUFF Building and food/drink can be served. However, when the risk is Medium, people who are unvaccinated, immuno-compromised or at high risk of serious illness due to COVID are highly encouraged to wear masks when indoors in public. When the risk level is High, masks will be mandatory, and food and drink will not be permitted except for groups of 15 or less.

The Group Gathering policy can be found in the Document Repository under Board Policies and Procedures/Official Policies. It can also be found on our website's homepage by clicking on the link to [Coronavirus Updates](#).

The task force and the Board agreed that with the new protocol in place and with the reduced risk to our community from the coronavirus, the task force was no longer needed. On Sep 9, the Board officially retired the Building Reopening task force after two years of faithful service to the Fellowship. We are deeply grateful to all the task force members: Dr. John Kin, M.D., Rev. Doug McCusker, Chris Johns, Alex Grissom, Hannelore Montgomery, Kristen Tuxbury and Elaine Hogan.

THANK YOU!!!

**RENEW and REBUILD: [Consensus Gathering](#)
Friday, Oct 21, 2022, 6:00pm – 8:30pm.
Potluck Dinner. Bring a delicious dish to share.**

Mark your calendar and commit to showing up for this extremely important event! All are welcome and encouraged - newcomers, oldcomers, children, teens, adults – to create the process of healing and rebuilding our beloved community after two plus years of the pandemic. We will break bread together, play, and develop a collective path forward. Everyone's ideas and energy are needed. What feeds our collective soul? What do we offer the world? What do we want to do together? Jesse Johnson and R.J. Boyd will lead us in a consensus building activity. Come and help write the next chapter of this Fellowship's story!

Introduction to Unitarian Universalism - UU101

Sunday, Oct 2, 2022, 12:15 pm – 3:15pm, following the Sunday Service.

Have you been coming for a while, and you want to learn more about the UU faith? Join us at the UU Fellowship for this quarterly class that covers topics such as the history of Unitarian Universalism, activities that interest you, requirements for membership, governance of this Fellowship and how to become a contributing congregant. This is a wonderful opportunity to meet others and to share your respective spiritual journeys in a safe and positive setting. Childcare will be available upon request. Register online with this [UU101 Form](#) or by emailing Rev. Doug McCusker at dmccusker@uuma.org.

**Adult Faith Development Coming This Fall!
Sundays, Oct 9, 16, 23, 2022, 12pm – 2pm.**

Rev. Doug McCusker and roddy biggs will co-lead a 3-session book discussion of Resma Menakem's bestselling book,

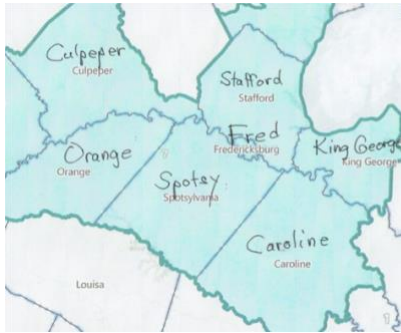
My Grandmother's Hands: Racialized Trauma and the Pathways to Mending Our Hearts and Bodies. Rezma Menachem, MSW, LICSW is a somatic trauma counselor who has worked with domestic violence victims, law enforcement, military, and public schools. We will discuss how trauma, especially racial trauma, lodges in our bodies and learn techniques for mending our wounds individually and collectively. Please fill out this [\[Form\]](#) to register for the course. The book costs \$17.95 and is sold in retail and online bookstores. Please purchase the book and read Part I (Chapters 1-9) before the class begins. Contact [Rev. Doug McCusker](#) if you have any questions.

Your Fellowship NEEDS You!

Sunday greeters needed. We are in need of volunteer greeters for Sunday morning services with vacancies the 1st, 2nd, and 3rd Sundays each month. Training will be provided. Please contact Elaine Hogan, greeter coordinator, at elaine1010@cox.net or text 443-869-1632 to volunteer. A greeter round up meeting will be held Sunday October 9 at 11:45.

Meal Containers Needed: The Fellowship serves meals at St George's Episcopal Church the 4th Monday of every month for homeless people. For the next few months, we'll also provide meals to 18 people from EmpowerHouse. They're now staying in motels after their house was struck by lightning. We'll put their meals in meal containers and they'll be taken to their motels. If you have any extra rectangular meal containers you received from carry out orders and you're not using, please bring them to the Fellowship. Thanks greatly!

Alert from UUFF Social Justice Committee 2022 Elections



Early voting starts Friday, Sept. 23, in person or by mail! All details of voting are available [HERE](#). Also, Alane Callander has posted key information in the foyer.

Because so many people responded to Rev. Doug's recent presentation about personal medical autonomy, e.g. abortions, your Social Justice Committee wants you to be fully aware of the only legislative race coming up that includes this issue. It is **the new 7th Congressional District** which was created by the court-appointed Special Masters and its boundaries actually generally follows county boundaries! It also **probably now includes most UUFF members**.

Candidate websites are: Republican [Yesli Vega](#) and Democrat [Abigail Spanberger](#). UUFF members need to view these sites because so many issues are covered. Of the "hot button" issues, it is probably safe to say that Yesli generally protects gun ownership rights and some abortion restrictions while Abigale promotes more gun ownership restrictions and fewer abortion restrictions. Both have law enforcement backgrounds.

Yesli's site has no mention of global warming or environmental protection. She promotes reduction of healthcare costs by requirements for greater transparency of costs so that free market individuals can choose less expensive services.

Abigail's site describes her efforts to address global warming. She describes her support of recently passed legislation that gives the federal government freedom to require competitive pricing from drug companies for Medicare, along with other ceiling costs in years to come.

Yesli was nominated this spring with 28.9 % of the Republican primary vote. Two years earlier in a partisan election for Prince William Board of Supervisors, she won by 13 points.

Abigail, the Congressional incumbent, was the only Democratic candidate who filed this year although, because of recent re-districting, over half of her district is new.

Please read up, discuss, register, know where to vote, and VOTE.

More information can be found below in the [Social Justice Committee article](#).

September Social Events

Pumpkin Carving S'Mores Party

Join the RE Committee for an outdoor pumpkin carving party on Saturday, October 29 at 3 p.m.! Bring your own pumpkin and lawn chair. We'll supply patterns, carving tools, candles, and s'mores.

What Time Is It? Pageant time!

It's October and you know what that means. It's time to get to work on the holiday pageant! The offering this year will be "The Sharing Bowl," originally titled "The Giving Bowl" and written way, way back in 2015. Chris Johns, DLRE and director, is looking for participants of all ages to participate. Please [click here](#) for audition information and to join the fun!

Board Business

The Board meets the second Thursday of each month at 7:30 p.m. on [Zoom](#).
Meeting ID: 952 4301 5870; Passcode: 587441
UUFF friends and members are welcome to attend.

During the September meeting the following was acted on.

1. The Annual meeting was set for May 21.
2. Congregational healing task force reported on the progress being made for a healing workshop.
3. The By Laws committee made a short report on the progress being made updating the By Laws. A full report is expected at the November BOT meeting.
4. A membership chair was recommended but not confirmed.
5. The BOT covenant is available for signing.
6. 2 BOT members agreed to search for 2 additional nominating committee members by the next meeting.
7. The building use policy for COVID was updated (masks optional and eating is allowed in the building) and the BOT was informed that the COVID task force has been disbanded. UUFF will continue to follow CDC guidelines for communicable diseases.
8. Finance guidelines were modified to more closely reflect current needs.
9. Lauria (Ralph) Bush-Resko will join the Intern committee.
10. UUFF is receiving a gift of a large refrigerator from Trish Rossmair. The BOT accepted this gift gratefully.

After approval by the Board, the full minutes of each meeting are available in the [Document Repository](#).

News & Notes

Basket Contributions: As the UUFF ventures further into the 21st century, we are adding text giving to our options of ways in which contributions may be made to the Fellowship. We're not able to pass the basket at services while we are meeting virtually. But you can make those "basket contributions" during the Sunday worship services on your phone. And when we return to in-person services, the text option will remain useful for times when you cannot attend, or don't have cash or checks with you.

To donate to the UUFF, text 844-963-2785. The first time you text this number, you will receive a registration link. Click the link and enter your contact and payment information, then tap "Process." After registration is complete, you will receive a verification text as well as a receipt via email. For future giving, simply send a text with the amount you wish to give, and your contribution will process automatically. Please visit [Vanco Payments](#) for more information. We hope this new way of giving will be helpful. As always, the missions of the Fellowship depend wholly on the generosity of our members and friends. Your support is vital, and much appreciated.

Monday Music Group: Join us for informal music making the first and third Monday of each month, 6:30-8:30pm. New folks always welcome and there's no commitment, just drop in when you can. When weather permits we'll meet outdoors. All instruments and levels of play are welcome! For more info, contact [Lee Criscuolo](#) (540-760-9620).

Women's Group: Meets on the third Monday of the month at 6:30pm. On Monday, October 17, the group will meet at Red Robin Gourmet Burgers and Brews, 10109 Patriot Highway, Fredericksburg, VA 22407. They have a wide variety

of burgers, including vegetarian options. No reservations necessary – just drop by for conversation and connection. Newcomers are especially welcome. Check out the UUFF Women’s Group on [Facebook](#) or contact [Susan Lovegrove](#).

Insight Meditation Community of Fredericksburg: IMCF provides a comfortable and supportive environment for individuals seeking to meditate in a group setting and for those new to the practice of meditation. Join them at 7 pm every Thursday at the UUFF. [Click here](#) for more information.

Day-long Silent Retreat: The Insight Meditation Community of Fredericksburg presents a fall day-long retreat, The Practice of Awareness, led by Todd Drake from 9:00 am to 3:30 pm on Oct. 15 at the UUFF. [Click here](#) for details and to register.

Intergenerational Discussion Group: Watch this space for the date of the next meeting!

Youth Group Meeting: The UUFF Youth and their advisors meet on Sundays after service from 12:15 - 1:45 PM starting Sept 18! Teens in grades 9-12 are welcome to join them for community building and faith exploration! Please contact [Chris Johns](#), DLRE for more information.

UUFF Document Repository: UUFF has a Google Drive where you can access copies of all our Policies and Procedures, By-Laws, RE documents, and other important items. The Document Repository is meant for anyone at the Fellowship to view by [clicking here](#), so that you have access to any important information.

Receive a free \$50 Walmart gift card! Healthy Generations (formerly Area on Aging) in the Fredericksburg area has a grant program to encourage people 60 and older to receive their Covid vaccine. Take your vaccine card showing you’ve received a vaccine since July of this year to Healthy Generations located at 460 Lendall Lane, 22405 (close to Gari Melcher’s Belmont) and they’ll give you the gift card. If you don’t shop at Walmart, donate the card to someone who does, or to the Fellowship!

Wondering Out Loud

Rev. Doug McCusker



As of July 1, I am working a three-quarter schedule. I volunteered to reduce my hours and salary because of the budget shortfall that we were facing for this fiscal year. I must say that it is a lot harder to do than I thought. I’ve always been a pedal to the metal person when it comes to work. When I was full-time, it wasn’t uncommon for me to put in 60-hour work weeks. But now, I need to scale that back drastically while serving this community that I love. To reduce my hours, I’ve added another day off. Now I have two - Monday and Tuesday. It’s been a long time since I had back-to-back days off. This gives me one day to do chores around the house and another to just relax or take a day trip with my wife, Marie. It will take me a while to get used to the new rhythm and to stop peeking at emails on my days off. So please be patient with me. This has required me to prioritize my tasks so that I can concentrate on the top ones and delegate the others. All the tasks are important and there is a lot to do. But they will need to be shared among all of us. And that’s a good thing.

Worship, pastoral care, leadership support, staff supervision including intern supervision are my main responsibilities. They will take up most of my time. As time allows, I will teach adult religious education classes and participate in social justice actions. And I will visit the UU inmates at Coffeewood Correctional Center on my own time as a volunteer. The good thing is that I already share some of those duties with amazing volunteers. For everything else, such as organizing the Chalice Groups, teaching UU 101, coordinating the worship associate and audio-visual teams, and representing the Fellowship at denominational events, others in the Fellowship will need to step up. At first, you probably won’t notice much of a difference. That’s because I don’t want to drop anything important. But as I find helpful volunteers willing to take on some of the tasks, I will gladly hand over the torch in the spirit of shared ministry. This is a critical year of rebuilding after two and a half years of the pandemic. And as we share the load, we will deepen our soul connection to this community that is our spiritual home. I am already encouraged. In this past week, three people contacted me to volunteer for different things without even being asked. They saw a need and realized they had the skills and desire to fulfill them. As the old saying goes, “*many hands make light work.*”

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

New Beginnings: Learning More About You



new beginnings

roddy bell-shelton biggs

My name is roddy bell-shelton biggs (lowercase preferred); my pronouns are they/them, and I am honored to be starting as your ministerial intern. Being new to VA and the Fredericksburg area, coming from East TN, I have loved learning the history of this city that many of you have called home for many years. I am starting to feel at home in the city as well. I look forward to

meeting and learning from each of you in time about your passions and spiritual practices. and I welcome conversations anytime! As for me, I am a Queer, BIPOC, Nonbinary seminarian, and aspiring Public Theologian. I own my ancestors' Christian faith and am grounded in Unitarian Universalist faith communities by choice. I am called to lead radical love, care, and sanctuary movements, simultaneously disrupting patriarchy and all systems of oppression plaguing our world. I believe we must *"Do everything in love"* (1 Corinthians 16:14) as we *"Do justice, love mercy and tread humbly"* (Micah 6:8). As someone who also embraces pagan roots and ancestors, I find love and comfort in nature and am looking forward to exploring many of the local trails. When not working or experiencing nature, I love to take in the arts, theater, music, and a local art show. I welcome company on the trails if nature also speaks to you. What about you? What are your religious/spiritual beliefs and practices? In time I am sure we will learn more about each other, and we will learn, grow and lean into this new journey together.

I will be keeping office hours at the fellowship most weeks, Tuesdays and Thursdays, 10:00 am - 3:00 pm, and I would love to set aside time to meet you! Feel free to drop by or email me to set up an appointment during those hours or others if those hours do not work for you. Again, I look forward to learning more about you, the Fellowship, and this community and engaging in many forms of shared ministry in the months and years to come.



~ roddy bell-shelton biggs

Why I Volunteer

I wanted to write a well-researched piece on volunteerism. There is so much information on the web I could have plagiarized one great paper. Instead, I am going to refer you to the Internet yourself if you are interested. And I am going to tell you why I have volunteered all these many years.



**President's
Corner**
Kit Carver

When we joined the UUFF in 1986 I had occasion to attend a BOT meeting. That experience changed me. That group of people included a man named Hank Pratt. He drew the group together in such a convivial manner that it was as though good friends were together for laughter and sharing. I wanted to be part of this fun group. So, I started volunteering, and here what I have found...

Joy

While working with the Friendship Committee I found joy. I made lifelong friendships, and I had wonderful times both in the kitchen and out of it. I remember setting up for Thanksgiving, carving turkeys, arranging platters and laughing as we sneaked enough tastes that getting a plate didn't matter. I also remember meetings that went on for hours over wine and noshes.

Duty

We originally joined the Fellowship for Jake, our son. We wanted him to have a grounding in the spirit and religion. I think it was Carol Collins who came to me and said, "We are an all-volunteer organization, and if you have a child in RE you are expected to teach." I learned so much about UU as a religion by being in those classrooms. I didn't particularly like teaching as I worked with children in my job, and it seemed too much. I realized that if I got on the RE committee I didn't have to teach. So, I did.

Service

I have done 2 stints on the BOT, and I have done this for service. The Fellowship and the people who make up this community have supported our family through all of our hard times. When I went to Carol Collins, RE Director, to ask how I should feel about Jake wearing eyeliner she told me that I didn't have to let him wear my eyeliner. What wonderful advice! One may consider leaving the Fellowship, but would you ever leave the friends you have made here? Would you even have these people in your life without the UUFF? I am getting older, and I continue to expand the circle that first enveloped me when we joined the UUFF. I could not take this tremendous gift that has been given me without giving back.

~ Kit Carver

October RE At-A-Glance



Oct 2

Youth Group 12:15pm - 1:45pm

Introduction to Unitarian Universalism (UU101) 12:15pm - 3:15pm

Oct 9

Youth Group 12:15pm - 1:45pm

Coming of Age 12:15pm - 1:45pm

Adult RE - Book Discussion with Rev. Doug and roddy 12:30pm -2:00pm

Oct 16

Pageant Try-Outs 11:30pm - 12:15pm

Youth Group 12:15pm - 1:45pm

Adult RE - Book Discussion with Rev. Doug and roddy 12:30pm -2:00pm

Oct 23

Youth Group 12:15pm - 1:45pm

Coming of Age 12:15pm - 1:45pm

Adult RE - Book Discussion with Rev. Doug and roddy 12:30pm -2:00pm

Oct 30

Youth Group 12:15pm - 1:45pm

RE Committee - Fall Calendar of Events!

Saturday, October 29, 3 p.m. - Pumpkin Carving and S'Mores Party

Saturday, November 12, 6 p.m. - Bonfire with S'Mores

December (Date To Be Decided) - Cookie Exchange Party



JASON MICHAEL, MUSIC DIRECTOR

Thor: Love, Thunder, and Questions of Faith

In the 2022 Marvel Cinematic Universe film, *Thor: Love and Thunder*, an alien man, Gorr, watches his daughter die of starvation in the desert, and then shortly thereafter inadvertently stumbles upon his worshipped god in a desert oasis. Thinking he has found salvation, he appeals to the god for a miracle that will restore his daughter's life. The god openly mocks Gorr who, in a fit of rage and renunciation, suddenly finds himself in possession of the Necrosword (a magical dark weapon capable of slaying gods) and kills his formerly worshipped deity. Gorr then vows to seek out the means to slay all gods, having deemed them all corrupt and worthless. The remainder of the movie sees Thor, a Norse or Asgardian god himself, in a race against time to protect all the universe's gods from Gorr, the God Butcher.

The movie is, of course, a work of fiction, and has been criticized in some cinematic circles for having a tone (light, bright, fast, and funny) that is out of sync with many of the deeply philosophical questions it raises. Indeed, most of these questions get overshadowed in the sheer sweep of space opera-ness, but underneath the glitz are very real and relevant spiritual questions. For instance, "What makes a god worthy of worship? And what responsibilities do the worshipped and the worshiper have to each other?" There is also the "baby with the bathwater" mentality that Gorr employs regarding all gods. Since his god was corrupt, they *all* must be. The Necrosword definitely influences Gorr's thinking, but Gorr needed to first be readily emotionally available to its corruptive influence for it to take hold of him, raising the question of personal responsibility. Meanwhile, Thor, a good natured if buffoonish god, explores the question of hero worship and the pros and cons of meeting one's heroes.

In the end, *Thor: Love and Thunder* is a breezy if emotional romp that can be enjoyed on its surface merits. However, a deeper dive through the lens of the UU Fourth Principle: 'A free and responsible search for truth and meaning' can reveal to the keen observer many ponder-ables that don't readily present themselves in popular culture. It's a movie that's worth a watch and a healthy discussion thereafter.

*Namaste,
Jason*



Help Needed!!

Building and Grounds is in need of volunteers to commit a small amount of their time to tend the outdoor part of our property. Specifically, our lawns need mowing (and trimming) almost every week during the growing season (in which we still are!). If there were 4 or 5 people willing to run our tractor/mower (that's the fun job!) each person would need to spend only part of one day each month. The same would be true for trimmers (though they would need to bring their own weedwhacker) to get the areas where the big machine has trouble reaching. If you can help in either of these tasks, please, email Bruce at UUFFBaG@gmail.com! Thanks!



Meals for the Homeless

Here are some meal options for those in Fredericksburg who are homeless or struggling:

- Micah Dinners – M-F – meals are served, but there is no seating inside. Current meal [Schedule](#).
- Micah Hospitality Center – Bagged lunch and other services. More information [HERE](#).
- The Fredericksburg Area Food Bank has a main location and is connected with several food pantries in the local area: [Fredericksburg Regional Food Bank \(fredfood.org\)](http://fredfood.org)

Thank you,
~ Curt Swinburne

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

SOCIAL JUSTICE NEWS



As a follow-up to Rev. Doug McCusker's recent sermon on Reproductive Justice, the Social Justice Committee has been asked to set up an opportunity for UUFFers to

continue the conversation on the topic. SJC member Ginny McCormick has agreed to receive inquiries and expressions of interest for an in depth, formal discussion on the topic. She can be reached at vmccorm205@verizon.net.

SJC member Pat Smith shares her experience from attending a September reproductive justice workshop put on by the grassroots group Virginia Organizing:

One of the Black leaders of Virginia Organizing told a horrific story from her childhood. Her father died in 1962. Her mother worked long days filling bags with coal and was paid 15 cents per bag. She could not care for her six children on that income. A Virginia social worker agreed to give her support, but only if she agreed to be sterilized. So, at age 35, her mother was sterilized.

Forced sterilization. Forced pregnancy.

According to Sister Song, Reproductive Justice is the human right to maintain personal bodily autonomy, to have children, to not have children, and to parent the children we have in safe and sustainable communities.

Virginians do not have the right to abortions, because abortion is not codified in the Constitution of Virginia. Abortion is currently legal in Virginia, but there are fewer than half of the 34 abortion clinics that existed in 2014.

Approximately 77% of Virginia voters believe decisions regarding pregnancy should be left up to the person who can become pregnant. The 2023 General Assembly is bound to propose bills to ban abortion after 15 weeks, or 20 weeks, or ban them altogether.

If you care about Reproductive Justice, contact your local legislators and voice your concerns.

To find out in which Congressional District that you currently live (and vote), just enter your address at one of these three sites:

- [VPAP](#) (VA Public Access Project) provides extensive information - including your elected officials and your current district and precinct/polling place location. You can also access candidate finance information here, so you will know who is funding the candidates.
- [Who's My Legislator](#) (VA General Assembly) provides names of current representatives, plus maps that show the boundaries of the district.
- [Vote411](#) (LWV) will post sample ballots and candidate questionnaires

Important dates:

- Deadline to [register to vote, or update an existing registration](#): **October 17, 2022.**
 - Deadline to apply for a ballot to be mailed to you: **October 28, 2022.** Your request must be received by your [local voter registration office](#) by 5:00 p.m.
 - Voter registration offices open for early voting: **Saturday, October 29, 2022.**
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- The last day of in-person early voting at your [local voter registration office](#): **Saturday, November 5, 2022** at 5:00 p.m.

**ELECTION DAY is Tuesday, Nov. 8. The polls are open 6 a.m. until 7 p.m.
MAKE A PLAN TO VOTE. Our Democracy Depends on It!**

~ Alane Callander
Social Justice Committee Chair

Sunday Discussion Group



Sunday Discussions are intended for people who enjoy discussing controversial public policy issues. The group meets from 12-1 pm on ZOOM on the first, third and fifth Sundays of the month. Participants are encouraged to suggest controversial topics of interest and to moderate those discussions. For more information, contact Rick Neil or visit the [calendar](#).

- **Oct 02: Timothy** "Is the basis, logic, rationality for moral behavior, self-interest? Are we talking character, integrity?"



Monthly Theme – Courage

In addition to the heroic acts that alter history, there are also the daily choices that prevent history from altering us! Bending the arc of the universe toward justice deserves praise, but so does the ordinary work of integrity and not allowing *yourself* to be bent. We need to make room on the path for these common acts of courage. The bravery of embracing your beauty even when it doesn't fit the air-brushed images surrounding us. The courage of calling out microaggressions that occur daily for many of us. And what about resisting the persistent seduction of status and stuff? Simply put, the list is long: Turning down that drink one day at a time. Making yourself get out of bed when the depression tells you to stay there. Make no mistake, there are dozens of ordinary acts of bravery we embody every day!

Or maybe we should say there are dozens of ordinary acts of bravery *we help each other* embody every day. This we need to remember as well. Courage is not only noble; it's contagious. The bravery that makes it into the history books may save the world, but our ordinary courage keeps each other going. Watching someone else make it through another day helps us endure. Witnessing someone else confront bigotry allows us to bravely be more open about who we are. They say that courage is found by digging deep, but most often it is passed on.

So don't worry so much if you haven't changed the world yet. Our work rests less in looking up to heroes and sheroes, and more in looking over at each other. And in remembering that others are looking over at and needing strength from us.

~ Soul Matters Monthly Packet

All Services
In-person and on Zoom
Zoom: [UUFF](#); Meeting ID: 632 068 0813; Password: 838891
Teleconference: 1-301-715-8592

October 2
***Radical Hope: Courage or Folly?*, Rev. Doug McCusker**

In turbulent times, radical hope is not the belief in better days to come but the courage to accept what lies ahead. Radical hope requires us to embrace the unknown and live with full awareness to what is becoming and to what we are becoming. To show up even when nothing is guaranteed.

October 9
***A Multiracial Tapestry of Accountability*, roddy bell-shelton biggs**

As Unitarian Universalists, we are called to be the weavers of a *Multiracial Tapestry of Accountability*. To be such weavers takes courage. Join us as we explore how being the weavers of such a tapestry might transform our faith, community, and ourselves. Where might we still need some work, and where might we find the courage to continue the work?

October 16

Why Can't We Be Satisfied?, Rev. Doug McCusker

We are taught that to stand still is to fall back. We must keep striving for more and never be satisfied in order to grow. And isn't growth the holy grail? But what if the secret to satisfaction is not to increase what we have? What if it is to manage our wants even if that means wanting less? Getting off the treadmill of constant growth can lead to a happier, more satisfied life.

October 23

Courage in Numbers, Rev. Doug McCusker

The conventional thinking is that humans, like birds, seek safety in numbers and that real courage comes when we strike out on our own. But power shared is power multiplied. It takes courage to trust in the power of the community. Not to hide, but to face insurmountable odds with the power of love.

October 30

Exploring the Veil Between, Christi Bayha

Throughout history, people have associated late summer and fall with the dead. In Japan they celebrate Obon, more well-known in the west, we have Halloween, All Soul's, and Day of the Dead. Come learn more about these traditions.

MISSION STATEMENT

The mission of the UUFF is to nurture learning, inspire spiritual insights, create compassionate relationships, and lovingly transform our community and the world.

VISION STATEMENT

To be a catalyst for spiritual growth and social justice with service as its guide and love at its core.



OFFICE ADMIN HOURS:

Mon, Wed, Fri - 1PM-5PM
Wednesdays - Working from home

REV. McCUSKER'S OFFICE HOURS:

Starting on Aug 9: Wed, Thu - 10AM-5PM, Sun 12PM-2PM
Fri - Study Day, Sat - Working from home

Contact [Rev. McCusker](#) in case of an emergency or to make an appointment

roddy bell-shelton biggs OFFICE HOURS:

Tue & Thu - 10AM - 3PM

**UNITARIAN UNIVERSALIST
FELLOWSHIP OF FREDERICKSBURG**
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Mindy Littleton 540-288-1010
TBD Youth Member