



May 2022

Join us for the Annual Congregational Meeting

The Annual Meeting for the Unitarian Universalist Fellowship of Fredericksburg, an incorporated religious organization, will be held May 22, 2022 at 11:45 am, immediately following the Sunday service. This will be a multiplatform meeting. Members may participate either in person at the Fellowship or via Zoom at this link: [Annual Meeting](#). The Annual Meeting Packet will be sent on or about May 13. At the Annual Meeting, members will vote on the budget for Fiscal Year 2023 which begins in July, on nominations to the Board of Trustees and the Nominating Committee, and on changes to the Bylaws. In accordance with our bylaws, we cannot accept proxy voting. It is important to the healthy life of our congregation that we have a significant percentage of members participating in this meeting, so hope to see all of you there.

Lois W. Colbridge President, Board of Trustees
Unitarian Universalist Fellowship of Fredericksburg Virginia

TENTH YEAR ANNIVERSARY SERVICE AND POTLUCK

Join us on Sunday, May 1st, as we celebrate the tenth anniversary of our moving into our present building. After the service, RE will hold a Maypole celebration for all to participate, after which the Friendship Committee will host a potluck.

Please come help us celebrate this ten-year anniversary!
~ *The Friendship Committee*

At Your Service Auction! Begins May 14th and ends May 21st with a Live Event!

Your donations determine our success, so plan an outing, host a dinner, throw a party, donate a service, give cool stuff! Grab a form in the UUFF foyer, fill it out and drop it in the box there. Or check your email for a form which can be returned to the auction committee at uuffauctionforms@gmail.com. Deadline for catalog submissions is **May 8th**. Don't wait for the last minute! The Auction will be hosted on 32auctions.com again this year for those wishing to remain socially distanced and then on **May 21st at 6PM**, a **LIVE AUCTION EVENT** will be held at the UUFF.

UUFF Annual Year-End Picnic! Sunday, June 5th, 1 pm at the Home of the Neustatters

Our annual year-end potluck picnic will be held on **Sunday, June 5th, at 1:00 p.m.** at Belle Hill, the country home of Patrick and Paula Neustatter. The picnic is a great way to wrap up our Fellowship year, and as always, will be a day of food, fun and friendship for the whole family.

There's plenty to do for all ages: cool off with a dip in the pool, bring a Frisbee to toss or lawn game to play,

stroll the beautiful grounds, or just relax in the shade as you catch up with UU friends, old and new.

Please bring a large picnic dish to share, and drinks for your family if you'd like. Hearty main dishes are especially appreciated. Water and iced tea will be provided. A lawn chair or blanket to sit on is a must and bring your bathing suit and towel if you'd like to go for a swim.

In order to reduce our use of paper products and plasticware, we ask that you bring a ceramic/plastic dinner plate and flatware with you and a bag to take them home. We would love to have a few people come out on Saturday, June 4th, to help with set-up. If you can volunteer, please contact [Diane Elstein](#) (Phone 540-273-7146).

Our picnic provides UUFFers a healthy dose of old-fashioned outdoor fun, so don't miss this fabulous day in the country...it's well worth the drive!

The Neustatter's address is 15713 Pepmeier Hill Road in Woodford, which is about a 25-minute drive from the Fellowship. Contact [Patrick](#) (Phone 540-809-4435) for further information.

Adult RE Series with Marcia Grimsley

Living More Fully with Marcia Grimsley, Professional Life Coach

The dates have changed but the offerings remain the same! Please join Marcia Grimsley for classes two and three of this three-part interactive series which aims to teach skillful living in today's world while reflecting UUFF fundamental principles. The class will meet from 7:00 - 8:15 in person or online.

Thursday, May 5th: Creating and Maintaining Healthy Relation

The focus of this session will be fostering and sustaining positive and collaborative relationships. Not only will participants learn way to decrease and eliminate potential conflict with friends, family, and community, they will become more skillful at eliminating their own negative judgments and in dealing with difficult people.

Thursday, May 12th: Just for Women: "A Woman's World, A Woman's Worth"

This class is open to all women (including those assigned male at birth) ages 18 and older. This class will explore:

1. A woman's value and uniqueness in today's fast-paced world.
2. Ways to improve self-esteem and enhance self-care and emotional well-being.
3. Raising a more self-reliant family.
4. Carving out time for You, while living a hectic lifestyle.

Please [click here](#) to register or contact our DRE, [Chris Johns](#) for more information.

RE Happenings!

Come Dance Around the Maypole! All are welcome to join Craig Cherry around the Maypole to celebrate Beltane and the arrival of spring! We will meet on the side lawn immediately after service on Sunday, May 1st. No experience necessary. Just come with a willing heart and your dancin' shoes! Questions? Contact [Chris the Dancing Queen Johns](#).

May 8, 11:45 a.m. - 1:45 p.m. - Alpaca Visit at UUFF! The alpacas will bring their friends — the bunnies, ball python snake, gecko, and dwarf goat — for some cuddle time. You'll also be able to feed the animals. All are welcome!

May 14 (exact time to come) - Group Screening of Dr. Strange and the Multiverse of Madness OR Sonic the Hedgehog 2 (for younger children). The RE Committee will pay for tickets of members and friends, ages 18 and under, to see one of the movies listed at a local theater. Parents and friends older than 18 are welcome to attend, too (however, you will need to purchase your own tickets). We will check the [CovidActNow](#) website on May 6; if the Fredericksburg covid rate is "High," we will postpone; if it is "Medium" or "Low" we will see you at the movie! Advance signups will be required; more details will be posted soon. Contact [Susan Park](#) or [Bonnie Rossi](#) for more information.

Next Year's Budget: We Need YOUR Help!

Dear UUFF members and friends,

Having just reached the end of our pledge season for the coming fiscal year, the Board of Trustees now faces the need to make extraordinary and unprecedented reductions in the Fellowship's Fiscal Year 2023 budget. These reductions will cut deeply into the heart of the Fellowship's identity — most painfully of all, to the staff who work with diligence and devotion to make us the community we are.

Can we really do that and still maintain our membership — much less continue to offer the Fellowship as an attractive alternative for liberal religion to the larger Fredericksburg community?

The Board met Thursday, April 14th, with Committee Chairs for a protracted meeting to examine how we might resolve a projected \$65,000 shortfall in revenues. It was as painful an affair as you might imagine, with budget cuts touching almost every aspect of Fellowship life — most importantly on our ability to pay Fellowship staff a fair wage. Indeed, we find ourselves now “cutting beyond the bone” and into the marrow.

The budget challenges we face were in many respects predictable and have indeed affected other institutions such as our own. Over two years into the pandemic, we have lost members — some have moved away; a few major contributors have died or are otherwise no longer in a position to contribute; some others experiencing “Zoom fatigue” have stopped attending.

In normal times, such losses would have been fewer in number, and would have been more than offset by the arrival of new members. But these pandemic years have hardly been normal.

The good news is that in the spirit of shared sacrifice, some have thankfully upped their pledges. Also, notably, Rev. Doug McCusker has voluntarily offered to “go ¾ time” to save additional precious dollars. These, together with the cuts tentatively made April 14th, have indeed helped to narrow the gap.

Nonetheless, we still find ourselves with a \$28,000 shortfall. Such a shortfall would greatly affect our ability to thrive as we move forward, as it would cut into the heart of our programming and activities.

Please... Help us by increasing your pledge before the Board must finalize the proposed fiscal year 2023 budget early next month. This can be done in an email to [Curt Swinburne](#) (Pledge Committee) indicating how you would like to change your pledge, or by using this [link](#) to increase your pledge online.

Sincerely,
The UUFF Board of Trustees

Board Business

A report to the congregation on business acted on by the Board.

On April 14, 2022 the Board of Trustees and the Council of Committees met in joint session. The meeting lasted four hours, as participants dealt with several crucial issues.

- BOT and COC members tackled the question of how to deal with a projected shortfall in income for Fiscal Year 23 which begins in July 2022. Drastic cuts to the budget reduced the projected deficit, but even with these cuts there is a shortfall of \$28,000. For more information, please refer to the special column in this newsletter that addresses the budget.
 - Participants considered a number of suggested changes to the By-Laws and approved a number of them to be voted on by members at the Annual Meeting on May 22.
 - Diane Elstein submitted the report from the Nominating Committee. Several members have agreed to be nominated for positions on the Board of Trustees. However, at this time there are no candidates to serve on next year's Nominating Committee.
 - The Board voted to accept Pati Dunn's resignation as piano accompanist, effective at the end of this fiscal year.
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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.

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. ~Lois Colbridge

Monday Music Group: We're back! We will meet the first Monday of May and June from 6:30-8:30. If all goes well after that we shall meet the first and third Monday of each month. All musicians and aspiring musicians are welcome. All instruments are welcome, even didgeridoos. Masks will be worn in the building. If weather permits, we shall meet outside. For more info, contact [Lee Criscuolo](#).

Women's Group: Meets on the third Monday of the month at 6:30pm. On Monday, May 16, the group will try out a new restaurant for us, Himalayan Heritage, located at 10336 Spotsylvania Ave in Fredericksburg. No reservations necessary – just drop by for conversation and connection. Newcomers are especially welcomed. Check out the UUFF Women's Group on [Facebook](#) or contact [Susan Lovegrove](#).

Day-long Silent Retreat: The Insight Meditation Community of Fredericksburg presents a spring day-long retreat, The Practice of Awareness, led by Todd Drake from 9:00 am to 3:30 pm on May 7 at the UUFF. [Click here](#) for details and to register.

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.

Intergenerational Discussion Group: Are you in the mood for lively conversation? Join the youth at the Fellowship on Sunday, May 8th from 12:30 - 2:00 to discuss deep - or not so deep - topics that concern youth and adults alike. Bring a bag lunch, an open mind and a lawn chair! If the weather is nice, we'll meet outside!

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

Midweek Spiritual Practice: First Wednesday each month, 5:30 - 6:00 PM on ZOOM at [\[Midweek\]](#). This month's practice will be led by Chris Johns, Director of Lifespan Religious Education. Formerly known as Vespers, the Midweek Spiritual Practice is an opportunity to engage with others while practicing together a simple spiritual activity. 30 minutes of community building and spiritual practice before dinner - Priceless!

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.

Wondering Out Loud

Rev. Doug McCusker



I hope you were able to attend our Easter service on April 17th. If you did, you witnessed beauty on so many levels. First, the day was sunny with a clear, deep blue sky. Many of the trees around the Fellowship property are beginning to bloom. The red buds near the entrance are in full brilliance. While most of our flowers are yet to emerge, many people brought lovely flowers from their gardens or local florists for the Flower Communion. When I arrived at 9:30am, the handful of people from the choir who arrived before me brought enough flowers to make the communion table appear full. It stopped me dead in my tracks. Every color of the rainbow was on display. Then, when the choir began to warm up, it was as though two years of pent-up energy was finally being released. They belted out Alleluia's with such enthusiasm. When people started filing in for the service their beautiful smiles preceded them. The sanctuary was filled with light and before long it was filled with the lovely chatter of community. We had visitors lining up to sign in and greeters helping them. Children were dressed up, some carrying baskets for collecting Easter eggs. The service hadn't even begun yet and I already felt that transcending power of beauty and love that religious communities like ours can provide.

The beauty I was feeling hit my senses and my heart at the same time. That is what we long for when we come to church on Sundays. Seeing everyone acknowledge each other's presence; hearing everyone sing hymns together; watching everyone's rapt attention when the choir is singing is the active definition of beauty. One of the silver linings of shutting down the building for 2 years is that now I can re-appreciate with beginner's eyes all the little things that bring beauty to our services.

And let us not forget the beautiful dimension of ritual. This year we chose to make the Flower Communion a joyous occasion. Rather than asking people to approach the table in silence, we played festive music in the



background. People greeted each other in line and shared their flowers. When it was over, I had to acknowledge the palpable energy in the room. It was coursing through my body. And if that wasn't enough, the Easter egg hunt after the service took it over the top. I walked out of the building to witness children running with abandon in the labyrinth field as they discovered hidden Easter eggs. I wish I could have bottled the feeling that came over me. Love is a beautiful thing that comes out when we are together.

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

Please Come Join My Friends and Me

All organizations need the time, talent, and treasure of their members in order to thrive. Elsewhere in this newsletter, the Board of Trustees has a column about the current need for all of us to "give until it helps" regarding treasure.



**President's
Corner**

Lois Colbridge

Supporting the Fellowship financially is one of the requirements of membership. Yet we sometimes don't place much emphasis on the time and talent aspects of giving. I have found that giving of time and talent results in so much more than giving. For me, it has resulted in an abundance of receiving.

I first attended the Fellowship in August of 1998. About 18 months later, I signed the membership book. I waited that long because I wanted to be sure that the Fellowship was the place for me. And there was something else. I grew up in a family that taught me that, if I belonged to a group, I had an obligation to do the work of that group. So, I waited until I was sure that if someone asked me to take on a task at the UUFF, I was willing to do so.

The first task that I took on was to join the Friendship Committee. I enjoyed working on the committee. More importantly, I got to know the other people on the committee through our shared work. I eventually became co-

chair of Friendship. That led to participating on the Council of Committees. In my UUFF journey, I have also dabbled in the RE committee and been chair of Denominational Affairs (twice). A few years ago, I was at a place in my life where I was able to become a candidate for the Board of Trustees. During my tenure on the Board, I have served as secretary and as president (twice).

Through my active participation in the work of the Fellowship, I have developed close friendships with many other members. We see each other at UUFF events, and we also get together and enjoy each other's company outside of the Fellowship.

Members of the UUA Southern Region staff talk about the difference between being a consumer and being a steward. In my experience, it is those who choose to be stewards who form the most meaningful relationships with other congregants. Being a steward does not have to involve a great deal of time. Helping with workdays that the Building and Grounds Committee has on a regular basis. Participating on a committee, which is often easier lately as many of these meetings are held on Zoom, so they don't involve travel time. As we are able to do more in-person, we will need volunteers to help with the Community Meals at St. George's. The Auction Team has been actively recruiting lately. More members on the Friendship Committee can allow that committee to do more events. Frankly, all the committees are in need of more participation at this time.

If you're not sure where to find the niche that is best for you, I invite you to call me, and we can figure it out. My friends and I would love for you to join us.

~ Lois Colbridge

Nurturing Beauty This Summer



I am going to keep it short and sweet this month. Summer will be here before we know it and with it, the opportunity to spend CURRICULUM-FREE time with the children and youth of this Fellowship. After a long, long "winter's nap," it is time to wake up, stretch those volunteer muscles and get some fresh ideas into the classroom. I know the kids love me, but I think seeing some new faces down the RE hallway would be a most welcome sight!

The theme this month is nurturing beauty. Frankly, I can't think of a better - or more important - way of doing that than sharing something that you love, something that brings you joy, something that you are really good at, with our youngest congregants. Not only are these kids ADORABLE but they say and think the most amazing things. They are wise and funny and smart and gorgeous, inside and out. Please reach out soon and let me know that you want to help nurture all their incredible beauty, all summer long.

*Ever hopeful,
~ Chris Johns*

PS If you read this, find me and ask me to sing you Lowell's favorite song.

RE At-A-Glance

Sunday, May 1

May Pole! Immediately after Service! All are Welcome!

YG 12:15- 1:30

MS OWL 12:30 - 2:00 (in-person)

Sunday, May 8

YG Intergen Discussion Group 12:30 - 2:00

MS OWL 12:30 - 2:00 (in-person)

Sunday, May 15

HS and MS OWL 12:30 - 2:00 (in-person)

Sunday, May 22

YG 12:15 - 1:45

Sunday, May 29

HS OWL 12:30 - 2:00

Summer RE Volunteers Needed!

Summer is coming and with it, all the fun of Summer RE! Traditionally, summer is the opportunity for folks to get in the classroom to teach the kids something cool! Do you love making kites? Are you a fan of making fairy houses? Is double-dutch your thing? The possibilities are endless! No curriculum required!! Please email [Chris](#) to say you are willing to join in the fun!

Gratitudes

After weeks and weeks of dedicated service, our fearless OWL facilitators will be wrapping up both the Middle School and High School OWL programs later this month. I will spend the next couple of weeks trying to find just the right words to express my gratitude to Karen Kallay, Kristen Tuxbury and Steve Walk but when you see them, thank them and then thank them again. The gift they have given our youth this year is priceless.

Save the Date(s)!

June 18, 8pm-10pm: Outdoor Movie at the UUFF. Gather at 8pm; the movie will start at 8:30. Snacks will be provided. Movie TBD. Bring a lawn chair and insect repellent.



And You'll Find That You're in the...la, la, la, la

A quick search of Easter music reveals that, while there are many Christian songs and hymns around the celebration of Easter, when it comes to popular songs there are only two that endure: "Here Comes Peter Cottontail" and Irving Berlin's "Easter Parade." "Here Comes Peter Cottontail" was composed in 1949, by Steve Nelson and Jack Rollins, the same team that a year later would write the far more ubiquitous "Frosty the Snowman." Their writing conceptually was based on a song-writing industry trend that began with the creation of the landmark secular Christmas song "White Christmas," released in 1942 by none other than Irving Berlin (More on that another time). So, with all roads leading back to Irving Berlin, let's return to "Easter Parade."

Except "Easter Parade" didn't begin as "Easter Parade." It started out as "Smile and Show Your Dimple" a "cheer up" song for a girl lamenting her soldier boyfriend's deployment during World War I. Berlin wrote this song in 1917 to modest success and, like many composers of his day, had a habit of recycling melodies affixed with new lyrics, if the mood met the moment. And so, in 1933, in the acclaimed musical revue, *As Thousands Cheer*, Berlin wrote the lyrics with which we are more familiar, put them in the mouths of Broadway stars Marilyn Miller and Clifton Webb, and the forgotten novelty melody became an enduring staple of the holiday. Berlin, a shrewd self-promoter, would use the now popular song at least three more times on film: in 1942's *Holiday Inn*, in 1948's *Easter Parade* (where the entirety of the plot was constructed to build toward the performance of the song by Judy Garland and Fred Astaire as the movie's finale), and by animators Rankin and Bass for their 1976 cartoon, *The First Easter Rabbit*. No worries, Cottontail fans: Peter had received his own eponymous Rankin and Bass special five years before.

While the lyrics to "Peter Cottontail" are still reflective of many an American child's experience of Easter – baskets, jellybeans, chocolate eggs, etc – the lyrics to "Easter Parade" have aged less well, feeling much more a part of a bygone era. References to bonnets, parading, Fifth Ave., and the rotogravure (a 19-century printing process) evoke grand nostalgia, but also confusion since most listeners don't tend to Google the lyrics to their songs. Personally, I'm a big fan of both songs, especially "Easter Parade," and a huge proponent (go figure) of celebrating each holiday with corresponding music. Perhaps it's time for a new generation of composer/lyricists to take up the mantle of creating songs for our holidays that are more reflective of contemporary experience? Arbor day carols anyone? I'm all ears.

*Namaste,
Jason*



Spring is here and your Building and Grounds committee is generating a number of projects for the warm season(s). We are accepting volunteers for mowing, power washers (and their operators) to clean the outside of the building, gardeners to tend our Memorial Garden, carpenters to refurbish our sign at the driveway entrance and helpers to assist our tree steward(s). If you are interested in helping with any of these tasks, please contact [Bruce Callander](#).

Consider Being a Hospice Volunteer



Today there are almost 500,000 hospice volunteers across the United States. Volunteers give their time and compassion to patients and families dealing with end-of-life care needs as well as assisting with administrative office needs and bereavement support.

Volunteers range in age from teens to senior citizens. Some volunteers come to hospice as part of their high school or college course requirements. Some individuals experienced the benefits of hospice through the loss of a loved one and now want to give back through serving others during this difficult time. Some volunteers have professional skills or specialized expertise, but most are just empathetic people who want to help and serve their community.

Hospice volunteers can dedicate a few hours a month to several hours a week or on an as needed basis. Normally hospice volunteers receive training to ensure that they feel comfortable performing their requested/assigned care activities.

Normal Activities

- Being present with the patient to allow their caregiver to rest and/or run errands.
- Listening to the patient. They may share their concerns, regrets, and/or areas of thankfulness with you. You may have opportunities to encourage the patient to share their life story.
- Engaging in the patient's hobbies – perhaps reading to them, listening to music, discussing current events or playing a board or card game.
- Assisting the patient to make short trips outside, assisting with phone calls and/or letter writing.
- Visiting with family members/caregivers.
- Visiting pet volunteer if you have a pet that is therapy certified.

Non-Direct Support

- Photocopying, filing and/or organizing supplies
- Assist with mail outs and mail delivery
- Make “tuck-in” calls to patients prior to each weekend to ensure they have needed medications and supplies.
- Make craft items (cards, lap blankets, slippers, etc.) for patients
- Assist patients with yard work, small building and home repair projects

Vigil Support

- Being in attendance at or near the time of death
- Comforting the patient and/or their family
- Knowing who to call and what to do at or near the time of death

Special Services

- Volunteers available Sunday mornings to allow families to attend religious services
- Volunteers with trained pet therapy animals
- Hair stylists who can cut hair in the patient's home
- Musicians who can play for patients in their home or in facilities
- Veterans

How to Volunteer

1. Visit each hospice's website to learn more about their volunteer program.
2. Call each hospice and ask to speak with the volunteer coordinator.
3. Ask the coordinator for details on their specific needs to determine where your skills and interests will be a good fit.

Local Organizations

Mary Washington Hospice	540-741-3580
Compassus	540-924-3058
Hospice of Virginia	540-371-4677

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



At the UUFF Annual Meeting on May 22, the Social Justice Committee will seek the congregation's support of the UUA's proposed 8th Principle, which promotes the building of "...a diverse multicultural

Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

The SJC will also seek the congregation's support in continuing the 8th Principle as our focus project for next year. Though UUFF has made progress on the topic during the past year -through such activities as participation in "Coming to the Table: Taking America Beyond the Legacy of Enslavement" and "The National Pledge to End Racism Initiative" - there is still much work to be done. That's to be expected, of course, given the enormity of the challenge!

Here are some of the related action items the SJC would like to continue to work on during 2022-23:

1. Educate the congregation and greater Fredericksburg community on dismantling racism.
2. Have guided conversations on racial equity.
3. Organize a diverse community in Fredericksburg across racial lines to make connections and heal the toxic effects of slavery and racism via the Coming to the Table project.
4. Partner with churches and communities of color to support their work towards racial equity.
5. Advocate for Restorative Justice, emphasizing healing and accountability rather than punishment.
6. Socialize with our neighbors of color in their events and invite them to ours.

While the 8th Principle has consumed much energy during '21-'22, SJC has continued its interest in issues relate to Climate Change. SJC honored Earth Day (April 22) by showing a virtual climate action film, "Youth v. Gov.," about determined youth suing the government to demand it protect Planet Earth and ensure a sustainable future.

Social Justice requires the action of many dedicated individuals. Please contact [me](#), the Interim Social Justice Chair, to volunteer with this inspired group of UU's.

~ Alane Callander

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](#).

- **May 01: Timothy** "What Kind of Government Would Be Compatible With Right-Libertarianism?"
- **May 15: Stew** "Will Ketanji Jackson be a positive addition to the Supreme Court? Why?"
- **May 29: TBD** TBD



Monthly Theme: Nurturing Beauty

Beauty. We appreciate it. How could we not? We wonder at it. Get absorbed in it. Analyze it, if it's got a frame around it. We make it. Grow it. Point at it. Collect it. Share it. Save it. But how often do we listen to it? How often do we ask, "What is it trying to get me to hear?" Rather than, "Do I like it or not?"

It's just so hard to step outside our mangled view of the world that sees everything in the light of consumption. Not everything is here for our possession. Not everything is here to entertain us. Not everything is meant to be put to use, even you.

We must find our way back, to those questions that were once alive but now are buried deep: "What if beauty is here to make us wise?" "What if beauty is the way the sacred speaks?"

Yes! Yes! It does so much more than decorate. It demands. It calls. It asks for commitment. It doesn't just say

“Love and appreciate me.” It says “Protect me! Fight for me!” It steps out in front of us and points to a precious world that needs our help. It paints a picture of new ways of living and declares, “Follow me there!”

It says, “Even in hell holes I find a way to grow.”

It sings, “This world was made for more than work.”

It whispers, “Use me to heal.”

It pleads, “Nurture a new relationship with me. One that allows me to talk!

So, what is it saying to you?

~ *Soul Matters May Packet*

May 1

Beauty is When Your Heart is at Home, Rev. Doug McCusker

We do not see beauty as much as we feel it. Where chaos and order collide, we are in a beautiful place. No need to describe it. Beauty is when your heart is at home. Ten years ago, we moved into our current location at 25 Chalice Circle and discovered the spiritual beauty of belonging. Come celebrate our home, deep in our hearts.

Dual Platform: In-person and on Zoom

Zoom: [UUFE](#); Meeting ID: 632 068 0813; Password: 838891

Teleconference: 1-301-715-8592

May 8

The Beauty of Imperfection, Rev. Doug McCusker

How do you know if something is beautiful? Have you ever walked in the woods and noticed a tree so gnarly and misshaped that something stirred inside of you? In Japanese culture, Wabi-Sabi is the art of finding beauty in imperfection and profundity in earthiness, of revering authenticity above all. Join us as we explore the imperfect beauty of all living things.

Dual Platform: In-person and on Zoom

Zoom: [UUFE](#); Meeting ID: 632 068 0813; Password: 838891

Teleconference: 1-301-715-8592

May 15

RE Service, Ms. Chris and the RE Children

Join the children and Ms. Chris for a look back on what has been a most interesting year...

Dual Platform: In-person and on Zoom

Zoom: [UUFE](#); Meeting ID: 632 068 0813; Password: 838891

Teleconference: 1-301-715-8592

May 22

Moral Beauty, Rev. Doug McCusker

As Unitarian Universalists, we are drawn to justice because of its moral beauty. We are called to build communities that inspire us to achieve a higher purpose for each other. We are driven by a freedom to love one another beyond belief. All of us have the power to create a beautiful world that transcends our fears and celebrates our differences.

Dual Platform: In-person and on Zoom

Zoom: [UUFE](#); Meeting ID: 632 068 0813; Password: 838891

Teleconference: 1-301-715-8592

May 29

Intent and Impact/Gifts and Callings: A Path Well Taken
Elizabeth B. Shumate, MA, LCSW

From childhood on, Beth Shumate always knew that she was called by the Universe to use her gifts to help humankind. But what was the path to get there? In her talk, Beth shares how, by following her instincts and leveraging opportunities that came her way, she was able to create a career path where she could use her talents in several different ways. From starting as an Art Teacher fresh from college to now working as a psychotherapist in private practice, Beth's trajectory is an example of successfully combining intent and impact, and gifts and callings.

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

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:

Tue, Thu - 10AM-2PM
Fri - 1PM - 5PM
Thursdays - Working from Home

REV. McCUSKER'S OFFICE HOURS:

Tue, Wed. 10AM-5AM, Thu. 10AM - 3PM
Working from home Fri, Sat 10AM - 3PM

Contact [Rev. McCusker](#) to make an appointment

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