



News & Notes

Thanks to all of the generous contributors and bidders who helped make our **At Your Service Auction** on April 12 such a success. Thanks to you, we raised over \$16,500. There are still a few items left, which we will offer in our **Second Chance Auction catalog**. Pick up a copy at the Fellowship, or watch the emailed announcements for an attached copy.

On Monday, May 19 at 7:00 p.m., the **UU Women's Group** will check out Basilico, the Italian deli-style restaurant at 2577 Cowan Blvd., in the shopping center near the rear entrance to the hospital campus. No reservations, no agenda, no action items, no commitments—just drop by! Newcomers are always especially welcome. Check out "[UUUF Women's Group](#)" on Facebook.

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

Music makers of all ages, levels, and instruments are welcome to join our **Monday Music Gathering**, which meets every other Monday in the high school classroom from 6:30-8:30 p.m. (May 5 and 19). For more info, contact Lee Criscuolo.

The **Insight Meditation Community of Fredericksburg** meets on Thursdays in Dragonfly Yoga Studio (810 Caroline Street) at 7:00 p.m. A day-long retreat, *Living with Loving-Kindness*, with Shell Fischer, will be held May 24 at Beth Sholom Temple. For more details, visit www.meditatefred.com.

Don't forget to make your **Amazon.com** purchases by visiting www.uuffva.org first, and clicking on the Amazon logo there. Thanks!

The Board of Trustees Announces the

★ UUFF ANNUAL MEETING ★

Sunday, May 18 • Following the Service

The Annual Meeting will be held shortly after the regular service on Sunday, May 18. This meeting gives members of the UUFF the opportunity to vote on items that are crucial to the success of the Fellowship. In order to conduct business, it is imperative that we reach a **QUORUM OF 33% OF THE MEMBERSHIP**. We need your participation, so please attend.

This year's agenda includes reports from the minister, president, and treasurer. We'll vote on the proposed FY 2015 budget, the slate of nominees for both the Board of Trustees and Nominating Committee for

the upcoming fiscal year, and proposed bylaws changes. Members will also choose four members for the ministerial search committee from a slate of candidates.

More information about the Annual Meeting, including a budget summary, a detailed agenda, and the list of nominees with brief bios, will be sent out to all voting members in early May.

Childcare will be provided during the meeting for those members placing advance reservations. See your Annual Meeting packet for more details.

SOCIAL JUSTICE NEWS



UUFF's **Luis Yac** arrived here from Cantel, Quetzaltenango, Guatemala in September 2006. He and his wife **Jenny Bishop** will be the next Social Justice co-chairs. Luis has sold Guatemalan crafts here to support the schools in his hometown.

The pictures below show the children at Escuela Oficial Rural Mixto and Choquiac Cantel. They are bilingual, speaking Mayan and Spanish. According to Jenny, the children are poor, and when they are brought school supplies, many parents have wept with gratitude. Luis will be heading back in May with supplies bought with the

\$500 from the craft sale at UUFF, including an LCD projector. The next sale of Guatemalan crafts at UUFF is scheduled for June 29.

On **April 24** and **May 8**, from 5:30-7:30 p.m., Jenny will have ESL (English as a Second Language) training for potential UU teachers. We will have an 8-session class this summer to help area adult immigrants become more proficient in English through conversation. Jenny has taught ESL for eight years.

Please consider joining the Social Justice Committee.

—Pat Smith



FROM THE Minister's Desk

Rev. Walter Braman

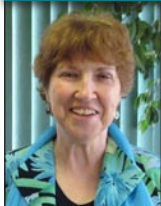


*Home is the place where,
when you have to go there,
they have to take you in.*

—from “Death of the Hired Man”
by Robert Frost

In our last newsletter, Chris Johns pointed out that while we boast of our diversity and acceptance, we do not always do a great job of practicing it. With apologies to George Orwell, I might say that some faith choices are more equal than others at UUFF. This raises a challenge to us all.

PRESIDENT'S CORNER



Our Annual Meeting

With our fiscal year coming to a close, we will hold our end-of-the-year annual meeting on Sunday, May 18. Agenda items include (1) reports from the minister, president, and treasurer; (2) approval of the FY 2015 budget; (3) the election of three new members of the board of trustees, three members of next year's nominating committee, and four members of the ministerial search committee; and (4) voting on the proposed bylaw changes.

Taken together, the reports from the minister, president, and treasurer will provide a thorough overview of the activities of the Fellowship for this year. They will document a trend we can all feel good about—the continued development of a community that becomes ever more active and supportive.

Our budget is the largest ever, thanks to your generosity. The pledging of over \$202,000 is a wonderful milestone, and is consistent with our plans to expand into a more dynamic community.

After much effort, the nominating committee found three members willing and able to serve on the board of trustees.

We are not only diverse, we are uniquely diverse since we are not a blend of believers who could go other places (at least without a stretch). We are, in many ways, like the hired man in Robert Frost's poem in that so many “have to go there.”

Many here are humanists—they have to come here: there is no other faith or philosophical fellowship for them. It is for us to open our doors and our arms and welcome them with joy, so they may doubt, question and search and we can be hungry to learn from them.

Many here are involved in earth centered faith—they have to come here: there is no other faith fellowship for them. It is for us to open our doors and our arms and welcome them with joy, so they may

celebrate the seasons and the earth and we can be hungry to learn from them.

Many here are involved with Buddhism—they have to come here: there is no other faith fellowship for them. It is for us to open our doors and our arms and welcome them with joy, so they may ponder a deeper wisdom and follow a peaceful path, and we can be hungry to learn from them.

Many here are Christian—because they are Unitarian and/or Universalist Christian, there is no other faith fellowship for them. It is for us to open our doors and our arms and welcome them with joy, so they may search another spiritual path and we can be hungry to learn from them.

I know that some of you have been hurt by past faith involvements and practices, and you feel pain from the experience. Share that, but share that by walking with others, and learn the truth that you were most likely hurt not by the practice of a particular faith, but rather by its malpractice.

This is the challenge of Unitarian Universalism. It may be that we overlook the negative power of religious differences or we think we are above this. We are not and cannot be so without an intentional awareness of our religious prejudices and the need to deal with them.

As individual UUs, let us take joy in our own particular journey and the vehicle by which we travel on that journey, but let us also take joy as a community of journeys and paths.

*“Can two walk together except they
be agreed?”*

—Amos 3:2-4

Finding that agreement is the challenge of our faith. Can we accept it?

Love to you all,
Walter

IN OUR HEARTS

Our thoughts are with two UUFFers who are recuperating from injuries sustained in serious falls. **Pat Wall** was hospitalized briefly following a fall which left her badly bruised. **Bill Setzer** took a fall while on a week-long trip to Jordan with wife Valerie, and fractured his pelvis. We send both Pat and Bill our best wishes for a speedy recovery.

—Diane Elstein

May UU 101 Class

become a member. Attending the class does not obligate anyone to become a member.

The class will include lunch and childcare (with reservations), and will be limited to 10 attendees. We will not hold the class unless we have 5 attendees. Reservations must be received no later than May 10. If you need more information or wish to sign up for the class, please contact Anne Little.

—Anne Little

Meet & Greet with Author Steve Watkins

Monday, May 12 • 7:00 p.m.
Ages 13+

L.E. Smoot Memorial Library
9533 Kings Hwy, King George, VA

Creative writers, this is your chance to meet with award-winning local author and UUFF member Steve Watkins! Join Steve to learn more about his new young adult book, *Juvie*, and ask him all your questions about writing and being a successful author in the published book industry. Books will be for sale at this event.

Juvie, published in October 2013, earned a starred review from Kirkus Reviews.



Visit the Events page at www.smoot.org to register. For additional details, contact the Youth Services Librarian at Ysl1@smoot.org or call the library at 540-775-7951.

—Ellie Brown



The Membership Committee will be holding a UU 101 class on Saturday, May 17 from 9:00 a.m. to 1:00 p.m. If you desire to know more about the UUFF and Unitarian Universalism in general, please consider attending this class. Those completing the class will be eligible to sign the book and

COMMUNITY ACTION CORNER

The Fellowship is looking for six servers and four dessert makers for our meals night at St. George's Episcopal Church in Fredericksburg on June 16 and 23. These community dinners serve a diverse population from the local area.

Also, the Fellowship is always looking for people to cook at the Respite Center on Princess Anne St. in Fredericksburg. The center's respite care program offers ailing homeless patients the ability to recover in a cheerful yellow house with nourishing meals. They only need two volunteers for each night to serve eight people. It's very laid back and a lot of fun!

Please contact Curtis Swinburne if you are able to help.

Here are some local charitable events this summer!

June 15: Father's Day 5K benefiting the American Cancer Society. www.bishopsevents.com/event/fathers-day-5k-2

June 29: Hat, Heels & Ties Autism Charity Event. www.zvents.com/fredericksburg_va/events/show/369961643-hat-heels-ties-autism-charity-event

July 12: Summer Glowstick 5K benefiting the American Cancer Society. www.bishopsevents.com/event/summer-glowstick-5k-2

—Curt Swinburne



VEGETARIAN GROUP

Raw Food Uncooking: On Beyond Salads

As summer peeks round the corner, we start thinking about the luscious days ahead. Days of scouring farmer's markets for seasonal fruits and veggies, grilling, cookouts, and fabulous feasts with Mother Nature's bounty. But with summer's feasts comes summer's heat. What better way to stay cool and eat well, than to eat raw?

Join the Veg Group for our last meeting of the "year" (see you in September!) on Saturday, May 3, from 11:30 a.m. to 1:00 p.m., as Dawn Blasko, Nutrition Consultant at Ultimate Family Wellness (<http://fredericksburgchiro.com>), shares some easy raw food recipes and delicious taste tests! Although she started as a massage therapist, over time, Dawn realized that she also had a passion for nutrition. For many years she believed that diet foods, low fat, and fat free foods were the way for her to keep her weight under control. She eventually learned otherwise, and decided to apply for her Masters in Nutrition and Integrative Health at the Maryland University of Integrative Health. She now enjoys educating people on better nutrition choices for a healthier lifestyle for themselves and their families. Dawn loves creating recipes using raw foods because raw foods are so nutrient-dense and filling, and taste amazing!

So join us for this raw food demo (with tastings!) as well as "the best meal in town," our monthly potluck. As usual, we meet at the UUFF, starting at 11:30 with the potluck, followed by the speaker. Please bring a vegetarian or vegan dish to share (or a small donation). Gluten-free and/or raw are always appreciated! Silverware, plates, and cloth napkins are provided. All are welcome—you do not need to be a vegetarian to enjoy the good food and fellowship. We also offer support, a lending library of books and videos, recipes and ideas! Questions? Contact Gloria Lloyd or Christine Carlson.

—Christine Carlson

RE Views

CHRIS JOHNS, Director of Religious Education

Coming Soon to a Fellowship Near You...

This addition of RE Views is all about coming attractions. And trust me, there is a lot, so get out your calendars, your favorite pen and hang on...

First up is the RE service on Sunday, May 18. If you have never seen an RE service, you are in for a treat. This is an opportunity for the kids to strut their stuff, show off some of the really cool things they've learned this year, and let the teachers and assistants know how much they are loved and appreciated. There will be singing! There will be dancing! There will be acting! And if we are very lucky, there may even be an appearance by our old friend, the Can. "The Can? Who's that?," you ask. Sorry, there are some things that cannot possibly be explained. You'll just have to come and see for yourself.

Next up is the summer RE program. "But Chris," you gasp, "that's months away!" Perhaps, but getting all those nifty summer classes lined up is underway! Cathy McNichols has passed the torch, so it is up to me this year to make sure the summer is chock full of fun! The summer is a curriculum-free zone so it is a great opportunity for the kids to learn some really interesting things. Do you sew? Work with plants? Love to tap dance? Are you really good at drawing? The sky's the limit! There are so many talented people in this Fellowship with so much to share! I just can't wait to see how it all shapes up. Remember, there will be two summer classes starting Sunday, July 6

and running through the end of August. Look at all those opportunities to share your gifts! First come, first served!

And last but not least, registration for our very first Con in the new building kicks off on May 1! Wait, what am I saying? That's when registration opens up for the rest of the world. If you are a UUFF High School student, registration begins, well, now. Call Angie Noll or yours truly for information. The cost is \$55.00 per participant, the title is "Drama Con 2014" and the goal is theatrical magic! Between swimming at the Y and a trip to see the latest Children's Theatre offering over at the Riverside Dinner Theatre, *We the People*, the participants will be challenged to dig down deep, get those creative juices flowing and come up with something awe-inspiring! The question is, can 30 strangers come together at 5:00 on Friday, June 27, put together AT LEAST three original acting pieces and present them at the June 29th service, just two days later? That's crazy talk! But you know what? I am thinking we can...

I close with this quote from William Shakespeare:

*O for a Muse of fire, that would ascend
The brightest heaven of invention,
A kingdom for a stage, princes to act,
And monarchs to behold the swelling scene!*

We have the stage and we, ourselves, will be the scene-beholding monarchs. Now all we need are the princes to act. I am giddy with anticipation!

Theatrically yours,
Chris Johns



Ainsley Brown's mother,
Dorothy Elizabeth Smith Paget.

Continuing Our Bonds with Our Mothers

In coming to understand grief, it was once thought best to let go and bring closure after the death of significant people in our lives. But new research has discovered that once a bond has formed, death does not break this bond. Healthy grieving continues the bond, remembering and honoring the lives of those who touched us. This would include the memories that make us smile as well as those that make us sad.

My work at Mary Washington Hospice has reinforced this research. I have had the privilege of listening to hundreds of stories in the support groups and workshops that I have facilitated. These stories have been gifts of the spirit which give meaning to the living.

As a member of the Sunday Service Committee, I find myself thinking often of programs that would be of interest to the Fellowship. One morning while watching the dark turn to light, I had the idea of members of the Fellowship writing about their mothers as a way to continue their bond with their mothers. We would then turn these writings into a Sunday service on Mother's Day.

With the affirmation of the Sunday Service committee, we began the class in January, "Remembering our Moms—Continuing our Bonds." On Mother's Day, May 11, Ainsley Brown, Vashtye Ferguson, Jane Ellen Teller, Sheila Clark, Valerie Setzer, Patrick Neustatter and I will share the legacies of our mothers. We hope we will inspire you to write your own stories and continue your bonds with your loved ones.

—Gloria Lloyd

Sunday Discussion Group

The Sunday Discussion Group meets after the service on most first, third, and fifth Sundays from 12:00-1:00 p.m. in the Clara Barton (Board) room. If you are not on the regular discussion group email distribution and wish to be informed of the meetings, please email Stew Engel. Visit our website at [http://uuffva.org/home/congregational-life/interest-](http://uuffva.org/home/congregational-life/interest-groups/sunday-discussion-group)

[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.

The topics scheduled for the near future are:

May 4: *Is doing a "Medicaid spend down" unethical?*

May 18: *Are college athletes employees?*

—Stew Engel



MAY CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
				Council of Committees 7 pm	1	2 Vegetarian Group 11:30 am	3					
Service 10:30 am UUth Choir 11:45 am Sun. Discussion 12 noon	4	Music Gathering 6:30 pm	5	Mood Support Group 10:30 am Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	6	OWL 7 pm Bldg. Your Own Theology 7 pm Handchimes 7:15 pm	7	ESL Training 5:30 pm Board Meeting 7 pm Great Books 7 pm 817 Caroline St.	8	9	Knitting Circle 12 noon	10
Service 10:30 am UUth Choir 11:45 am	11	Sunday Services Comm. 7 pm Community Action 7:30 pm <i>Marriott</i>	12	Friendship 6:30 pm <i>Marriott</i> Men's Group 7 pm <i>Primavera</i> Adult Choir 7 pm Music Comm. 8:30	13	Handchimes 7:15 pm	14	Social Justice Comm. Mtg. 6 pm	15	16	UU101 9 am Newsletter Deadline 4 pm	17
Service 10:30 am UUth Choir 11:45 am UUFF Annual Meeting follows service Sun. Discussion 12 noon	18	Music Gathering 6:30 pm Women's Group 7 pm <i>Basilico</i> Finance 7:30 pm	19	Mood Support Group 10:30 am Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	20	RE Comm. 6 pm Bldg. & Grounds 7 pm Handchimes 7:15	21	Membership 7 pm Great Books 7 pm 817 Caroline St.	22	23	Knitting Circle 12 noon	24
Service 10:30 am UUth Choir 11:45 am Life Preservers 3 pm <i>Pinschmidts'</i>	25	26	Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	27	Handchimes 7:15	28	29	30	31	SAVE THE DATE: June 8, Picnic		

Activities are held at the UUFF unless otherwise noted. All are subject to change. For contact information for individual members, see the UUFF Directory or call the office.

SUNDAY SERVICES ONE SERVICE AT 10:30 AM

MAY 4

Walking Together

Rev. Walter Braman

How do we "be agreed"?

The Handchimes Choir will perform.

MAY 11

Remembering our Moms-Continuing our Bonds

Gloria Lloyd and Memoirs Group Members

Members of the Fellowship will share sometimes sad, sometimes funny, always insightful memories of their moms.

Music by Alan Kravetz, songwriter/musician

MAY 18

RE Sunday

Chris Johns, DRE, and the UUFF youth

Join the Fellowship youth as they take a look back at the instructional year.

The Adult Choir will perform.

MAY 25

The Right To Die With Dignity

Dr. Lawrence Egbert

The original title for this talk was "Jail Gets One's Attention." Dr. Egbert will review the story of how he became interested in the death penalty and from there to assisting persons who want to hasten the end of life. He will ask us UUs to compare our being liberal with our social activism, and will talk about how others handle the laws on controlling our lives.

UNITARIAN UNIVERSALIST FELLOWSHIP OF FREDERICKSBURG

25 Chalice Circle, Fredericksburg, VA 22405



The Unitarian Universalist Fellowship of Fredericksburg fosters a welcoming and intentionally diverse community of those who seek philosophical, spiritual, intellectual or religious growth in a forum of mutual respect. Affirming the principles of the Unitarian Universalist Association, we value social justice, respect the interdependence of all life and are united by a desire to make ethical decisions on issues of mutual concern.

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Religious Education:

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OFFICE HOURS: Tues., Wed., Thurs., 9:00 am-3:00 pm

Announcement deadline: Wednesday at Noon

REV. BRAMAN'S OFFICE HOURS:

Tuesdays and Thursdays, 9:00 a.m.-3:00 p.m.

June Newsletter Deadline: SAT., MAY 17, 4:00 pm

June Publication Date: May 21.

Email articles to Maryann Brown.