



## News & Notes

Music 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 9 and 23). For more information, contact Lee Criscuolo.

Join the **UU Women's Group** on Monday, March 16 at 7:00 p.m. at **Choi's Korean Kitchen** in Central Park (1625 Carl D. Silver Parkway). 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 out "**UUFF 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.

The **Insight Meditation Community of Fredericksburg** meets on Thursdays in Dragonfly Yoga Studio (810 Caroline Street) at 7:00 p.m. A daylong silent retreat, *The Questions That Can Heal and Set You Free*, with Jonathan Foust, will be held March 21 at UUFF. For more details, visit [www.meditatefred.com](http://www.meditatefred.com).

**Wintery weather?** To see if the service has been cancelled, call the Fellowship at 310-4001, 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).

Throughout the year, don't forget to make your **Amazon.com** purchases by visiting [www.uuffva.org](http://www.uuffva.org) first, and clicking on the Amazon logo there. We earn money with every purchase that results from a click-through from our site. It is simple, free, and adds up to a nice income for the UUFF.



## St. Patrick's Day Potato Feast

FRIDAY, MARCH 13 • 6:30 PM

Join us as we celebrate St. Patrick's Day with a magically delicious **Lucky Potato Feast** at the Fellowship on Friday, March 13 at 6:30 p.m. The Friendship Committee will provide the baked potatoes, light condiments and non-alcoholic beverages for this potato-y potluck. Bring the whole family, along with a favorite potato topping, side dish or dessert to round out the buffet, and/or your favorite beverage (alcohol is not discouraged).



We will have Irish background music, and musicians are encouraged to bring their

instruments if they'd like to share a song. A few activities and games will be on hand or you can bring a family favorite.

All ages are encouraged to attend. We won't be offering childcare at this event, but parents are welcome to bring (and keep an eye on) even the tiniest tots.

And since there's no better way to get to know each other, we'd like to extend a special invitation to those who are new among us. Join us, and get better acquainted at this relaxed, casual get-together celebrating food, fun and fellowship. Hope to see you there!

—Friendship Committee

## At Your Service Auction

SATURDAY, APRIL 11 • 6:00 PM

Auction time is right around the corner! Our popular **At Your Service Auction** on **Saturday, April 11**, gives the congregation an opportunity to bid on a variety of intriguing items and services. Our catalog is always chock-full of fun, entertaining, tasty, practical, handy, time-saving, whimsical, and creative donations.

This is where we're counting on you to help make our auction a success. Think of something you'd like to offer: throw a party, cook a meal, visit a museum, lead a hike, babysit a child, offer a movie night, organize a closet, plant a garden, paint a room. 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).

If you are unfamiliar with the auction, we'll have sample catalogs available at the Fellowship, so you can see the types of offerings we've had in the past.

Donation forms will be available in the foyer and via email in March. The deadline for getting items into the auction catalog

will be **Sunday, March 29**. If you need ideas, contact Maryann Brown.

Auction night is a wonderful event for the whole congregation. The evening includes great food and plenty of time for socializing, and our auctioneers always keep the laughs coming.

The evening kicks off with our Silent Auction at 6:00 p.m. and our live auction starts at 7:00 p.m. The success of the evening depends not only on lots of great donations, but 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.

This year, Ainsley Brown and Lori Izykowski are spearheading our auction efforts. Volunteers to help the evening run smoothly are a must, so if you'd like to lend your services, contact Ainsley.

—Maryann Brown



## FROM THE Minister's Desk

Rev. Walter Braman



*Come into the circle of love and justice.  
Come into the community of mercy,  
holiness and health.  
Come and you shall know peace and joy.*

*—Adapted from Israel Zangwill  
#418 Singing the Living Tradition*

As I write this, the weather is cold, windy and raining and I am feeling so comfortable in the minister's office. But I put on my coat to go out to look closely at our memorial garden. Here in the freezing rain and wind I find a special warmth by the stone wall and circle. It is beautiful and it gives me comfort to know that our story has no end, but is a never-ending circle of love and community.

This Fellowship has followed the advice of Thoreau who told us that there is nothing wrong with building castles in the air – we just need to put foundations under them. UUFF already has a long story of the dream of its own community – and it created such a community beginning sixty years ago; a dream of its own called minister and it called one fifteen years ago; a dream of its own building and it completed the building three years ago.

With its own land, UUFF dreamed of a memorial garden and is now in the process of completing it.

Well done!

To the Memorial Garden Committee who planned it:

To those who gave generously to make it happen:

To members who will visit it to make it real:

To visitors with whom we will share this work of art and extend our circle:

And to those whose names and ashes will be there and complete the circle that is this beloved community:

Thank you all.

If anyone asks, "How do dreams come true?," invite them here... and tell your story.

Love to you all,  
Walter

# SHARING OUR Abundance



What is it that we have in abundance at the UUFF? We have plenty of time to share. We have a bounty of talent to share. We have ample treasure to share. We also have an abundance of conviction – a certainty that the UUFF is where we belong and that the UUFF belongs in the broader Fredericksburg community.

Our convictions are so great that we have engaged in the calling of a full-time minister. Would it not be a great message of abundance for our Ministerial Search Committee to be able to inform prospective ministerial candidates that the UUFF not only met, but exceeded our pledge target for FY16? If each of us increases our pledge by only 3% (\$3 per \$100), we

would exceed the \$216,781 target. What a great testament to the abundance of the UUFF for only a few Starbucks coffees!

For those who are attending the Stewardship Gala, in addition to enjoying the food, entertainment and friendship, please come prepared to make a commitment to the financial abundance of the UUFF with your FY16 pledge. For those who are unable to attend the Gala, you will be contacted in early March for your FY16 pledge.

A great big THANK YOU to each of us for sharing our abundance so that the UUFF can continue to thrive in abundance!

*—The Stewardship Committee*

## PRESIDENT'S CORNER



### Speaking of Abundance

Are you a Chalice Lighter? I am. Twice a year I get a letter from the Southeastern District

of the UUA requesting help for one of the UU churches in the district. They are renovating an old building or hiring a minister or expanding their space and need some help with these expenses. So, I write a check for \$15 and send it off in the mail (because I am a Luddite). I could also send it online.

My small check is one of many from the UUFF, and our Fellowship is one of many in Virginia. The Southeastern District covers many states. So you see how it works: \$15,000 becomes available for a small church that needs and wants a minister but could never afford it alone.

Our Fellowship has benefited twice from Chalice Lighter grants. The first time was when we had our first full-time minister, Rev. John Rex. The UUA subsidies ended after two years and we applied for a Chalice Lighter grant. The money from Chalice Lighters allowed us to pay his salary for another year.

The second time was soon after we moved into our new building. We needed many things but applied to Chalice Lighters for the sound panels that are now in the main hall of our Fellowship. This extra bit of money allowed us to get rid of the echo effect that so many folks complained about in those first months in the new building. It was truly a godsend.

It is easy to be a Chalice Lighter: send your name, address and tell them that you are from the Unitarian Universalist Fellowship of Fredericksburg (no abbreviations). Mail your information to: Southern Region Chalice Lighters, PO Box 560246, Orlando, FL, 32856. Send NO money. You will receive a call within 6 months or so to help a congregation in need and then you send out your \$15 check. Easy. Or visit <http://www.seduua.org/clsed.html> for more information or to sign up online.

It feels good to write that check, knowing that it will help another UU congregation. I expect that one day it will come back to us because we hope to be the recipient of another grant in coming years.

We are focusing on Stewardship this month, and pledging to support our Fellowship. Let's go one step further from our place of abundance, and become a Chalice Lighter.

*—Jane Ellen Teller*



# RE Views

CHRIS JOHNS, Director of Religious Education

Earlier this week, I had a lovely meeting with Reverend Walter. I do that from time to time. I give him a call and see if he's free. Then I spend an hour or so sitting in his office, sharing what's new – in RE, in my life. Sometimes I am not sure if I am there as the Director of Religious Education or as a long-time member of this Fellowship. It's hard to tell. Those lines can get a little blurry now and then. I'm sure you understand.

Anyway, this month's conversation was most decidedly centered around the new minister, whoever that may be. As excited as I am for this new chapter in our community's life and as much as I know we need this, I confess that I am a little nervous about this huge change that is careening towards us. I showed up in our part-time reverend's office with a burning question. What should I expect?

Well, to be fair, I don't know if there was any way Walter could have possibly answered that with any real certainty. There are so many variables. But as always, Walter's advice was soothing to this DRE's heart. Know what I want, know what we want as a committee and be ready and willing to be flexible. I can do that.

As I was preparing to leave the office that day, he made me promise that I would dedicate one of these articles to my credentialing process—before the end of the

year. And I will. But this month? I would like to dedicate this article to Reverend Walter. As I stood to leave, I thanked him for all that he has done for me over the last four years. And yes, I did get teary. I wouldn't be me if I didn't. But Walter is the only minister that I've worked with as Director of Religious Education. He was there as I walked nervously into my first VACUUM meeting (VA Conference of UU Ministers which now includes Religious Educators), and he pointed to the seat next to him, which I gratefully accepted. Through times of high stress, through times of triumph, Walter has been there with gentle words of support, comfort and encouragement. I owe a lot to this man.

Come to think of it, when Max, our two little girls (Taylor was not yet a twinkle...) and I walked into this Fellowship for the very first time, Walter was in the pulpit (Easter 2000). It was Walter who facilitated my own UU101 class and Walter who was there when I signed the book. And it is Walter who guided me through my first baby steps as your Director of Religious Education.

So next month, I will talk about credentialing and what that means for all of us. But this month, I just want to say thank you, Walter, for every little thing...

With a grateful heart,  
Chris Johns

## VEGETARIAN GROUP



### Mindful Eating

Have you ever spent hours preparing a meal and in less than 10 minutes eaten it without really experiencing the flavors? Have you ever anticipated a delicious meal and then gobbled it down without thinking?

Mindfulness—intentional, present moment awareness—is a practice that can be applied to any human activity including eating a meal. Mindful eating can be satisfying to us and nourishing to our bodies.

Bill Brooks, a certified meditation teacher, will be our speaker for the next vegetarian meeting. Bill writes, "By eating mindfully, we can acknowledge our responses to food without judgment, which allows us to change our relationship with food over time."

Join us at the Fellowship on Saturday, March 7 from 11:30-1:00 for a vegetarian potluck lunch and then learn about mindful eating. We welcome all. You do not need to be a vegetarian or a member of the Fellowship. Most who attend the Vegetarian Group meetings are not members of the Fellowship, making this group a great outreach for us.

Bring a vegetarian potluck dish (or small donation), enjoy the "best lunch in town," and learn how to be more mindful as you savor your food. If you need additional information, contact Gloria Lloyd.

—Gloria Lloyd

## Coming to a Fellowship Near You! Elementary OWL

It's finally here! The Elementary OWL (Our Whole Lives) sexuality education program will kick off on Wednesday, March 11 with the infamous Parent Orientation, and run Wednesdays from March 18 until May 13. If you have a 4th, 5th or 6th grader who would be interested in taking the class, contact Chris Johns for more details and registration information.

—Chris Johns



## SOCIAL JUSTICE NEWS



Good news from the Virginia General Assembly! Both anti-immigrant bills were defeated. Dreamers will keep the right to in-state tuition and principals will not have to intimidate immigrant children by requiring proof of immigration status at enrollment. But there is still much work to be done.

We are working hard in our area in coalition with local immigrant rights groups to help members of our community prepare to apply for DAPA and the expanded DACA, the deferred deporta-

tion programs President Obama created through executive action. However, while these programs are a big step forward, they are temporary and offer no path to permanent legal status.

Please keep a lookout in the announcements and contact me to join our listserv to stay informed about events in our community concerning immigration reform and other issues of social justice.

—Jenny Bishop

# ArtsBeat

Spring is almost here and I haven't written an Arts Beat since 2014 so let's get everyone caught up. The Adult Choir is as busy as ever. We have welcomed two new tenors, that's right, TENORS, in the last few weeks. Welcome **Ed Rodriguez** and **Joe Devaney**. We are so proud to have you both in the choir. Handchimes has also welcomed a new member into our clutches, **Christie Bayha**, and seen the retirement of **Val Setzer** from regular performance. Christie, welcome aboard. Valerie, thanks for the memories; you are missed.

Handchimes performs next on March 1 with two rustic offerings: "Ashoken Farewell" and "Shenandoah." They have practiced long at these. Come check them out.

**9 to 5** will open soon at Riverside. I music directed this one that will again guest star Sally Struthers. It is selling briskly, so get your tickets fast. **9 to 5** plays March 7 through May 3. Also at Riverside, **Chris Johns** has directed a highly acclaimed production of *The Pied Piper*. **Taylor Johns** is featured in the show, as is UUFF friend **John Forgione**. Now running, *Pied Piper* runs till March 14. Catch it while you can.

**Caroline McNichols** is stage managing Riverbend High School Drama's production of *Oklahoma* from March 5-7. **Christie Johns** will play flute and piccolo in the orchestra. Showtime is 7:00 p.m. and tickets are \$10. Come out and support our talented UUFF teens!

Out of town, sometime singer with the choir and my sister-in-law, **Mary Anne Furey**, has hit the road for a spring tour of *Jack and the Beanstalk* with Virginia Rep's Theater IV. And last month in Philadelphia, out of 126 ballerinas in the Senior Classical Division, **Morgan Johns** placed second at her ballet competition, qualifying her for the Youth America Grand Prix Finals in New York this April. Congratulations, Morgan!

If you are involved in an arts activity and would like me to make mention of it in a future Arts Beat, please drop me an email with some information. I would love to know more about what our Fellowship is up to, and would be happy to include it in an upcoming newsletter.

Adult Choir rehearses 7:00 p.m. Tuesdays, Handchimes rehearses 7:15 p.m. Wednesdays, and UUFF Choir is on Sunday mornings at 11:45 a.m. I hope to see you there. Namaste.

—Jason Michael, Music Director



## COMMUNITY ACTION CORNER



### Rebuilding Together

The Fellowship will be participating in **Rebuilding Together** again this year. This program helps repair and rehabilitate homes in the area for those in need. We are looking for volunteers to help with these home repairs on Rebuilding day and for a few hours leading up to Rebuilding day. Rebuilding day is on the last Saturday in April, the 25th.

The Fredericksburg affiliate of Rebuilding Together is part of a national organization whose focus is on low-income homeowners, particularly those who are elderly, disabled, or are families with children. For more information on the local organization, visit [www.rebuildingtogetherfbg.org/Pages/affiliates.aspx](http://www.rebuildingtogetherfbg.org/Pages/affiliates.aspx).

Please contact Curt Swinburne if you would like to volunteer.

—Curt Swinburne



## Young Adult Spring Lobby Weekend

March 14-17, 2015

Calling all young adults age 18-35 interested in climate justice! UUSC and the UU College of Social Justice are working together to pilot new skills-based trainings that combine learning and hands-on advocacy opportunities.

Our first venture will be a 4-day training in Washington, D.C. The Spring Lobby Weekend will feature a "deep dive" look at current climate justice issues and the need for changes in federal policy. We'll offer lobbying training and Capitol Hill meetings with legislators. We're part-

nering with the Friends Committee on National Legislation and the Franciscan Action Network, so participants will have a chance to work with young adults from various faith traditions. There will also be some optional fun free time activities.

The event is open to ages 18-35. Registration fee is \$50 (regular) and \$25 (low-income). Housing costs will be approx. \$35 per night. Registration deadline is March 1. Space is limited, so register early! For info and registration, visit <http://fcnl.org/events/slw>.

## IN OUR HEARTS

We were so saddened to hear that our friend and former office administrator, Nancy Cahill, died in February in Denver, Colorado, where she had moved to be closer to family. We send our love and prayers to her loved ones.

## COFFEE TALK



We're delighted to hear of the arrival of **Margie** and **Howard Heppe's** first grandbaby, **Clifton Punzelt Heppe**, on February 10. Proud parents are Scott and Erica Heppe. Congrats on your new addition to the family!

Congratulations to **Bill Brooks**, who welcomed his newest grandchild, **Giovanni Edward Bottone**, on December 17. Giovanni's parents are Alexandra and Cory Bottone, and big sister is Sophia.

Kudos to **Jim Yeatts's** father, **James E. Yeatts**, who received the Legion of Honor, France's highest decoration, for his role in ridding France of Nazi occupation in WWII. Mr. Yeatts served in nearly every major battle during a 320-day period, not only on French soil but also in Belgium, Germany and at the Battle of the Bulge. At the ceremony, his exceptional fortitude and bravery were cited.

# MINISTERIAL SEARCH UPDATE



## Frequently Asked Questions:

### Was the search committee able to consider all the UU ministers in search?

The committee could only consider those ministers who first expressed an interest in us, after reviewing our online congregational record. We were then given access to the ministerial records of those ministers who chose us as a potential match, and we were able to select our best candidates from that pool. Having ministers choose us first insured that we focused our energies only on those ministers with whom there was mutual interest.

### How could any minister not be interested in the UUFF?

I know, we're so great, right?! Nonetheless, ministers are often searching for a particular geographic location, are looking for a congregation of a specific size, or have certain salary requirements. There may be personal needs to take into account, such as employment opportunities in a partner's career field. Some ministers may prefer a position as part of a ministry team, rather than as sole minister. And for others, our needs and interests simply don't dovetail with their skills.

### How did the search committee narrow down the list of interested ministers?

The ministerial records of all interested ministers were made available to us for careful review, and we then exchanged information packets with them. For those candidates that rose to the top of our list, we arranged lengthy Skype interviews,

which included questions that touched on a variety of aspects of ministry. From these interviews and the candidates' packets, including consideration of their sermons, worship skills, pastoral care experience, religious education interests, and much, much more, we came up with those ministers we felt would be the best fit for our congregation.

### What is a "neutral pulpit"?

We arranged weekend visits with our top candidates in February and March. These visits enable the candidates to get their first look at Fredericksburg, and include ample time for deeper conversations with the committee. On Sunday morning, the committee travels to another UU church to see the candidate preach at a "neutral pulpit" (a church other than ours or theirs). These visits are confidential to protect the privacy of the candidates, so specific details will not be made public.

### What happens after the committee chooses the best candidate?

After we have spent time with all of our top candidates, we decide which of them would be a great fit for the UUFF. All churches in search make their offers to their preferred candidate on the same day in April. Ideally, this minister will accept our invitation to "candidating week" which will occur in April or May. This Sunday-to-Sunday week of activities gives the congregation the opportunity to attend two worship services led by our ministerial candidate, as well as a

number of other events designed to help us get to know the new minister more fully.

Candidating week culminates with the congregational vote on the new minister.

### Why do we only get to see one candidate?

In accordance with UUA guidelines, congregations in search entrust the search committee to make the best choice. The committee has spent many hours (so many hours!) defining the needs and wants of the congregation, reviewing candidates' materials, interviewing them extensively, hearing them preach, and evaluating whether they can provide the skills we need. If we were to bring two or more candidates before the congregation for a vote, this would split the congregation and cause unnecessary conflict. Those whose choice wasn't ultimately selected would likely feel upset, disappointed, or slighted—not a good recipe for the start to a successful ministry.

### What if the search process doesn't work out?

From time to time, this does happen. This doesn't mean we've failed, it just means that we've done our best to find the right match, but are unwilling to settle. Later this year, there is an opportunity for candidates and search committees to reevaluate their choices, and new possibilities may arise. If not, we have done all of the preparatory work necessary for the UUFF to continue the search in the future.

— Ministerial Search Committee

## Sunday Discussion Group



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

**March 1:** When do we have an obligation to get involved in another country's affairs?

**March 15:** How long can we stand low gas prices?

—Steve Sanders

## SUUSI 2015 Venue Change

This summer, the Southeastern UU Summer Institute will return to the campus of Virginia Tech. SUUSI is often called "UU summer camp," a week of workshops, nature trips, recreation, music, worship, and social activities for all ages, attended by around 1,000 UUs.

SUUSI has most recently been held in Radford, VA, and Blacksburg is just 14 miles away. This means that the nature program will be able to continue as planned. Blacksburg is a vibrant community, and the campus there is familiar to our longtime SUUSI attendees. For more information, visit <http://www.suusi.org>.

# MARCH CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Service 10:30 am <b>1</b> UUth Choir 11:45 am Parenting Circle 11:45 am Sun. Discussion 12 noon	<b>2</b>	Adult Choir <b>3</b> 7 pm Men's Group 7 pm <i>Primavera</i>	Mood Support Group 10:30 am <b>4</b> Handchimes 7:15 pm	CoC Meeting <b>5</b> 7 pm	<b>6</b>	Veg Group <b>7</b> 11:30 am
Service 10:30 am <b>8</b> UUth Choir 11:45 am Teen Girls' Group 12:30 pm	Sunday Services <b>9</b> Comm. 6 pm Music Gathering 6:30 pm Community Action 7 pm <i>Marriott</i>	Friendship <b>10</b> 6:30 pm Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	Elem. OWL <b>11</b> Parent Orientation, time tba Handchimes 7:15 pm	Board Meeting <b>12</b> 7 pm RE Comm. 7 pm Great Books 7 pm	St. Pat's <b>13</b> Potato Potluck 6:30 pm	Knitting <b>14</b> Circle 2 pm
Service 10:30 am <b>15</b> UUth Choir 11:45 am Social Justice Comm. 11:45 Music Comm. 11:45 am Sun. Discussion 12 noon	Women's Group <b>16</b> 7 pm <i>Choi's</i> Finance 7:30 pm	Adult Choir <b>17</b> 7 pm Men's Group 7 pm <i>Primavera</i>	Mood Support <b>18</b> Group 10:30 am Bldg. & Grounds 7 pm Handchimes 7:15 pm Elem OWL, time tba	Membership <b>19</b> Comm. 7 pm	Drum <b>20</b> Circle 7 pm <i>Hugh Teller's</i>	Daylong <b>21</b> Meditation Retreat
Service 10:30 am <b>22</b> UUth Choir 11:45 am Teen Girls' Group 12:30 pm Life Preservers, 3 pm <i>Pinschmidts</i>	Music <b>23</b> Gathering 6:30 pm	Adult Choir <b>24</b> 7 pm Men's Group 7 pm <i>Primavera</i>	Handchimes <b>25</b> 7:15 pm Elem OWL, time tba	Great Books <b>26</b> 7 pm	<b>27</b>	Knitting <b>28</b> Circle 2 pm
Service 10:30 am <b>29</b> UUth Choir 11:45 am	<b>30</b>	Adult Choir <b>31</b> 7 pm Men's Group 7 pm <i>Primavera</i>	<i>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.</i>			

## SUNDAY SERVICES ONE SERVICE AT 10:30 AM

### MARCH 1

**Leap of Faith...  
or Foolishness?**

*Rev. Walter Braman*

How do we tell  
the difference?

*Handchimes Choir performs.*

*Lay leader: Susan Calhoun-Sousie*

### MARCH 8

**Drama Con 2015**

*Chris Johns, DRE, &*

*Drama Con participants*

After a long weekend of community, theater games and serious brainstorming, Chris Johns and UU high school participants will present their original drama creations to our congregation.

*Lay leader: Kirsten Willis*

### MARCH 15

**Beware the Ides of March**

*Rev. Walter Braman*

Is there a sane way to  
handle power?

*Adult Choir performs.*

*Lay leader: Charles Lopez*

### MARCH 22

**Standing in the River, Bill Brooks**

How is life different when we mindfully stand in the river of life, witnessing and accepting whatever is presented in each moment? UUFF member Bill Brooks teaches meditation and yoga practices.

*Lay leader: Patrick Neustatter*

### MARCH 29

**Painted Birds, Paul Metzger**

Large scale immigration presents similar, difficult issues throughout the world. In the U.S., successive waves of immigrants have met with mixed receptions. The history of U.S. immigration and its economic consequences, seen as part of global immigration patterns, may help illuminate the current policy debate and suggest a way forward. Paul Metzger, attorney and retired clerk of the Spotsylvania County circuit court, was director of legal and financial studies in the UMW graduate school, and has taught at UMW and Georgetown.

*Lay leader: Bob Seward*

## 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.*

### Minister:

Rev. Walter Braman 310-4001

### Treasurer:

Ron Wasem

### Religious Education:

Chris Johns

### Newsletter Editor:

Maryann Brown

### Office Administrator:

Nancy Michael ..... 310-4001

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*Fellowship Email: [uuff@verizon.net](mailto:uuff@verizon.net)*

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

**OFFICE HOURS:** Mon., Wed., Fri., 9:30 am-3:00 pm  
**Announcement deadline:** Wednesday at Noon (firm!)

**REV. BRAMAN'S OFFICE HOURS:**

**Tues. & Thurs., 9:00 am-3:00 pm**

**April Newsletter Deadline: SAT., MARCH 21, 4:00 pm**

**April Publication Date: March 27.**

Email articles to Maryann Brown.