



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. (January 4 & 18). For more information, contact Lee Criscuolo.

Warm up with the **UU Women's Group** on Monday, January 18 at 7:00 p.m. at **Grioli's** at Cosner's Corner, 9841 Jefferson Davis Hwy. Enjoy casual conversation, with no agenda, no action items, and no reservation needed—just drop by! This is a great way to get to know people, so newcomers are always welcome. Check us out on Facebook: <https://www.facebook.com/groups/303460327502>.

The **UU Men's Group** meets each Tuesday evening at 7:00 p.m. at **Prima-vera 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. for sitting and walking meditation, or Mindful Listening. Our winter daylong retreat, *Forgiveness as Practice and Pilgrimage*, will be held on January 30 from 9:00-3:30 at the UUFF. For more details, visit www.meditatefred.com.

In case of inclement weather, call the Fellowship at 310-4001 to see if services or events have been cancelled, visit our website at www.uuffva.org, listen to radio station B101.5, or check www.b1015.com.

Throughout the year, don't forget to make your **Amazon.com** purchases by visiting 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.



Chili Cook-Off

Saturday, January 30 ■ 5-8 pm

Think your chili is something special? Put your recipe to the test against fellow UUFF chefs in a battle of the best in our second annual Chili Cook-Off on Saturday, January 30!

Talk about chili can get serious, with regional loyalties and level of heat sparking plenty of debate. To satisfy all chefs, we'll have two judging categories, carnivore and vegetarian, and every possible variation is welcome. We will let the people decide whose chili rules with fan favorite awards in both categories. Fabulous prizes will be awarded!

If you would like to join the competition, please contact Susan Lovegrove (226-4748, gabeness@yahoo.com) by January 28 with the category you will be entering. Your chili must be fully prepared and in a crockpot. Nothing can be heated or cooked at the Fellowship.

If you don't want to prepare a chili, please bring bread, salad, or another side dish to contribute to the occasion. The Friendship Committee will provide drinks and there will be a cooler for BYOBeer.

—Friendship Committee

UUFF Gallery Presents January Photography Show

Show Opening Sunday, January 3 ■ 11:30 am

In January, the UUFF Art Gallery presents a show of photography by our own **Seth Craig** and guest photographer, **Saeed Ordoubadi**. Seth's work spans 15 years of travel across the globe, with an eye towards the natural world and native cultures. Seth captures the rich biodiversity of our planet, while infusing each piece with a sense of spirituality and universal meaning. Saeed's work is also influenced by his travels, and includes faces, communities and landscapes. This promises to be an exciting and thought-provoking show. Our January show opening will be held on Sunday, January 3, with a reception following the service, from 11:30 until 2:00 p.m.

Thanks to all who worked to make Barbara Kenny's show in November a great success. She was very pleased to see many old friends and to share her latest work. Barbara sold 16 of her 35 paintings, 11 of which were from outside of the Fellowship's membership.

December's Holiday Show of work by UUFF members and friends opened with



Seth Craig stands in front of an image of an elephant he photographed on his travels.

an impressive 19 entries, including five by children. This show was particularly special because some artists had never had the opportunity to share their work. Often, compliments from viewers can provide a unique sense of pride for the artist. We appreciate the support that all of our artists have been receiving, and look forward to bringing more art to our halls in the new year.

Happy holidays,

Anita Holle, Amy Bayne,

David Lovegrove and Susan Ohle

Wondering Out Loud

Rev. Doug McCusker



As I write this column, I'm giddy with anticipation of my first holiday season at the Fellowship. The pageant folks have been rehearsing all week, the Adult Choir is singing all over town and on the radio, and the building is decked out with greenery. The poinsettias are being ordered and on Sunday the Christmas tree will be trimmed. The calendar is full of social events like the Art Reception, Yule Celebration and the Hors d'Oeuvre Buffet. And then there is the Christmas Eve candlelight service, which is one of the high points of the church year. This is truly a special time in the life of the Fellowship. I can't wait! I'm like a child waiting for Santa to arrive.

In the midst of all that celebration, the world around us lurches between demonstrations of fear and hate and love and peace. The full display of humanity,

from our best to our worst, is playing out in front of us no matter where we go. Last night, I joined a contingent of about 20 congregants who went to the Islamic Center for an open house social event to meet and show our support for the Muslim community. The reception was wonderful. Over a hundred visitors crammed into their masjid which has become too small for their needs. This was being held in lieu of a previously scheduled community forum on the relocation of the masjid that had to be postponed in the interest of safety. Unfortunately, certain elements in our community were successful in shutting down the previous meeting with vicious invectives against Muslims. And yet, in spite of this shameful act of hatred, the Islamic Center was overwhelmed with love and support from a large segment of the community. There is a lot of work to be done right here in our backyard to counter the vile forces of hate and fear. Reaching out to our neighbors and coming together in solidarity is a first step.

Recently, I joined a fledgling interfaith group of clergy here in Fredericksburg who are united in support of freedom for

all religions, especially for the Muslims who are currently under attack. So it is fitting that as we launch an experiment in theme-based ministry here at UUFF, we will start with Freedom in January. I will be preaching on the subject, our religious education program will include stories and lessons, the choirs will perform music and the social justice committee will include programs centered on Freedom. And once we get our Chalice Groups off and running, they will be discussing the themes in their small groups. Every month we will have a new theme, which will enable us to integrate our ministries and delve deeper in our exploration of issues that affect our faith and how we act in the world. February's theme will be Giving, March's will be Spirituality, in April we will explore Environment, and in May it will be Peace. So as the holidays approach, I am inspired by the enthusiasm of our Fellowship to explore, serve and celebrate with our community as neighbors and friends. May you find peace within your heart so that together we can build a beloved community with justice for all.



President's Corner

Valerie Setzer

It's still mid-December as I write this for the January newsletter. The meaning behind many religious holidays this time of year is to focus on giving, service to those in need, appreciation for good fortune, assessing our lives, focusing on spiritual beliefs, and formulating goals for the coming year. Our UU faith values religious diversity and tolerance, but some religions throughout the world are the antithesis of ours. If you find yourself experiencing disbelief, sadness, anger, shock, or uncertainty about all that's happening here and abroad, innumerable questions may come to mind. Why? How does one justify terrorism, blatant prejudice, and egotism? Was the goal to end terrorism via this never-ending war, during which we've lost so many lives, really attainable? How do we avoid being fearful and reactionary? How can we deal with our inability to make a difference,

especially with increasingly frequent forecasts of environmental degradation due to climate change? And how do these types of tragedies impact our religious or non-religious views? Many people gain or lose faith in the wake of public or personal disasters, and consequently find their outlook on life to have changed entirely.

"There is a saying in Tibetan, 'Tragedy should be utilized as a source of strength.' No matter what sort of difficulties, how painful experience is, if we lose our hope, that's our real disaster."

—Dalai Lama XIV

Retaining hope for our own sakes via whatever means available is important. But as our RE attendance has grown, it's become evident just how significant the impact of our UUFF community is to the children in our Fellowship. Please ask yourself, "How do we help our children succeed in retaining their hope and positivity about the future?" I no longer have cable TV, but have the ability to watch live news on television apps, in addition to newspaper, public radio, and other broadcast news shows. *Sky News*, a British live

news program for an international world perspective, and *CNN News Live* provide a fairly well rounded viewpoint.

On a recent *CBS Sunday Morning* show, there was a live interview with a father and his two young sons. He asked them if they'd like to be made aware of unhappy or tragic events in the world. Initially, they shook their heads "No," but then said it would depend on the event. The youngest said he'd want to know if the U.S. was at war and lost.

Parental discretion must filter what children need to know, and how much. Preventing their exposure to some events, such as 9/11, may be impossible. It is important to reassure them, by being available in a safe space, answering their questions, and addressing their concerns. One's chosen spiritual path may offer comfort to the young via stories, poems, art, religious scriptures, a "peace" candle, prayer, or meditation. But I urge you, our UUFF members and friends, to be cognizant of how vital our role in their lives is.



I enjoy this time. I enjoy looking back on the old year. What did I do well? What could I have done better? I have to say, from where I'm standing, 2015 was a good year here at the UUFF. I am working with a called minister for the very first time in my four and a half years as your Director of Religious Education and I think it's going pretty well (insert smiley face emoji here...).

In September, I completed my credentialing process and can now write "CRE" after my name (which stands for Credentialed Religious Educator). I attended my very first LREDA (Liberal Religious Educators Association) conference thanks to all of you and was overwhelmed by the community and connections I found there. Back at home, our ranks are growing—and growing and growing! The SoupRE Sunday Series, which includes Middle School OWL (Our Whole Lives), Coming of Age and various Adult Ed opportunities, is going well and I assume will continue to do so. And of course, the Pageant. I am particularly proud of this year's offering.

But that's last year's news. What about 2016? I am not a big fan of resolutions. I've made—and broken—far too many. So I won't make one now. But I am a fan of seeking ways to grow and change (for the better...) and opportunities to move forward. Sometimes I have to wait for months and months for those chances to make themselves known, but not this year!

One of the concepts that I heard about while I was credentialing is something called "Themed Ministry." Each month a new theme is chosen and that theme is applied to both the services and the lessons. I was thrilled to hear that Reverend Doug was planning to introduce this "new" idea here at the UUFF and had chosen January to kick off this adventure. Themed Ministry is a wonderful opportunity for us to connect what happens in the RE classrooms to what is happening out in the main hall. And vice versa!

The theme that Reverend Doug has chosen for this month is Freedom. I think he might be a little psychic. Given the cur-

rent state of things here in Fredericksburg, I can't think of a better theme to kick off this new program. This offers us an opportunity to look beyond our walls and create connection for our children—and ourselves—to what is happening in our community in powerful, meaningful ways. Freedom is not just about "me" or "us," it is about "them," too. How can we be free if they are not?

So, the big, scary question is how will this be achieved? How will our curricula be modified and expanded to include this new theme idea? Honestly? I'm not sure, but I will figure it out and our classrooms will be the better for it. I know I will have help—from Reverend Doug, from colleagues, from leadership within the Fellowship, from you—and I'm excited to take this challenge on and see where it takes us.

So, Happy New Year! Let's move forward and step into 2016 together! The next adventure is about to begin...

Peace,
Chris Johns, CRE

Family Fun Events

Calling all RE families! The RE Committee has decided to try offering monthly family fun events as a way for our families and kids to get together and have fun outside the Fellowship!

Sarah Dewees and I have put together an exciting schedule for 2016, and we hope you'll join us at our kick-off event, ice skating at the Prince William Ice Center! We will meet there on Saturday, January 23 from 1:00-2:30 p.m. Admission is \$8 per person, and skates are an extra \$2 if you need them (you can bring your own). If we have 20 or more skaters, we will qualify for a group rate.

Please email me and let me know how many plan to attend. Visit www.pwice.com for directions and more information about the rink. Hope to see you there!

—Susan Kosior



Chalice Groups Help Us Connect



In the past, the UUFF has had "Community Circles," small groups led by trained facilitators that met regularly for discussion and reflection. As most of these groups have run their course, we're looking at new ways to help members and friends get to know each other more deeply. In the coming months, we will be initiating Chalice Groups, a new take on circles of connection.

Chalice Groups are a form of adult religious education, and will provide the opportunity to explore meaningful topics with other members of our community in groups of eight to ten members. Each will meet on a regular schedule decided by the group, and are ideally based on the geographical location of participants. All of the Chalice Groups will focus on monthly themes designed to tie together our services and activities, and pertinent questions and topics will be provided to guide each month's dialogue.

We will be reaching out to individuals we hope will consider facilitating a Chalice Group. There will be facilitator training for those who volunteer. Stay tuned for more information about Chalice Groups as they develop!

—Val Setzer

ArtsBeat



Happy Hanukkah, Christmas, Kwanzaa, Festivus, or assorted other holidays, everyone! The artists and performers of UUFF have been ceaselessly busy in their endeavor to bring holiday cheer to the area this year. On December 9, the Handchimers performed at the Dorothy Hart Senior Center to great acclaim and great ham! The Adult Choir performed live on the radio for 104.5 the evening before. **Miriam Liss** just wrapped up Stage Door Productions' *The Best Christmas Pageant Ever*, **Bob McNichols** played with the Stafford Regional Handbell Society, and **Ed Rodriguez** sang *Messiah* with the Fredericksburg Community Chorus. **Lee Ann Tate** is onstage this holiday as well, but I don't have the info, so let's at least give her a shout out. So much talent in our Fellowship, so little time. Catch what you can, it's worth it.

In addition to live events, both the Adult Choir and the Handchimes have

received regular airplay in radio station 95.9's Hometown Holiday Spotlight. Adult Choir sings "What Cool Child Is This?," a jazzy version of a familiar favorite, and Handchimes rings out "The Chipmunk Song." Also, **Rhianna DeGeorge** and **Taylor Johns** can be heard soloing on certain days. Check the website at <http://www.959wgrq.com/Hometown-Holiday-Spotlight-Schedule/17839535> if you want to plan your holiday listening.

As of this writing, we just completed a wonderful performance of this year's pageant, "The Giving Bowl," on December 13. Upcoming musical performances at UUFF include December 20 (Darkness/Solstice Sunday) and December 24 (Christmas Eve). We are busy and anxious to share. Please allow us to be a part of your holiday traditions.

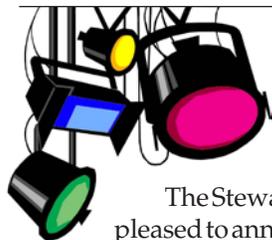
Bernadette Jones, Offertory Coordinator, is always looking for offertory musicians to perform on non-Kana Sundays. Please email her if you are interested in sharing your talents with the Fellowship.

But wait! There's more. In the arts about town, **Evan Cobey** has been invited to the VCU Invitational Festival of Winds,

Brass and Percussion. He is a senior in the percussion ensemble at James Monroe High School, and was named Outstanding Percussion Student at his school in his sophomore year. **Madeline Lovegrove** was recently cast in TheatreworksUSA and Two Beans Production's national touring production of *Alexander, Who's Not Not Not Not Not Not Going to Move*. Madeline will be playing "Alexander," a 6-year-old boy who is not (do you hear me? I mean it!) going to move across the country with his family. Rehearsals begin in February in New York City and the tour will run through early June. Congratulations to you both.

If you're interested in joining any of the ensembles, just show up for a rehearsal and start to share your gifts; we've got plenty of opportunities for you to shine. Adult Choir rehearses 7:00 p.m. Tuesdays, Handchimes rehearses 7:15 p.m. Wednesdays, and UUth Choir meets on Sunday mornings after services.

Happy Holidays,
Jason Michael, Music Director



Spotlight on Stewardship

The Stewardship Taskforce is pleased to announce that **Cynthia Holland** has agreed to chair the pledge drive this year. We are looking forward to a vibrant campaign. She will need help however, so contact us or Cynthia if you are willing to assist with this very important event.

The Stewardship Taskforce wishes to thank all those who attended the first town hall meeting on Stewardship and its role in the UUFF. Remembering that a town hall meeting is a place to express and learn, the Stewardship Taskforce team learned a tremendous amount.

There was a lot of positive support. The UUFF recognizes that there are many ways to give in addition to the financial contributions made. We are growing so much that the current system is having difficulty meeting the needs of this Fellowship, such as volunteer recruitment, communication across committees, and need to reduce bureaucracy by cutting

through red tape. This was summed up nicely by one participant who said, "there are limitations to the current stovepipe approach."

There were very valid concerns that allowed this taskforce to learn and, as a consequence, change our approach to try to be more in line with Fellowship feelings and needs. We need to make sure that Stewardship does not add another layer of bureaucracy or take away control of the Fellowship from the people. Therefore we are in the process of discussing changes to the makeup and function of the Stewardship taskforce.

As we discuss and make these changes, we will schedule another town hall meeting to present those changes and get your feedback once again. Meanwhile let's keep the conversation going. Talk to us and give us your ideas.

—Stewardship Taskforce Contacts:
Debbie Brock, Kit Carver & Jim Yeatts

Have Your Photo Taken for New Directory

This year the UUFF is going to have a Photo Directory of our members and friends. The pictures will be taken during the weekend of January 22, 23 and 24. There will be no charge to you or to the Fellowship. All you have to do is to sign up for one of the 15 minute slots with the photographer and smile (or not). If everyone participates, the resulting book will be awesome.

You can compose your portrait. Be creative. Wear whatever you want and bring the dog. If you have a favorite sports team, wear the logos. Let your family group express themselves however they want. Make it fun.

Sign up and be a part of the UUFF Photo Directory.

—Jane Ellen Teller and the
Membership Committee

SoupRE Sunday Adult RE Programs

Just Mercy, the UUA Common Read ▪ Jan. 10, 17, 24 ▪ 1:30 pm

Walter McMillian didn't kill Rhonda Morrison that day in the dry cleaning store in Monroeville, Alabama. He was at a church fish fry with family and friends. Nevertheless, he was arrested and illegally held on Death Row while awaiting trial. Then in a trial that lasted only a day and a half, he was convicted of her murder. Three witnesses testified against him, and the jury ignored multiple alibi witnesses. The jury recommended a sentence of life without parole, but the judge overrode the jury and sentenced Mr. McMillian to death.

This is just one example of the stories of a broken justice system that Bryan Stevenson presents in his book *Just Mercy*. Stevenson presents case after case of people wrongly convicted of murder, of young teens being sentenced to die in prison.

- Marsha Colbey: a 43-year-old mother of six who could not afford prenatal care when she began a high-risk pregnancy while her family lived in a FEMA trailer following the destruction

of their home during Hurricane Ivan. Ms. Colbey went into premature labor and unexpectedly delivered a stillborn baby while at home alone. Her efforts to revive the child were unsuccessful, and she buried him in a marked grave near her home. She was convicted of capital murder and sentenced to life imprisonment without parole.

- Ian Manuel: at the age of 13, he was arrested and subsequently sentenced to die in prison for attempted murder.
- Antonio Nuñez: the only child in the country known to be sentenced to die in prison for his involvement, at age 14, in a single incident where no one was injured.
- Trina Garnett: a 14-year-old mentally disabled girl, was charged with second-degree murder after setting a fire that tragically killed two people.

These stories make it a book that is sometimes difficult to read. But those who have read it have been profoundly moved. It's more than just a saga of justice denied. It's also a call to awareness

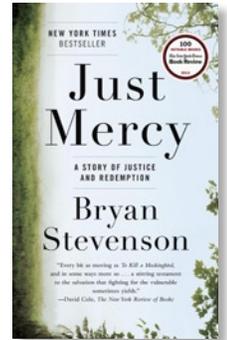
and action. In this 3-session discussion group, participants are invited to explore and examine some of the underlying themes in the book: justice, mercy, compassion, hope, and forgiveness. We are invited to examine

our own assumptions and biases about the U.S. criminal punishment system and about those who are incarcerated. We will discuss how those who wish to can take action to work against these injustices.

To register, please complete the registration form, available on the RE table at the Fellowship, or you can register by emailing Lois Colbridge. Registration deadline is January 3.

Contact Lois if you would like more information, or to purchase the book for \$13 through the Denominational Affairs Committee.

—Lois Colbridge



Reproductive Justice ▪ Jan. 31, Feb. 7, 14, 21 ▪ 1:30 pm



The SoupRE adult series on Sundays from January 31 through February 21 will cover the issue of Reproductive Justice. Reproductive Justice is the right to 1) have children; 2) not have children; 3) parent the children you do have in safe and healthy environments; and 4) health and self-determination regarding our bodies and sexuality, free from oppression and shame.

Developed by women of color in response to their lived experiences, Reproductive Justice is a framework grounded in fields of reproductive rights, social

justice, and human rights. Come learn about Reproductive Justice and how this framework is different from reproductive rights or health. Reproductive Justice is about much more than choice, and moves us away from an us/them, narrow rhetoric so often seen in public discourse.

Topics covered in the curriculum include: introduction to Reproductive Justice and how it is woven throughout UU history; the connections between reproductive, economic, racial, and social justice; RJ issues in today's communities, and how we can be advocates for RJ in our daily lives.

If you have a little time (9 minutes and 56 seconds to be exact), check out this video

clip of Loretta Ross, founding member of SisterSong, discussing the Reproductive Justice Framework. It will captivate you, and you may just want to watch the other 3 parts of the interview (found on the right hand side of the page): https://www.youtube.com/watch?v=84dIHnpz_g0

I am excited to bring this curriculum and this framework that combine so many of the issues we hold dear to our hearts at the UUFF. If anyone shares a passion for women's rights, racial justice, or issues of sexuality/gender and would like to co-facilitate, please contact me.

—Mandy Restivo-Walsh



What is SoupRE Sunday?

These adult programs meet on Sunday afternoons at the same time as our youth programs, Our Whole Lives and Coming of Age. Participants in all of these groups share a soup lunch together at 1:00 p.m., with classes following at 1:30. Group members bring soup on a rotating schedule.

Cancer Club Speaker Series

The UUFF Cancer Club will meet at 12 noon on Sunday, January 24 in the high school RE room. We will host our first guest speaker who will also answer questions. While we are not sure just *who* the speaker will be, we have confirmed that upcoming speakers will include a physician, an attorney, and our own Rev. Doug. Eventually, we will schedule all of them, and others, as part of an on-going series of speakers who can shed light on those issues specific to concerns of Cancer Club members.

The Cancer Club is a resource for people who have received a positive cancer diagnosis. Confidentiality is our watchword. If you have not yet made your interest known or would like additional information, please contact Pat Sabat.

Hope you have a warm and fuzzy Christmas and an excellent 2016. Thank you for all your support for the Cancer Club. Rev. Doug has been wonderful as the club idea becomes a reality. As long as we keep muttering that it's a process, we'll be fine.

—Pat Sabat

Communication Workshop

Does it often feel as if people are talking at each other, rather than communicating with each other? Are you often dismayed by the level of vitriol in how people talk? Conflict is inevitable; it's also essential, and it can be healthy. People can't be expected to agree on everything. Learning how to deal with conflict, rather than avoiding it, is crucial. When conflict is mismanaged, it can cause great harm. When it is handled in a respectful, positive way, it provides an opportunity for stronger bonds and personal growth.

If you'd like to improve your skills in communicating with those who disagree with you, we have a great opportunity for you! On January 23, the Unitarian Church of Norfolk's Committee on Ministries is hosting a daylong workshop on *Compassion, Conflict, Communication, and Covenant*. The workshop will meet from 9:30 a.m. to 3:30 p.m. The only cost is \$15 to cover breakfast and lunch. There will be carpools from Fredericksburg, so you'll even have a chance for fellowship with your fellow UUFFers on the trip to Norfolk and back.

Registration deadline is January 4. For more information or to register, please contact Lois Colbridge.

—Lois Colbridge



IN OUR HEARTS

We were saddened to hear that UUFF member **Wilma Young** passed away on December 1 at the age of 96. We send our love to her family, including her daughter, former Office Administrator **Kira Bush**, as they grieve for this amazing woman who lived such a rich and full life.

We send our love to **Hugh Teller**, whose father, **Dirck Teller**, passed away in early December. Dirck died peacefully at home in Richmond, VA, surrounded by his family. We will keep Hugh, Jane Ellen, and their family in our thoughts

during this difficult time.

Friend of the Fellowship **Eunice Haigler** is mourning the recent loss of her brother and father. We will keep Eunice and her family in our thoughts and prayers.

We continue to send love and get well wishes to **Ivanka Antolin**, who was hospitalized recently with complications due to her cancer treatments. She is back home and doing much better.

We're thrilled to see **Susan Calhoun-Sousie** up and around after surgery for a broken hip. Susan sends along her sincere thanks for all of the calls and well wishes from the congregation.



VEGETARIAN GROUP

The Myth of the Malnourished Vegan

Derek Tresize and Marcella Torres will be our speakers at the first Vegetarian Group meeting of the new year on January 2. They are a husband and wife team of competitive bodybuilders who own a personal training studio, Root Force Personal Training, in Richmond, VA. They seek to promote a fit and active plant-powered lifestyle and shatter the perception that strength and athleticism can't be achieved with a plant-based diet.

They will discuss building muscle and losing fat on a whole foods, plant-based, vegan diet, along with general nutrition guidelines for attaining optimal health and fitness. They will also cover meal makeovers, meal planning, and advance prep strategies that make it easy to adhere to your best diet.

This is an opportunity to get started on our New Year's resolutions, which usually include eating better and exercising (at least for me). Their message is that a plant-based diet isn't a handicap in the world of athletics—it's an advantage! Check them out on their website, <http://www.veganmuscleandfitness.com/>.

Come and enjoy the best meal in town and a fantastic discussion afterwards. We meet in the foyer of the UUFF from 11:30 to 1:00. You need not be vegetarian to attend since all are welcome! Please join us and contribute a vegetarian or vegan potluck dish to share, or a small donation. For additional information, please contact Gloria Lloyd.

—Jane Ellen Teller

Upcoming Meetings

February 6, 11:30-1:00: Fredericksburg Food Co-op, Speaker Rich Larochelle

March 12, 9:30-12:00 (brunch): Film, Fed Up, at Salem Church Library, 2607 Salem Church Rd. 22401. Sponsored by Dr. Yum Project, Vegetarian Group & Fredericksburg Food Co-op

April 2, 11:30-1:00: Optimal Vegan Nutrition, Speaker Elsa Spencer

May 7, 11:30-1:00: Composting, Good Turn Earth Co.

COMMUNITY ACTION CORNER

Information about S.E.R.V.E.

S.E.R.V.E. (Stafford Emergency Relief through Volunteer Efforts) is a local organization that primarily focuses on emergency food assistance and emergency financial assistance for people in need in our local area.

Food Pantry

S.E.R.V.E. has an Emergency Assistance Food Pantry that provides assistance to families one time a month. They prepare boxes of nutritious food that will feed a family for a week. Recipients are encouraged to go to the Department of Social Services and apply for food stamps. For the most part, the pantry helps families with their food needs by supplementing their food stamps.

The problems in the economy have put a terrible strain on their available resources. On some days the organization is seeing up to 300% more families than a year ago. They are always in need of more food to distribute. Please contact S.E.R.V.E. if you would lead a food drive in your church, neighborhood, workplace, civic organization, etc. YOU can help S.E.R.V.E. help others! Without you, they couldn't do it!

Community Pharmacy

S.E.R.V.E. is prescreening clients for the Community Pharmacy located in the Moss Clinic. The Community Pharmacy Prescription Program helps provide medications that are needed on a continual basis for those who can't afford them.

Emergency Financial Assistance

Emergency Financial Assistance for the residents of Stafford provides up to \$100 towards rent, utilities and urgent medications once in a twelve-month time period.

Please contact the S.E.R.V.E. office Monday through Thursday for more information by calling 540-288-9603.

—Curt Swinburne



Sunday Discussion Group



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

Jan. 3: When is the president speaking the truth and when is he performing "security theater"?

Jan. 17: Which political party is more likely to involve us in military conflict?

—Steve Sanders



Installation of Rev. Doug McCusker as the Minister of the UUFF Sunday, March 20 4:00 pm

Rev. Doug was called to be our settled minister in May 2015. The installation is the formal ceremony to recognize and affirm the bonds established between Rev. Doug as our minister and the Fellowship. Everyone is invited to attend this important milestone in the life of our congregation. Reception will follow. Childcare will be provided. Please mark your calendars and plan to attend!



UUA GENERAL ASSEMBLY June 22-26, 2016

The theme for GA 2016 will be **Heart Land: Where Faiths Connect**. The faith world is increasingly multifaith. People are crossing borders of religion and spiritual practice to create wholeness in their lives individually and collectively. The labels—Christian, Jew, Muslim, Buddhist, Hindu, theist and non-theist—no longer define who or what we love, or how spirit moves in our lives.

General Assembly 2016 in Columbus, Ohio, will assemble leaders and communities of many faiths to worship together, learn from one another, and create a new vision of faith that no longer divides us, but connects us to an interdependent future that works for all. Plan now to be a part of this worshiping, learning, and creating. All are welcome!

—Lois Colbridge

Musicians Needed for General Assembly

Susan Peck, the 2016 GA Music Coordinator, is assembling a musical resource database for singers, musicians, songwriters, and groups who would like to perform at GA. For application instructions, visit <http://files.ctctcdn.com/ce891307001/7e4d0e72-d468-4682-95ef-78cd973c56ae.pdf>.



JANUARY CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Service 10:30 am Art Show Opening 11:30 am Sun. Discussion 12 noon	Music Gathering 6:30 pm	Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	Handchimes 7:15 pm	CoC Meeting 7 pm	New Year's Day 1	Veg Group 11:30 am 2
Service 10:30 am Uuth Choir 11:45 am Sunday Services Comm. 12 noon OWL 12 noon SoupRE Sunday 1 pm Coming of Age 1:30 pm Adult RE 1:30 pm	Community Action 7 pm <i>Marriott</i>	Friendship 7 pm <i>Marriott</i> Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i> Music Comm 8:30	Handchimes 7:15 pm	Board Meeting 7 pm Great Books 7 pm	8	Knitting Circle 12 noon 9
Service 10:30 am Uuth Choir 11:45 am Social Justice 11:45 am Sun. Discussion 12 noon OWL 12 noon SoupRE Sunday 1 pm Adult RE 1:30 pm	Music Gathering 6:30 pm Women's Group 7 pm <i>Grioli's</i> Finance 7:30 pm	Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	Handchimes 7:15 pm	Bldg & Grounds 3 pm Membership 7 pm RE Comm. 7 pm	22	Knitting Circle 12 noon 23 Newsletter Deadline 4 pm Directory Photos taken
Service 10:30 am Directory Photos taken Uuth Choir 11:45 am / OWL noon Cancer Club 12 noon SoupRE Sunday 1 pm Adult RE & Coming of Age 1:30 pm Life Preservers, 3 pm <i>Pinschmidts'</i>	25	Adult Choir 7 pm Men's Group 7 pm <i>Primavera</i>	Handchimes 7:15 pm	Great Books 7 pm	29	Meditation Retreat 9 am 30 Chili Cook-Off 5 pm
Service 10:30 am Uuth Choir 11:45 am OWL 12 noon SoupRE 1 pm / Adult RE 1:30 pm	SUNDAY SERVICES 10:30 am					

JAN. 3

Our Fellowship's Story

By Bill Lakeman, Read by Steve Watkins

The late Bill Lakeman was a founding member of the UUFF, attending the first gathering in December 1955. A news reporter with the *Free Lance-Star*, Bill acted as our historian, writing an account of the Fellowship from its earliest days up through the mid-2000s. As we look forward to marking the 60th anniversary of our charter in May, come hear the story of our journey.

JAN. 10

What Happened to Religious Freedom?

Rev. Doug McCusker

For a country that revolutionized the concept of religious freedom, we seem to be awfully confused about what it means. Some think of it as a license to discriminate while others attempt to deny civil rights for those who practice a certain religion. As we kick off a month of exploring the topic of Freedom, what better place to start than with religious freedom?

Handchimes Choir performs.

JAN. 17

On the Road to Beloved Community

Rev. Doug McCusker

Rev. Dr. Martin Luther King's concept of a Beloved Community is a global vision in which all people can share in the wealth

of the earth. Economic and social justice are the twin pillars of this prescription for a healthy society. Racism and all forms of discrimination, bigotry and prejudice will be replaced by an all-inclusive spirit of sisterhood and brotherhood. Join us as we examine Dr. King's dream of a Beloved Community.

Adult Choir performs.

JAN. 24

My Body, My Freedom, Rev. Doug McCusker & Mandy Restivo-Walsh

There is perhaps no freedom more basic than control over one's body. The spiritual connection that we have with our bodies is unique and precious. Our body is our one true home and the fountain from which we give life. Mandy Restivo-Walsh and Rev. Doug will explore the intersection of reproductive justice, freedom and spirituality.

JAN. 31

Life in Muslim Societies, Ranjit Singh

As a student, professional, and academic, UMW political science professor Ranjit Singh lived for more than seven years in majority Muslim societies. He'll share intimate stories about friends and experiences in Syria, Palestine, Egypt, Jordan, Bahrain, and elsewhere—shunning easy stereotypes, while exploring essential elements of life in the Muslim world.

UNITARIAN UNIVERSALIST FELLOWSHIP OF FREDERICKSBURG

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OFFICE HOURS: Mon, Wed, Fri, 9:30-3
Announcement deadline: Wed. noon

REV. McCUSKER'S OFFICE HOURS:

Tues. & Wed. 10-4 / Thurs. 3-6.

Drop-in hours are Tues. & Wed., 2-4 pm.

To meet with Rev. Doug at other times, please arrange an appointment.

Feb. Newsletter Deadline: Sat. Jan. 23, 4 pm.

Jan. Publication Date: Jan 29.

Email articles to Maryann Brown.