



# Thanksgiving Potluck

## November 24

Join us as we give thanks with Fellowship friends at a special holiday feast, our annual Thanksgiving Potluck Dinner on Nov. 24. Please come for the service at 10:30 a.m. and then stay for the potluck immediately afterwards.

We always have an impressive buffet of food, with many wonderful holiday specialties. As always, we'll be looking for some special volunteers to provide the turkeys that will be the centerpiece of the meal, as well as a few hams and tofurkeys. We hope everyone else will contribute a generous side dish or dessert. Hearty vegetable dishes are particularly welcomed. Remember, all food must arrive at the Fellowship fully cooked and ready to serve! The Friendship Committee will gladly label dishes that are vegetarian, vegan, gluten-free or that contain alcohol if you haven't already done so.

Sign-up sheets for all food items will be posted in the foyer of the Fellowship, or contact Susan Lovegrove, 540-226-4748, [susan.g.lovegrove@gmail.com](mailto:susan.g.lovegrove@gmail.com). We'll also have sign-ups for those able to help with our Saturday afternoon set-up and Sunday post-meal cleanup.

To limit our use of disposable products, we ask that you bring your own plate and utensils for eating. We will provide napkins and cups, and of course have back-up for those who forget. Non-alcoholic beverages will be provided, but feel free to bring your own spirits if you'd like.

This event is one of the most popular and best attended of the year. This is a wonderful opportunity to

celebrate our community. If you haven't been to a Fellowship event in a while, this is the perfect time to get reacquainted. And if you are unable to bring a dish, don't hesitate to come anyway and share our delicious food and good cheer!

~ Susan Lovegrove, Friendship Committee

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# News & Notes



**Drawing and Painting- An Easier Way:** Christine Long, one of the featured artists in this month's art exhibit, will again teach "Drawing and Painting- An Easier Way" from 10 am to 2 pm on Nov. 9. You will leave with one or more completed paintings. The cost is \$35. The class is limited to 10 participants. To register, call Anita Holle at 540-287-7230.

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**Women's Group:** Meets on the third Monday of the month at 7 pm. On Nov. 18, the group will meet at El Patron Restaurant, at their south Stafford location, 316 White Oak Rd., Suite 101. No reservations necessary – just drop by for conversation and connection. Newcomers are especially welcomed. Check out the Women's Group on [Facebook](#). ~ Susan Lovegrove

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**Gentle Yoga:** Gentle Yoga with Anita Holle meets each Wednesday morning. Please arrive early enough to sign in and be set up to begin at 8:45 am. ~ Nancy Michael

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**Insight Meditation Community of Fredericksburg:** They are providing 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. ~ Bill Brooks

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**Lunch & Learn - Ask a Dietitian:** Join the Fredericksburg Food Co-Op and the UUFF 12-1 pm on the first Thursday of each month through May 7, 2020, for this Dietitian Series. In November they will meet on the 7th. Bring a bag lunch and questions regarding your personal health or medical challenges. Click [here](#) for more information. ~ BJM

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**Monday Night Music Group:** They meet on the first and third Monday of each month from 6:30 to 8:30 pm in the high school room at the UUFF. In November that's the 3rd and 17th. For more information, contact Lee Criscuolo, [ziggy22553@gmail.com](mailto:ziggy22553@gmail.com). ~ Lee Criscuolo

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**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. ~ Nancy Michael

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**Congregational Meeting:** The Board of Trustees is calling a brief Congregational Meeting immediately following the service on Sunday, Nov. 24. This is the Sunday of the Thanksgiving Potluck. The purpose of this meeting is to put before the Congregation a proposed bylaws change. The Board would like the youth representative to be a voting member. Watch your email for a copy of the bylaws with the suggested change. ~ *Nancy Michael*

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**Holiday Pageant Sign-Up:** Planning for this year's holiday pageant, which is scheduled for Sunday, Dec. 15, is underway. If you have not already done so, please register yourself and/or your children [here](#). Additional information will be sent along as it becomes available. Please contact the director, Chris Johns, at [uuffva.dre@gmail.com](mailto:uuffva.dre@gmail.com) with any questions. ~ *Nancy Michael*

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**UUFF Holiday Art Show:** This exhibit will be held in December with an opening reception on Dec. 1 following the service. This show is open to all UUFF members and friends. Submit all of your art creations from the past year to share, or maybe sell, with the UU fellowship. Bring your art on Nov. 27 from 5-6 pm. For more information, call 540-287-7230.

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**Intergenerational Discussion Group:** Join the High School Youth as they lead the monthly Intergenerational Discussion Group the fourth Sunday of each month. The next get together will be held Nov. 24. Bring a bag lunch, a collaborative mind, an open heart and join this important conversation! The youth will provide dessert and beverages. ~ *Chris Johns*

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**Green Sanctuary Group:** This group meets the third Friday of each month at 6 pm in the Board Room at UUFF. Their next meeting will be held Nov. 15. For more information, contact John Bernard or Heather Gray. ~ *BJM*

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**Social Justice Committee:** SJC meets the third Thursday each month at 6 pm in the Board Room at UUFF. Their next meeting will be held Nov. 21. For more information, contact one of the co-chairs: John Bernard or Eunice Haigler. Check out the SJC upcoming events and activities on the SJC Bulletin Board in the UUFF Front Lobby and on [Facebook](#). ~ *BJM*

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## Wondering Out Loud

Rev. Doug McCusker



Today's cars are being equipped with cameras and gadgets designed to give us the ability to see around us more clearly as we navigate potential hazards on the road. Whether you rely on mirrors or the latest technology, the key to successful driving is to be aware of your surroundings while maintaining your attention on the road ahead. It's no different on the road of life. We all have blind spots that occasionally get us in

trouble. These are perspectives that are difficult to see because of the angle from which we see the world. Our viewpoints are clouded by partial knowledge. No one can see everything at once; there is just too much going on. Perhaps that's why humans have exalted that ability to the realm of the Divine.

We Unitarian Universalists place great value on the power of an open mind. Yet we must admit that even when we open our apertures to their full setting, we still have limited vision of the immense beauty

and suffering around us. At some point we must establish boundaries that form our identity. And when we do, we introduce blind spots. So, let's acknowledge and claim our limited vision as individuals and as a community. Whenever we jump in the driver's seat, we risk crashing into others. We can use aids to help us expand our field of view, but we still must be willing to take the risk of turning our heads occasionally. This involves listening, feeling and seeing the views of those who have been marginalized and made invisible. Crashes will happen and so will near misses that take our breath away. But whenever they happen, we see the world differently because our blind spots have been revealed. And from our new perspective, a new road emerges.

~ Rev. Doug McCusker

Last week I attended the Tidewater Cluster. This is a gathering of the several UU congregations that are in the Tidewater region of Virginia, which includes our Fellowship. This is a one-day event that helps us communicate and share experiences with other Congregations. I attended the leadership development session and came away with a lot of good ideas that I will discuss with the Board. I also attended Reverend Doug's session on Prison Ministry. I am very proud that the UUFF is able to be part of this important community.



The Board is calling a **Special Congregational Meeting** for Sunday, Nov. 24, immediately following service. This will be a very brief meeting seeking congregational approval of a bylaws change. You will receive in your email a copy of the bylaws with this change. The Board would like to make the student representative a voting member. We are calling this special meeting as we would like the current student representative to be able to fully participate.

We have two new committee chairs. Bruce Callander has agreed to chair Building and Grounds. Mandolin Restivo has agreed to chair Denominational Affairs. These committees are important for our congregational experience and our relationship with the UUA and other congregations. Be on the lookout for opportunities to participate.

Finally, if you have any UUFF documents in your possession please contact myself at [Deborah.brock66@gmail.com](mailto:Deborah.brock66@gmail.com) or Patty Davis at [patty@monroedavis.com](mailto:patty@monroedavis.com). We are working with Rappahannock Heritage Foundation to have our documents archived.

~ Deborah Brock

### Attention to Details...

I cannot believe that I am saying this, but friends, the

holidays are (gulp) almost here. Interestingly, the Soul Matters Theme for the month of November is "Attention." And for most (dare I say "all?") of us, this is a time when so many external things clamor for our attention. There are elections and shopping and holiday cookies to bake, and school concerts and cards to



write, and yup, pageant rehearsals, just to name a few. How do we sort through this kaleidoscope of stuff and make sure that, in the midst of it all, we are taking time to pay attention to ourselves?

As your DLRE (Director of Lifespan Religious Education), I realize now would be an appropriate time for me to recommend starting a spiritual practice. However, as a realistic human being, I am also aware that we hardly have time to sit down at the table with our family for a 20-minute meal. How can we possibly find time to sit on a yoga mat and meditate for half an hour (kudos to those of you who do, by the way)?

Okay, so maybe now is not the time to start a spiritual practice. But maybe, just maybe, this is the perfect time to turn our “busy” into a spiritual practice. The key, I believe, is found in the word “attention.” It’s not so much what we put our attention on, but how we put our attention on it. The trick is not to get so lost in “the busy” that we don’t know which way is up, but instead use quiet, mindful attention to turn the task itself into a meditation. I’m not saying it will be easy, but I think it can be done. If we can mindfully write those cards and bake those cookies, and keep our attention on the task at hand, I am certain we can create a more peaceful holiday season. And here is the [link](#) to help you get started. Oh please, may it be so...

~ Chris Johns

### Upcoming UUYA Happenings

Young Adults (ages 18 - 35) are invited to join other UUFF young adults at the Fredericksburg & Spotsylvania National Military Park on November 2nd from 12 until 3:30 for a hiking trip. Please meet in the in the Visitor Center parking lot there. Afterwards, those who are interested can gather for dinner at Sunken Well Tavern.

### Save the Dates!

The UUFF has an exciting opportunity to BETA test a new curriculum! Starting Jan. 22, 2020 at 7 pm, and meeting every other Wednesday evening until June, Rev. Doug McCusker, DLRA Chris Johns and Intern Minister Michele Nierle, will facilitate “Creating Theology Together.” This class picks up where the popular series, “Building Your Own Theology” leaves off. John Morehouse wrote a dissertation called “Creating Theology Together,” where “he wondered how moving beyond our focus on the individual search for truth and meaning might create space for a shared theology in UU congregations. We’ve created CTT to ground and center a congregation’s social justice work in UU theology and mission, and to inspire a deeper commitment to covenantal community, and to our faith’s values and principles.” Please contact Chris Johns at [uuffva.dre@gmail.com](mailto:uuffva.dre@gmail.com) with any questions and watch this space for more information.

~ Chris Johns

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## *Inter(n)connections* with Michele Nierle

I can get really geeked out on the roots of certain words. The word “attention” (and this month’s theme) is one of those words. From the Latin “*ten*” meaning “to stretch” with the prefix “*ad*,” meaning “to” or “towards.” When we pay *attention*, we’re stretching ourselves towards (or perhaps into) an experience. Even the word “*tender*” comes from the same root – delicate, stretched, thin, or even weak. For me, paying *attention* with *tender*-heartedness means to lean into something, even though my heart is susceptible to breaking. Sometimes, I *tend* to lean forward with my head, neglecting the whole of me in relationship with the world. My *tendencies*, if acted upon without *intention*, can

sometimes feel like pulled *tendons*, stretched beyond a healthy point, creating lots of *tension*.

I love that all of these words have the concept of “stretch” in them, and how many forms of stretching we do. Everyone here at UUFF has their own sense of what stretching means for them. For some, it might be engaging in conversation during coffee hour; for others, it might be becoming a better listener, and for others, maybe it means learning in a new way. How do you feel stretched? Does it feel like a healthy stretch, expanding your ability to pay attention? Does it feel taut to the point that it might be limiting your ability to pay attention? And, this month is also a wonderful opportunity to pay attention to how people in your life and community are stretching themselves.

*~Michele Nierle*

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## UUFF ART GALLERY

"Nature's Still Moment" is the autumn art exhibition at the UUFF Gallery. The four local painters exhibiting their work are Marcia Chaves, Christine Long, Nancy Wing and James Hinz. The UUFF Gallery is in the Unitarian Universalist Fellowship of Fredericksburg, 25 Chalice Circle. The exhibit closes Nov. 25.

Marcia Chaves was born and raised in Fredericksburg, and she has cultivated an intimate spirit of place in her work. "My roots are here," said Chaves. "I know layers of history." She lives in the Old Stone House in Falmouth, once owned by the famed artist Gari Melcher. She has painted her entire life, and her entire life is the subject matter she paints.

Christine Long's art is influenced by her 45 years of teaching art. "I model all the techniques I teach," said Long. She immerses herself in monoprints, lino-prints, watercolor, acrylic, oil paint with cold wax and pastels. Currently she prefers monoprints and mixed-media collages. You can see the variety of her work at Studio 13 at LibertyTown Arts Workshop in Fredericksburg.

Nancy Wing is an oil painter who often paints with a palette knife. She likes the broken color and distinct strokes that build up the atmosphere of a painting. She loves the expressionistic color, light and atmosphere in the works of William Turner. "Seascape Abstract" illustrates her emotional response to painting, her love of clouds and light and color, and her response to nature that can be called sublime.

James Hinz prefers to paint large paintings that engulf you. He aims for the kind of landscape realism illustrated by the French artist Mark Maggione, who paints modern cowboys in mythic Western landscapes. Hinz began painting seven years ago, by making small paintings for Christmas gifts. He moved to Fredericksburg from Michigan. You can see more of his paintings at Darbytown Art Studio.

Please contact the office administrator at UUFF for viewing hours. The phone number is 540-310-4001.

*~Patricia Smith*

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# COMMUNITY ACTION CORNER

This year, UUFF continues the tradition of providing Thanksgiving meals to residents of the Hazel Hill Apartment Complex in Fredericksburg. With your help, we will provide 10 families with a turkey and extras for a delicious Thanksgiving meal.

Our goal has been to provide as many fresh, whole ingredients as possible and fewer processed items. We can also include recipes, heartfelt notes or cards, and even small kitchen gadgets. Perishable items like protein and dairy will be added before we deliver the meals. A sign up genius link has been created to help with planning. We appreciate if donors will use this link to let us know what they plan to contribute. [Hazel Hill Thanksgiving Sign Up](#).

Food donations will be collected in bins at UUFF on Sunday, November 10th, November 17th and November 24th. Meals will be delivered on Monday, November 25th. (Please bring more perishable items on November 24th.) Holiday Gift cards for teens at Hazel Hill should be donated no later than Sunday, December 8th. See the signup genius link for more information.

Food boxes will be packed after service on Sunday, November 24<sup>th</sup>. If you would like to help with the packing or delivery, or if you have difficulty with the sign up genius, please contact Margie Brewer-Zambon at [margie\\_zambon@yahoo.com](mailto:margie_zambon@yahoo.com) or (703) 965-8864. Consider attending a Community Action Committee meeting on the first Monday of the month at the downtown Marriott lobby. The committee would like your input into the types of service opportunities you would like to see. Next meeting November 4<sup>th</sup> at 6:30pm.

*~Margie Brewer-Zambon*

## Social Justice Committee

**It is critical that as many UUFF members as possible provide their input via the SJC's Environmental Justice Survey. The UUFF approved the SJC's focus topic at the June annual meeting: "The impact of environmental injustice and climate change on marginalized communities."** The survey will help SJC develop educational programs and social activism to reduce these harmful impacts on hard-hit communities. You can help the SJC fight back by completing this short survey of your related groups activities, tips and suggestions. Click [here](#) to complete the short Environmental Justice Survey.

The Social Justice and Religious Education Committees regret that the workshops "Black History for White People" (BH4WP), scheduled for Nov 8-6 and Dec. 6-7, have been cancelled due to some logistical concerns. Stay tuned for other offerings on dismantling racism related to the SJC focus topic of partnering with marginalized communities on their issues. The SJC meets on the third Thursday of each month at 6:30 pm in the Board Room. Their next meeting will be held Nov. 21. There are now just 2 Co-Chairs, Eunice Haigler and John Bernard

*~John Bernard, GSTF Co-Chair*

The UUFF Board of Trustees (BOT) approved formation of the Green Sanctuary Task Force (GSTF) in 2016. In 2017, they approved the GSTF's recommendations to pursue UUFF Accreditation of UUA Green Sanctuary Program (GSP). The misconception of GSP is that it just means a green, energy efficient building. It is much more than that, as indicated in the BOT minutes: "The UUA Green Sanctuary program provides a path for congregational study, reflection, and action in response to environmental challenges."



Further, the program partners with congregations to address climate change and environmental justice by concentrating on four focus areas:

- Environmental Justice (EJ)
- Worship and Celebration (W&C)
- Religious Education (RE)
- Sustainable Living (SL).

The 5 stages in the program include:

- Stage 1 - Establish a team & educate fellowship. We have done the first, and barely begun the latter. But we will begin with this article and Nov. 24 sermon that will include GSP. Projected completion June 2020.
- Stage 2 - Congregational Assessments in 4 focus areas of W&C, RE, EJ, and SL. Projected completion June 2020.
- Stage 3 - Create action plans (projects) based on assessments in 4 areas: W&C (3 projects), RE (3), SL (4 projects), and EJ (1 project). Projected completion June - Dec.2020.
- Stage 4 - Applying for Green Sanctuary Accreditation. Projected completion June 2021 at latest.
- Stage 5 – Gaining Green Sanctuary Accreditation. June 2021 or following church season, FY 2022.

The GSTF has determined that several of the projects are already being done. The SJC Environmental Survey should also help with this inventory. GSTF will partner with all relevant Fellowship groups to get this completed and collaborate with other UU churches within the Tidewater UU Cluster. The GSTF will report progress every month. For more information on UU's GSP, click [here](#).

*~John Bernard, GSTF Co-Chair*

## Sunday Discussion Group



Sunday Discussions are intended for people who enjoy discussing controversial public policy issues. The group meets 12-1 pm after the service on most first and third Sundays of the month. Participants are encouraged to suggest controversial topics of interest and to moderate those discussions. For more

information, contact Rick Neil. Here are the upcoming topics:

- **Nov. 3** – How can we safely balance a government that is strong enough to protect the weak from the oppression of the strong, without the government itself becoming oppressive?
- **Nov. 17** – What do the Virginia election results mean for us?
- **Dec. 1** – Should currencies be de-nationalized?
- **Dec. 15** – Can capitalism fix climate change?

# SUNDAY SERVICES 10:30AM

## Monthly Theme: Attention

Mary Oliver writes, “Attention is the beginning of devotion.” It’s a beautiful way of saying you cannot love something that you do not really see. Love simply isn’t possible without deep noticing. And noticing deeply seems to inevitably lead to love. Glances and self-interested attention never get to the real person. They stay on the surface and treat the other as a mirror. What you fall in love with is how they make you feel and how they enhance your statue with others. Which means that all you’ve really done is fall in love with yourself. Loving them, truly them, requires noticing your needs and then putting them down. It asks you to look without expectation of who you want or hope they will be, and instead try to focus simply on who they are right now. It’s a type of looking that keeps on looking until you discover something entirely new, entirely other, entirely and uniquely them. And once you notice something that uniquely new, you’re in trouble, because you will most definitely be devoted. You will no longer think about what you’re getting. You will only want to give.

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### Nov. 3

#### *Paying Attention to Ourselves, Rev. Doug McCusker*

Barbara Brown Taylor recommends that from time to time we take off our clothes, look at ourselves in the mirror, and tell ourselves with as much tenderness as we can, “Here I am, this is my soul’s address.” It is deeply spiritual work to learn to treat ourselves with compassion; to learn to see ourselves, if only in moments, the same way we look at something or someone we find beautiful: a newborn baby, the ocean, a sunset.

### Nov. 10

#### *A Review of the Virginia's Midterm Elections, Dr. Stephen Farnsworth*

Professor Farnsworth returns to provide analysis on the Virginia's legislative elections. He will discuss the election's likely policy consequences for the upcoming General Assembly, with an emphasis on matters of religion and politics. Dr. Farnsworth is Professor of Political Science and International Affairs and Director of the Center for Leadership and Media Studies at the University of Mary Washington. Dr. Farnsworth is the author or co-author of six books on the presidency, the mass media and public opinion, and is a recipient of the Virginia Outstanding Faculty Award.

**Nov. 17**

***The Rapture of Being Alive, Rev. Doug McCusker***

In this At-Your-Service-Auction sermon chosen by Bill Johnson-Miles, we will explore the teachings of Joseph Campbell. Campbell described religious stories as “myths,” and he said that for us to acquire the experience of inner value, the rapture associated with being alive, we must read myths. “They teach you that you can turn inward, and you begin to get the message of the symbols.”

**Nov. 24**

***The Land Remembers, Rev. Doug McCusker***

If the land below our Fellowship could speak what stories would it tell? Let us turn our attention to the land and honor its presence with gratitude and wonder. We welcome members of the Potowameck Tribe whose ancestral land we are situated. Join us for our intergenerational Thanksgiving service and feast as we give thanks for the land and the first people who lived here.

**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.



**GENERAL OFFICE HOURS:** Mon-Fri 10am-6pm  
**OFFICE ADMIN HOURS:** Mon, Wed, Fri 2-6pm  
**REV. McCUSKER'S OFFICE HOURS:** Tue-Thurs 10am-6pm  
**Drop-in hours:** Wed & Thurs 4-6pm

Please make an appointment for any other times.

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**Office Admin:** Nancy Michael.....540-310-4001  
**Dir. of Religious Ed:** Chris Johns.....540-310-4001  
**Music Director:** Jason Michael.....610-698-6896  
**Treasurer:** Ron Wasem.....540-373-2929

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