



July 2022

Summer Pastoral Care

Rev. Doug McCusker will be away on vacation and study leave from **July 3 – Aug 8**. Our pastoral care team of Diane Elstein, Steve Elstein, Marcia Wilson, Nancy Krause, Bruce Callander, Christie Pennington, and Paula Barnes will be available to assist you if you need someone to talk to when facing a difficult situation. Please find their contact information in the Fellowship directory. Should there be an emergency, they can reach Rev. Doug and he will follow up.

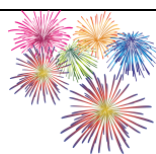
Building Reopening Task Force Update

In late April, the Covid Act Now and Centers for Disease Control risk level for community spread of the coronavirus in our area fell to Low Risk. The Building Reopening task force met and was prepared to recommend to the Board that they remove the mask mandate and food/drink restrictions in the Fellowship building. But before the Board could meet on May 12th everything changed. The Coronavirus Omicron sub-variant began spreading and within a week we were back up to a Medium risk. The task force tabled their recommendations and only brought forward a suggestion that we allow small groups to have food and drink in the building. And so, we have continued to require that masks be worn in the building.

We know this is different than what is required in most public spaces. We are very appreciative of everyone's cooperation and commitment to safety for all our congregants. We have been able to hold worship services, religious education classes and social events at the Fellowship with no incidents of community spread. Fortunately, the latest upsurge in infections has turned out to be much more modest than the original Omicron surge during the winter. And there have been far fewer hospitalizations and deaths.

As of today, June 22, 2022, everyone 6 months and older is eligible for vaccination. The Weekly New Cases index is falling steadily and is very close to crossing the line into the Low Risk factor. When that happens, the Building Reopening task force will likely meet again and discuss whether to recommend changes to the current Group Gathering policy like we did in April. If the policy changes, we will inform the congregation through all our communication channels. Until then, we ask that you continue to adhere to the current [Group Gathering](#) policy.

If you have any questions, please reach out to any of the task force members: [Dr. John Kin, M.D.](#), [Rev. Doug McCusker](#), [Chris Johns](#), [Alex Grissom](#), [Hannelore Montgomery](#), [Kristen Tuxbury](#).



FOURTH OF JULY TAILGATE AND FIREWORKS EXTRAVAGANZA!



Sponsored by the RE Committee. Our own Jake Walther is doing fireworks at Brooks Park. Join us for a pre-fireworks tailgate in our parking lot on **July 4, starting at 6:00**. You can bring prepared food or a small grill if you like. Backyard games and musical instruments are encouraged. Fireworks start about 9:00 Hope to see you there!

July Social Events

As it's getting hotter out, in place of the weekly Friendship Friday Fire, Matt & Pati will be hosting a family game day on 7/8 from 6-9! Feel free to bring a game if you wish & we'll bring some of ours! Please contact [Pati](#) with questions.

Matt & Pati are hosting a Parents Night out with the RE Committee Chairs (3 adults on site) on 7/15 from 5pm-9pm. We will serve pizza and a healthy snack, and have activities and of course a G rated movie for them to watch! Reservations required, please contact [Pati](#) to RSVP.

Celebrate Lugh at Lughnasadh (LOO-nah-sahv) with an ADF-style ritual at the firepit led by Pati on 7/30 from 6pm-8pm, sponsored by the RE Committee. Families welcome, as are all faiths! Bring a chair, a drink with you for a toast, and if you wish it, an offering.

Summer Reading Group

For introverted adults who are still children at heart.* Remember when you were in school? At the end of the year, your teacher would give you a chart to record what you read over the summer. You would wile away many happy hours buried in your books. Then, come Fall, you would turn in your chart and be rewarded with a Pizza Party.

Why can't we have that as adults? Well, the Friendship Committee says that We Can. We announce the Summer Reading Group, complete with a chart to keep track of your reading (rewarding yourself with stickers is optional) and a Pizza Party in the Fall. For more information or to get your printable copy of the chart, contact Lois Colbridge at FiddleWoman@aol.com. Happy Reading!

~ Debbie Brock, Lois Colbridge, and Teresa Pagliaro

*Extraverts will not be turned away, but we request that you respect introverts' sensibilities.

RE Happenings!

Registration for the 2022-2023 Religious Education Instruction Year is NOW OPEN!

As we look ahead to an in-person summer and fall instructional year (woo-hoo!), the Director of Lifespan Religious Education is happy to report that registration is open! Please [click here](#) to register up to 5 children.

Hybrid Possibilities for Summer RE

As the DLRE works to put together the UUFF RE summer schedule, it is becoming clear that some classes will be easier to run as hybrids than others. IF there is a Sunday that your child cannot be at the UUFF in person, but would like to attend virtually, please email [Chris Johns](#) so arrangements can be made if possible.

Board Business

A report to the congregation on business acted on by the Board at its regular monthly meeting on June 9.

- Bill Brooks, representing the UUFF Healthy Relations Team, outlined the team's organization, plans, and activities. The Healthy Relations Team was appointed by the Board to help Fellowship congregants remain in covenant with each other following the adoption of the Congregational Covenant at the Annual Meeting in 2020. This team will also strive to heighten the congregation's awareness of the Covenant.
- Rev. Doug reported that the members of the Internship Committee and the staff met with Roddy Biggs on June 3; Roddy was in Fredericksburg to find housing for the Fall. The committee chose Eunice Haigler and Curt Swinburne as co-chairs.
- Two changes were made to the Intern Minister Contract:
 - Roddy will start his internship on September 15th rather than September 1st
 - In line with new UUA guidance, Roddy's contract will call for 1,000 hours to be served during his internship.
- The Board discussed additional proposed changes to the Finance Committee's Internal Controls procedures that were adopted at the May meeting.
- Lois noted that the terms of three Board members will end on June 30: Craig Cherry, Steve Elstein, and Lydia Zambon. The Board thanked them for the many services that they have provided to the Fellowship.
- New officers for Fiscal Year 23 were elected. Kit Carver will serve as President and Alex Grissom will serve as Vice-President. The election of Secretary was deferred until the July meeting.
- Ron Wasem was appointed as Treasurer and Bob McNichols and Hannelore Montgomery were appointed as Assistant Treasurers.
- The Board established \$144 as the minimum contribution of record in order to be a Member in Good Standing of the Fellowship.
- Lois Colbridge's request to serve as a voting delegate at the UUA General Assembly, June 22-26, was approved. Lois will be attending virtually.

~ Lois Colbridge

After approval by the Board, the full minutes of each meeting are available in the [Document Repository](#).
The Board meets the second Thursday of each month at 7:30 p.m. on [Zoom](#).
UUFF friends and members are welcome to attend.

News & Notes

Basket Contributions: As the UUFF ventures further into the 21st century, we are adding text giving to our options of ways in which contributions may be made to the Fellowship. We're not able to pass the basket at services while we are meeting virtually. But you can make those "basket contributions" during the Sunday worship services on your phone. And when we return to in-person services, the text option will remain useful for times when you cannot attend, or don't have cash or checks with you.

To donate to the UUFF, text 844-963-2785. The first time you text this number, you will receive a registration link. Click the link and enter your contact and payment information, then tap "Process." After registration is complete, you will receive a verification text as well as a receipt via email. For future giving, simply send a text with the amount you wish to give, and your contribution will process automatically. Please visit [Vanco Payments](#) for more information. We hope this new way of giving will be helpful. As always, the missions of the Fellowship depend wholly on the generosity of our members and friends. Your support is vital, and much appreciated. ~Lois Colbridge

Monday Music Group: Join us for informal music making the first and third Monday of each month, 6:30-8:30. All instruments and levels of play are welcome. Masks will be worn in the building. If weather permits, we shall meet outside. For more info, contact [Lee Criscuolo](#).

Since the first Monday of July is July 4, Independence Day, we will not meet that night.

Women's Group: Meets on the third Monday of the month at 6:30pm. On Monday, July 18, the group will meet at Spice Thai Cuisine, located at 10029 Patriot Hwy, Fredericksburg. They have a delicious variety of food, with loads of vegetarian options. No reservations necessary – just drop by for conversation and connection. Newcomers are especially welcomed. Check out the UUFF Women's Group on [Facebook](#) or contact [Susan Lovegrove](#).

Insight Meditation Community of Fredericksburg: IMCF provides a comfortable and supportive environment for individuals seeking to meditate in a group setting and for those new to the practice of meditation. Join them at 7 pm every Thursday at the UUFF. [Click here](#) for more information.

Intergenerational Discussion Group: See you in September!

Youth Group Meeting: See you in September!

UUFF Document Repository: UUFF has a Google Drive where you can access copies of all our Policies and Procedures, By-Laws, RE documents, and other important items. The Document Repository is meant for anyone at the Fellowship to view by [clicking here](#), so that you have access to any important information.

Wondering Out Loud

Rev. Doug McCusker



Oh, how nice it felt to be with kindred souls at a mass demonstration. On June 18, Karen Kallay and I ventured up to D.C. by Amtrak to answer the Poor People's Campaign National Call for a Moral Revival. We joined thousands of people from all over the nation for the Mass Poor People's and Low-Wage Worker's Assembly. I marched in local Black Lives Matter rallies here in Fredericksburg in 2020, but it's been a while. It felt great to finally be back on the streets amongst a massive crowd demanding social justice.

Karen and I met up with other UU's wearing our yellow Side With Love shirts at 4th and Pennsylvania Ave, NW. We got there so early that we walked right up to the front. Within an hour the street filled up for 5 blocks. There were signs, banners, and makeshift props to protest our nation's upside-down values which allow 140 million people to live in poverty or work for inadequate wages in the richest country on the planet. We heard fiery speeches from Rev. William Barber, Cornell West, and Bernice King about the evils of poverty, racism and militarism that disproportionately affect our marginalized populations. We heard stories from people living in poverty in every state in the union. We heard prayers from a wide spectrum of religions and danced to amazing music. We heard about practical ways that we can build power, shift the narrative, and make real policies to fully address poverty and low wealth from the bottom up.

And we were repeatedly reminded of how crucial the upcoming election is if we want our elected officials to act on our demands for universal health care, living wages and a redistribution of the bloated war economy.

We were hoping that more people from the Fellowship could have joined us, but it warmed my heart to hear about how many of you attended Juneteenth celebrations around town. Now that the weather is warm, and we can safely congregate outside, it is time to gather in the public square and advocate for justice. This is one of the things that differentiates Unitarian Universalism from many of the other religions. We believe in heaven on earth, and we are willing to organize and mobilize to make it happen. Our social justice committee is dedicated to partnering with larger organizations so that we can maximize our voices. We plan to work with the UU the Vote campaign for national election justice and Virginia Organizing for local issues that affect our community. The committee's job is to let you know when there is an action being planned that aligns with our values. It is up to all of us to respond. This is not a spectator sport. It is faith in action. We can use you to work the phone bank, send messages to our legislators and to show up at rallies. Please consider how you can make a difference and be ready to get into some good trouble.



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

And Just Like That? It's Time for Summer RE!



I just went to the Advanced Worship Planning spreadsheet to check the Soul Matters theme for the months of July and August and guess what? There aren't any! What is a Director of Lifespan Religious Education to do? Well, I guess there is only one thing. I see that I am forced to make them up. I hereby declare the Chris Johns theme for the month of July is Fun and for August? MORE FUN!!!

I'm not sure if you recall, but in the video I showed of the kiddos "Time Capsule" during the RE Service back in May, there were requests for "more art, more music and more skits." Also? One of them would like the rooms painted but I digress. Where was I? Ah, yes! Their wish is my command! As of this writing not all of the summer "curriculum-free" classes have been set so I can't lay them out for you here. BUT! I can give you a little sneak peek. Mr. Jason will be joining the kids for a morning of drama games and I will be leading an exciting round of "Skits From a Bag!" And coming in August, Christi Bayha will be joining us for TWO WEEKS IN A ROW to teach the children a very unique painting technique. Plus, Rev. Doug will take the children out for some forest bathing in the woods adjacent to our property. I highly recommend that parents check the weekly Friday Order of Service to see what's on the agenda.

Also coming up this summer will be a ZOOM parent forum to discuss fall class offerings, as well as an in-person volunteer training. It is time to get this bus rolling again and it will require all hands on deck! How many Sunday classes am I planning to offer? That depends heavily on the number of children registered AND the number of you willing to get back in the classrooms as volunteers.

And excuse me? Folks without children in the program? We'd love to have you there, too. Why should the parents and I get to have all the fun? :)

I do want to remind parents that the children will start out in the classroom for the entire summer. Please make sure to sign them in on the clipboard that you will find on the RE table near the door to the main hall. Kids can be dropped off at 10:20 but please, please do not send any child into the nursery or classroom without checking that at least one teacher is in there and ready to receive them. I want to have tons of fun this summer but keeping your children safe is always my first priority!

I guess that's it for now. Please watch the summer announcements and your emails for updates. This is me wishing you a glorious summer. Stay safe, enjoy the majesty of the great outdoors, the blessings of indoor air conditioning and send your children to visit me when the schedule allows.

*See you down the hall!
~ Ms. Chris*

Also? [Register your child!](#)

Sunday Summer Schedule for Nursery/Class

Drop off 10:20

Religious Education 10:30 -11:30

Pick Up ((children ages 0 - 10) immediately after service

RE IS HIRING!

The wonderful Grant Bush-Resko has decided to step down from his role as the RE Elementary Assistant. Chris Johns is looking for at least one, possibly two responsible people over the age of 14 to work in the Sunday classroom - and occasionally the Nursery as needed - most Sundays throughout the instructional year. Please contact our Director of Lifespan Religious Education, [Chris Johns](#) to apply.

Summer RE Volunteers STILL Needed!

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

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Please contact [Bruce Callander](#) if you are interested in helping keep our Building and Grounds beautiful.



Volunteer for Meals on Wheels

Among older adults who have difficulties with daily activities, 2 out of 3 receive limited or no home or community- based care.

Meals on Wheels is a national organization that serves every community by delivering meals to elderly people and those with disabilities who are unable to prepare or provide meals for themselves. They receive 35% of their funding from the US government. The cost to produce and deliver meals averages \$6.00 – \$7.00 per meal. Most programs ask low-income seniors to contribute what they can, with a suggested donation of \$3.00 per meal being common.

You can help your local Meals on Wheels effort by volunteering to deliver or prepare meals, assist in other ways, and by donating. The local provider and other information can be found at mealsonwheelsamerica.org. Information about volunteering/donating opportunities is also available on the website.

~ Curt Swinburne

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

SOCIAL JUSTICE NEWS



Please contact [Alane Callander](#) if you are interested in participating in the Social Justice Committee!

Sunday Discussion Group



Sunday Discussions are intended for people who enjoy discussing controversial public policy issues. The group meets from 12-1 pm on ZOOM on the first, third and fifth Sundays of the month. Participants are encouraged to suggest controversial topics of interest and to moderate those discussions. For more information, contact Rick Neil or visit the [calendar](#).

- **July 03: Stew** "Under what conditions should/could secession be a human right?"
-

Sunday Services
10:30am

July 3

Parables, Ann Wohlhueter

Ann Wohlhueter will discuss some of the simple moral stories called parables that Jesus of Nazareth told and were written down in the Bible. She will also talk about other parables that took place more recently than 2,000 years ago. Then she will bring them up to date to ponder their current significance.

Dual Platform: In-person and on Zoom

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

Teleconference: 1-301-715-8592

July 10

Compassion and Choices, Karen Kallay

Compassion and Choices is an international organization dedicated to improving care, expanding options and empowering everyone to chart their end-of-life journey.

Dual Platform: In-person and on Zoom

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

Teleconference: 1-301-715-8592

July 17

Jesus for President: How Christianity Has Infiltrated American Politics

Joshua Cole

Rev. Joshua Cole, a Christian priest and former State Legislator will examine separation of Church and State and the dangers of an unofficial established religion.

Dual Platform: In-person and on Zoom

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

Teleconference: 1-301-715-8592

July 24

Racism and the Three Poisons, Bill Brooks

Racism has been a thorn in American society since before this country was formed and it continues to be a divisive force. How did Buddha's Three Poisons – greed, hatred and delusion – play in the construction and continuation of white supremacy and racism? Might this understanding be helpful in their deconstruction? We will look at colonial Virginia to see how the concept of race, the institution of enslavement and the practice of racism were conditioned by the Three Poisons and how they underlie what has become contemporary racism.

Dual Platform: In-person and on Zoom

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

Teleconference: 1-301-715-8592

July 31

Can You Find God in a Bottle of Gin?, David Brown

From Southern Baptist pastor to Atheist to Buddhist, David Brown finally found meaning when his love of gin drove him to Alcoholics Anonymous. Who knew a group of drunks could help weave the disparate strands of his spiritual quest into a meaningful, and hopefully, beautiful tapestry of grace and healing?

Dual Platform: In-person and on Zoom

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

Teleconference: 1-301-715-8592

MISSION STATEMENT

The mission of the UUFF is to nurture learning, inspire spiritual insights, create compassionate relationships, and lovingly transform our community and the world.

VISION STATEMENT

To be a catalyst for spiritual growth and social justice with service as its guide and love at its core.



OFFICE ADMIN HOURS:
Mon, Wed, Thu - 10AM-2PM
Wednesdays - Working from Home

REV. McCUSKER'S OFFICE HOURS:
Will be away during the month of July
Contact [Rev. McCusker](#) in case of an emergency

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