



November 2022

Renew & Rebuild Consensus Gathering

Thirty-five UUFF congregants gathered at the Fellowship on Friday, Oct 21 to brainstorm the answer to this question: “**In what ways can we continue to build and sustain a trusting and harmonious spiritual community?**”

The Board of Trustees sponsored this event as part of their goal to promote Congregational Healing after two and a half years of pandemic isolation, anxiety, conflict, and financial challenges. Jesse Johnson served as the facilitator for the consensus building process that started appropriately enough with a pot-luck dinner and a group centering led by our ministerial intern, roddy bell-shelton biggs.

The group was assembled into six tables of five people and one group on Zoom. Jesse asked each person to brainstorm at least five concrete answers to the question. Each table selected three to four of the clearest idea which were combined with all the other tables' top four ideas. Then everyone organized the responses into logical groupings that formed the consensus for how we as a spiritual community can renew and rebuild trust and harmony. The process in itself was an exercise of trust and harmony.

Here are the five primary ways this could be done:

- Through **small groups** we can create strong bonds.
- Through essential **participation in committees**, we will strengthen the framework of the Fellowship.
- Through **community outreach** we will elevate our presence and grow the Fellowship.
- Through **Sunday services**, we will enhance spirituality and foster engagement.
- Through open **Fellowship communication**, we will increase transparency and trust.

The complete report including all the individual ideas can be found in the [Document Repository](#). The large sheet of paper with all the ideas attached will be left on the wall in the sanctuary for several weeks. You are invited to write your ideas on the poster paper.

Thanks to everyone who showed up, zoomed in and helped organize the event. Now, it is up to all of us to turn these ideas into action so we can renew and rebuild trust and harmony as a spiritual community.

Shared Ministry Spotlight

Religious Education (RE)

One of the tenets of our Fellowship's mission is to nurture learning. We have this vision that if everyone volunteered at least a couple of hours in the religious education program, in any capacity, it would completely transform our community. We would all become stewards of our faith in a real immersive manner.

An important reason why we join a religious community is so that we can learn and teach each other about life through the lens of our own experiences. We are all on this earth trying to figure things out. It is a life-long pursuit. We call that faith development and spiritual formation. And it encompasses all of us no matter our age or how long we have been a Unitarian Universalist. We invest resources and volunteer our time to create intentional learning for all ages. Our religious education program is one of the primary ways that we help each other grow as Unitarian Universalists.

Through our religious education program, we encourage our children and youth to discern their spiritual path and discover how they fit into this world as spiritual beings. We have special classes for sexuality education at different developmental stages from elementary school age to adults. We learn about our UU history, so we understand the legacy and traditions of those who came before us. And we meet in small groups to delve into spiritual topics and share our beliefs and experiences.

It takes dedicated staff and lots of dedicated volunteers to run a vigorous lifespan religious education. All of us are encouraged to

participate as teachers, coordinators, helpers, and students. Even after two years of the pandemic, we still have a robust religious education program thanks to all those below who contribute their time and talents to nurturing learning. If you are interested in volunteering in religious education, contact [Chris Johns](#), Director of Lifespan Religious Education.

RE Staff: Chris Johns, Nancy Douglas, Liesel Briggs

RE Committee: Susan Parks, Bonnie Rossi, Jenn Austin, Ralph Bush-Resko, Josh Blum, Leslie Cruz

Nursery and Classroom Volunteers: Christi Bayha, Violet Lesser, Cheryl Lesser, Jenn Austin, Andrew Hannerman, Jenna Cooper, Anne Briggs, roddy bell-shelton biggs, Rev. Doug McCusker

Youth Group Advisor and Coming of Age Mentors: Hannelore Montgomery, Jason Michael, Steve Walk, Josh Blum, Susan Park, Ralph Bush-Resko, Jim Bush-Resko, Kristen Tuxbury, Chris Johns

Our Whole Lives (OWL) Facilitators: Karen Kallay, Kristen Tuxbury, Steve Walk

Chalice Group Facilitators: Susan Calhoun-Sousie, David Boone, Rev. Doug McCusker

THANK YOU!!!

This Month's Social Events

Bonfire & S'Mores Party with the RE Committee!

Join us on Saturday, November 12 at 6 p.m. for a bonfire and s'mores party at the UUFF! S'mores supplies and skewers will be provided. Contact Susan Park or Jen Austin for more information.

FALL HOLIDAY POTLUCK

In the spirit of Thanksgiving, the Friendship Committee will host a potluck meal on Sunday, November 20, following the worship service. Bring a hearty dish to share with the fellowship (extra large dish, tray, a double batch of baked goods, etc.) while we give thanks for being together again in person. A traditional holiday dish is welcome, but so is your favorite baked ziti or pad Thai recipe! We will provide lemonade and tea and plates, or you can bring your own from home. If you have any questions, please contact [Susan Lovegrove](#).

Board Business

The Board meets the second Thursday of each month at 7:30 p.m. on [Zoom](#).

Meeting ID: 952 4301 5870; Passcode: 587441

UUFF friends and members are welcome to attend.

This month at the Board of Trustees, meeting the following was acted on:

1. We are looking for 2-3 people to serve on the HR committee.
2. We agreed to resume Share the Plate to the services.
3. The grant request for the intern funding is due Nov 30. Rev. Doug and the intern committee will complete this.
4. The BOT is in agreement for the Community Action Committee to pay \$500.00 for the Community Partners fee to the foodbank through the community meals special fund.
5. The Rodriguez family has donated a shed to the UUFF and the BOT gratefully accepted it. Money is to be moved from the reserve fund for the cost of moving it.
6. A rental request was approved.
7. Barbara Deal was appointed to the nominating committee.

After approval by the Board, the full minutes of each meeting are available in the [Document Repository](#).

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. Now that we have returned to in-person services, the text option will remain useful for those who cannot attend, or don't have cash or checks with them.

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.

Monday Music Group: Join us for informal music making the first and third Monday of each month, 6:30-8:30pm. New folks are always welcome and there's no commitment. Just drop in to jam when you can. When weather permits, we'll meet outdoors. All instruments and levels of play are welcome! For more info, contact [Lee Criscuolo](#) (540-760-9620).

Women's Group: Meets on the third Monday of the month at 6:30pm. On Monday, Nov 21, the group will meet at Vinny's Italian Grill, at their Ferry Farm location, 201 Kings Hwy, Fredericksburg, VA 22405. Vinny's is a casual Italian restaurant with plenty of vegetarian options ([MENU](#)). No reservations necessary – just drop by for conversation and connection. Newcomers are especially welcome. 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: Please join the members of the UUFF Youth Group for lively conversation on Sunday, Nov 13 from 12:15 - 1:45. Bring an open mind and your willingness to engage with these brilliant youth!

Youth Group Meeting: The UUFF Youth and their advisors meet on Sundays after service from 12:15 - 1:45 PM! Teens in grades 9-12 are welcome to join them for community building and faith exploration! Please contact [Chris Johns](#), DLRE for more information.

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.

Welcome New Greeters: Ginny McCormick, Paula Barnes and Thomas Mertz have volunteered to be greeters on Sunday mornings. We still have two positions open for new volunteers, for the third Sunday of the month and one alternate. If you can help out this team, contact [Elaine Hogan](#) by email or text 443-869-1632.

Wondering Out Loud

Rev. Doug McCusker



In December 2013, I retired from a 32-year career with the federal government. For 32 years, I had been a member of an institution with its own peculiar way of doing business. We shared values and social norms that enabled us to be a cohesive organization. We had a chain of command and lots of rules that served as boundaries for how we operated on a daily basis. These structures were not inflexible. They changed a little bit such as when it finally became okay to be openly gay, lesbian, or transsexual without losing your security clearance. But for the most part, things didn't change much during my whole career. But after 32 years, I had changed as a person. I look back fondly at being a public servant supporting our armed forces with a coherent mission. But I am glad that I left that environment because it no longer fit me. It took me a while to find my footing in my new career as a religious professional. The journey through that transition took time. I often didn't know who I was or where I was headed, only that I was following some intuitive yearning for fulfillment.

As a Fellowship, we have been thrust into a massive change beyond our choosing. It was not our choice to close the building and morph into a virtual community for 2 years. But it happened and it changed us. And now we are being called to figure out what kind of religious community we are and what we have learned from this collective ordeal. Ever since the Water Service in early September, I have noticed a different kind of energy on Sundays. When the service is over, people are lingering and socializing much more intensely than before. There seems to be a deeper compassion for one another after suffering the collective trauma of the coronavirus pandemic. Anxiety seems to be channeling into commitment. One congregant told me that during the pandemic, they developed new habits of reading the newspaper and catching up on their work on Sunday mornings. But they knew that something was missing. Since returning to worship in-person, they feel a renewed sense of belonging.

If you haven't started attending services regularly on Sundays, I encourage you come back. We miss those of you who have not returned. We need you as we assess how we have changed and how we have grown as a spiritual community. There really is nothing like collective worship among your spiritual peers. We are better because of your presence. Together, we can forge ahead to bring peace and love into this world that sorely needs our message of radical inclusion and acceptance. Isn't it time you came home? We reserved a seat at the table just for you!



new beginnings

roddy bell-shelton biggs

Leaning Into Change

Beloveds, in the month to come, I am open to embracing change: the changing leaves, changing weather, and the changing of light as the days become shorter and the nights darker and colder. Are you? A month ago, I moved to Fredericksburg to begin ministry with and learn from each of you, and thus far, my time with you has been incredible. I have loved meeting you on Sunday mornings and getting to know your passions and spiritual wonderings. In November, as we explore the spiritual theme of *CHANGE* together, I reflect on changes that have taken part in my life. I am left pondering what changes might still need to take place for me to live my best life. I have often glided from task to task, passion to passion, and I have taken less time than I should. That needs to change. I need reminding that life is short and that I am not promised tomorrow. I need reminding that I need to take care of myself to take care of others as they say on airplane flights. Yes, that's still a thing; COVID has changed a lot. I know, "put on your oxygen mask first before assisting others." So, I ask when you might need to put on your oxygen mask? What might you do to take care of yourself to be there for others? As for me, one of my spiritual practices has always been walking in nature. Somehow recently, I managed to take a 4-mile walk in nature with a friend. It was beautiful and allowed me to "put on my oxygen mask first before assisting others." I am learning that change is good and that I tend to resist change and learning to lean into change will be essential for me, especially when I am not in control of that change. And so, I will be leaning into the change this month more so than usual, will you?

~ roddy bell-shelton biggs

Message from the BOT President

With the temperatures lowering and the trees changing colors we, at my house, are preparing for winter. We are mowing dead leaves, putting away and covering outdoor furniture. We are also gathering and stacking wood for the fires we will have this winter. We are getting ready.



It feels like the UUFF is getting ready also. We have gotten a shed donated, so we can finally get our mower under a roof. The BOT is dispensing with smaller matters in order to prepare for budget discussions and subsequent pledge drive. The bylaws committee is completing their work. We are getting ready.

The Community Action Committee is planning a gleaning. A gleaning is when you go in after a harvest and get the last little bits of food available out of the fields. It is such a powerful concept and one that is not often taken advantage of in our wasteful world. I cannot wait to participate. We are getting ready.

RE is preparing for the Christmas pageant. This is a theatrical production that will include every child in the Fellowship who wants to be a part, even if they show up for only one rehearsal. We are getting ready.

I love winter. It is a time when I can wear heavy clothes and wool socks and wrap up in a throw and feel like I am being hugged all the time. I like it when my nose is cold and my feet are warm. I like the darker nights and quieter times. It makes me grateful to the people I love and the community I share. Thank you all. Are you getting ready?

~ Kit Carver

Change

The Soul Matters theme of the month is *CHANGE*. Can I change that? There's been enough change in the past couple of years. Even going back to in-person RE is a change. I confess - it's a little overwhelming.



Not only are things changing but things are also going so fast. Did anyone notice the rather large Christmas display at Michael's? I was there today picking up yarn to finish up the blanket for my new grandniece and the next thing I know, I was walking in a winter wonderland. But, but, but I haven't even carved my Halloween pumpkin yet. Or helped my mom stuff the turkey that I won't eat because I'm a vegetarian. I'm really not ready.

But do you know what I am ready for? I am ready to see the changes that will come from applying and living the (adopted by us and soon to be adopted by the UUA) Eighth Principle! And I'm okay if it happens fast. The sooner the better I say! I spent the

better part of 5 days attending the 2022 LREDA Fall Conference virtually. The theme of the conference and most of the discussion was centered around the Eighth Principle and how we as Religious Educators can apply it to our curriculum and to our congregations. The Eighth Principle states that we covenant and affirm to journey toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.”

Some of this work has already begun with the folks who signed the “Pledge to End Racism” and then took the companion class, “Living the Pledge to End Racism.” Some of you have been doing this work for decades and graciously share your wisdom to those new on this path. And some of you may be wondering why we need another principle when the other seven should cover it. I have an answer, but I’d rather talk to you about it, okay? Let’s talk about why adding this principle to the seven that (I hope) we’re doing already will help us all grow more fully into this faith. Let’s make this commitment to the Eight Principle together. And if we do, [change will come](#). I just know it.

*Peace,
Ms. Chris*

PS Speaking of change, the Great Counting has begun. If you have a change counting machine and/or change rolls you’d like to donate to the cause and/or love counting money, let me know?

RE At-A-Glance

Nov 5

Pageant Rehearsal (Time TBA)

Nov 6

Youth Group 12:15pm - 1:45pm

Nov 12

Pageant Rehearsal (Time TBA)

Nov 13

Coming of Age 12:15pm - 1:45pm

Intergenerational Discussion Group hosted by the Youth Group

Nov 20

Intergenerational Worship

NO RE or after service meetings

Nov 27

Thanksgiving Weekend - TBA



The Yankee Doodle Boy

Little Georgie was a precocious and prideful child. The son of Irish-Catholic show business parents, Georgie, born on July 3, 1878, had grown up on stage. As an infant, he started his career as a prop. As a driven young man, he was a triple threat: he could sing, dance, and act. But that wasn’t all. He could also compose, write plays, direct, and eventually produce. By the age of twenty-three, young Georgie would have his first musical play, *The Governor’s Son*, produced on Broadway. It was a modest hit. But in 1904, at the age of twenty-six, he would achieve lasting fame throughout the United States by writing, directing, acting in, and composing the score for his new musical, *Little Johnny Jones*, a loose adaptation of the life of Hall of Fame jockey, Tod Sloan.

You see, Georgie was proud to be an American and loved his country. But his country didn’t always love him back. Thankfully born into an industry that accepted people of his heritage and faith, Georgie looked around him at the sea of “Irish Need Not Apply” signs faced by so many with his cultural background, both in New York City and far beyond, and he wanted to do something about it. The theatre, then as now, was a place where members of various marginalized communities could find acceptance and even a livelihood. And Georgie wanted America, all America, to know that those peoples, those immigrants, were just as much Americans as he was. So he penned a song, and sang it himself, premiering it at the aptly named Liberty Theatre in NYC on November 7, 1904. He boldly and provocatively sang, “I’m a Yankee Doodle Dandy, A Yankee Doodle, do or die; A real live nephew of my Uncle Sam, Born on the Fourth of July.” In verse 2 he paid tribute to two other marginalized communities, (“Father’s name was Hezekiah, Mother’s name was Ann Maria,”) and at the end of the verse he concluded with, “Oh, say can you see/Anything about my pedigree that’s phony?” And, of course, there wasn’t.

Georgie’s songs would become a national sensation, and he would go on to a long and distinguished career in the theatre. And his artfully courageous efforts would play an important and enduring role in reframing American culture. He would eventually be known as “The Man Who Owned Broadway,” and “The Father of American Patriotic Song,” penning other hits like “Over There”

and "Give My Regards to Broadway" that promoted patriotism and national pride. And the stigma of his Irish-Catholic heritage would fall away a generation later as America conceded the positive value that at least Irish and Italian immigrants brought to the tapestry of American culture. We still struggle with this acceptance, no doubt. But time, contribution, and perseverance can overcome many a prejudice. Just ask the scrappy little kid from Providence, Rhode Island, Georgie...that is George M. Cohan.

Only now you know the rest of the story.

*Namaste,
Jason*



Farewell to Bonnie Rossie, RE Committee Co-Chair

As co-chair of the RE Committee for the past two years, Bonnie Rossi has invigorated our group with her boundless energy, creativity, and enthusiasm. It's difficult to say goodbye to her as she departs the UUFF and Fredericksburg for Pennsylvania. We wish her happiness and fabulous adventures in her lovely new location. As her co-chair, I will dearly miss her cheer, support, and company. Chairing the RE Committee through Covid tested us: we learned the technology (with the help of our teens and RE Director) to set up online game nights and Zoom Rooms. We planned outdoor, socially-distanced activities at the firepit and the playground. We planned monthly events to bring us all together and helped our RE families' recognize that we could support and care for one another, even though we were apart. Bonnie, you have been a vital part of our fellowship and you will be missed. Your new UU congregation will be so lucky to have you.

Welcome Jen Austin, RE Co-Chair!

The RE Committee welcomes Jen Austin as our new co-chair. Jenn will bring her background and experience as a teacher and long-time UUFF member to help plan fun, fellowship-building, and enlightening events for our families. Thank you, Jen, for taking on the role.

~ Susan Park, RE Committee Co-Chair



Help Needed!!

Building and Grounds is in need of volunteers to commit a small amount of their time to tend the outdoor part of our property. If you want to help, email Bruce at UUFFBaG@gmail.com! Thanks!



After Hurricane Fiona [made landfall in southwestern Puerto Rico](#) more than 1.3 million residents across the island were without power. President Joe Biden [declared an emergency](#) in Puerto Rico, calling on both the Department of Homeland Security and the Federal Emergency Management Agency (FEMA) to coordinate disaster relief efforts for residents. Here is a non-exhaustive, growing list of organizations that are asking for assistance. Donations can be made through the links to their websites or social media pages. Two of these, the Hispanic Federation and Global Giving, have a four-star rating in charity navigator. The others are not evaluated.

Brigada Solidaria del Oeste

The Puerto Rican mutual-aid group is [asking for donations](#) of emergency essentials for residents, including first-aid kits, water filters, solar lamps and water purification tablets. In addition to emergency essentials, the organization is also welcoming monetary donations as another form of direct aid and support.

Global Giving

Global Giving, a nonprofit that supports and connects other nonprofits with donors, has launched the "[Hurricane Fiona Relief Fund](#)" — aiming to raise \$1 million to help residents on the island and other communities across the Caribbean. Funds raised will help first responders "meet survivors' immediate needs" for food, shelter, fuel, clean water and hygiene products, according to Global Giving.

Hispanic Federation

The nonprofit, which provides support to Latino communities across the U.S., says the organization is [already on the ground in Puerto Rico](#) providing emergency relief services and essential supplies to communities across the island. "Because Puerto Rico is still rebuilding from the damage of Maria, the flooding and power outages caused by Fiona are already far more severe and life-threatening than they should be," according to the organization.

Taller Salud

The [women-led nonprofit](#) is coordinating hurricane relief efforts across the island, accepting donations of items such as

nonperishable food, adult and baby diapers, gallons of water, toiletries and more. The nonprofit is also accepting monetary donations via PayPal or on its [website](#).

PRxPR

PRxPR Relief and Rebuild Fund, launched in the wake of Hurricane Maria by Puerto Rican business leaders in the U.S., works with local organizations across the island to help rebuild infrastructure and provide disaster relief. The organization is activating its disaster aid protocol, asking for [monetary donations](#) for Hurricane Fiona victims.

Thank you,
~ Curt Swinburne

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

SOCIAL JUSTICE NEWS



Have you voted yet?

There's only one election and it's for your Congress person. The representation of the two major political parties in Congress is so close that huge amounts of money are being spent on TV and social media. To look a bit deeper, the two main contenders for this region are [Abigail Spanberger](#) and [Yesli Vega](#).

New rules for absentee voting, early voting, last-minute registration to vote, etc. are all spelled out at [Vote411](#).

The last day of in-person early voting at your [local voter registration office](#): **Saturday, November 5, 2022, at 5:00 p.m.**

**ELECTION DAY is Tuesday, Nov. 8. The polls are open 6 a.m. until 7 p.m.
MAKE A PLAN TO VOTE. Our Democracy Depends on It!**

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](#).

- **Nov 06: Steve B** "Government: Should We Throw The Baby Out With The Bathwater"
 - **Nov 20: Fred** "What Do the Midterm Election Results Portend?"
-



Monthly Theme – Change

What if pushing is only half of it?
What if there is time to waste?
What if rushing is what got us into this mess?
What if catching our breath shrinks the clouds
and expands our view?

What if space for breathing
is what enables the seed of change to take root?
What if pausing allows the longing to grow?
What if it's not about taking control of life,
but being quiet enough to hear life speak?
What if slowing down is what allows us
to notice we're not the only ones who long for change?

And what if catching our breath isn't about resting up,

but the way we finally and fully feel our pain?
What if the quiet is what enables us to notice
how uncomfortable this life of comfort has become?
And what if comfort has been withheld from us?
Wouldn't that mean that rest is a revolutionary act,
allowing us to combat a culture that works to keep us tired, and numb?

What if, in the end, it is silence that allows us to hear the still small voice inside
that says, "We can no longer wait!"

~ Soul Matters Monthly Packet

All Services

Dual Platform: In-person and on Zoom

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

Teleconference: 1-301-715-8592

November 6

The Bridges We Cross, Rev. Doug McCusker

None of us have stayed exactly the same our whole life. We have all endured significant changes sometimes kicking and screaming. Much as we may wish to make a new beginning, some part of us resists doing so as though we were making the first step toward disaster. As if we were walking on a rickety bridge to nowhere. We resist transition not because we can't accept the change, but because we can't accept letting go of that piece of ourselves that we must give up when and because the situation has changed. Join us as we explore the *Path of Change*.

November 13

November Elections, Dr. Stephen Farnsworth

Professor Farnsworth returns to provide analysis on the November congressional elections. He will discuss the election's likely policy consequences 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 seven books on the presidency, the mass media and public opinion and is a recipient of the Virginia Outstanding Faculty Award.

November 20

Sharing Life's Bounty, Rev. Doug McCusker

Our lives are the present culmination of uncountable acts of generosity by others. Most of whom we never knew and aren't aware of. We are the recipients of life's bounty from our ancestors, trees, water, the universe. We are the intersection point of life's bounty. Let us enter into communal thanksgiving by offering our pledge of reciprocity in honor of all that we have received. Join us as we share our bounty in a congregational feast. We will also honor the Transgender Day of Remembrance by memorializing our transgender siblings who were killed this year.

November 27

Why Do We Gather, roddy bell-shelton biggs

As Unitarian Universalists, we gather each week. Some get dressed and come in person, while others join from home. Why do we gather? Why does it matter? Could it be that when we gather, we do so for change and need one another to envision and create change? Is this why our gathering matters? Let's explore why, how, when, and where we gather as Unitarian Universalists in the 21st century, because it does matter.

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, Fri - 1PM-5PM
Wednesdays - Working from home

REV. McCUSKER'S OFFICE HOURS:
Wed, Thu - 10AM - 5PM, Sun 12PM - 2PM
Fri - Study Day, Sat - Working from home

Contact [Rev. McCusker](mailto:Rev.McCusker) in case of an emergency or to make an appointment

roddy bell-shelton biggs OFFICE HOURS:
Tue & Thu - 10AM - 3PM

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