



January 2023

LGBTQ YOUTH SANCTUARY TRAINING

UUFF is working to engage more deeply with LGBTQ justice movements and communities. People met after the service recently to organize an LGBTQ social justice ministry at the Fellowship. Out of this came that we wish to host an LGBTQ Youth Monthly Sanctuary once a month in our building. To do so, those interested need training: this training will take place **on January 2nd from 6:00 pm to 8:30** in the High School room and online using the Sunday services [Zoom link](#). For more information, please get in touch with Intern Minister roddy bell-shelton biggs at rbiggs@uuma.org.

Shared Ministry Spotlight

Music

One of the most important and most visible ministries of our Fellowship is our Music program. We have two paid professionals who lead the program: our Music Director, Jason Michael and our new Accompanist, Madison Minvielle. Every Sunday in our worship services there is music that captivates our emotions and stirs our souls. When we sing hymns, we all participate in one of the few elements of the service in which we create something together. Our Choirs are made up of volunteers who share their talents in a way that fulfills them and enlivens the congregation. They commit their time to weekly rehearsals and Sunday worship. It is a dedication to service in which we all reap the benefits. We also have musicians who play instruments and sing on Sundays when the choirs are not scheduled. Music is also an integral part of our outreach to the community. During the Holidays, several of our music groups performed at the Fredericksburg Food Co-op and played on the local radio station.

We are indebted to all our wonderful professionals and volunteers who bring the sweet sounds of music to our community. Below are the names of our singers, ringers, and musicians. When you see them at the Fellowship, be sure to thank them. There is always room for anyone who wants to join this special ministry. Please contact [Jason Michael](#) if you are interested or have any questions.

Music Staff: Jason Michael, director; Madison Minvielle, accompanist

Music Committee: Patty Davis, co-chair; James Sperlazza, co-chair; Laura Joy

Adult Choir: Adele Connor, Steve Elstein, Laura Joy, Karen Kallay, Cathy McNichols, Thomas Mertz, Nancy Michael, Ed Rodriguez, Carmela Southers, James Sperlazza

Adult Hand Bells: Christi Bayha, Ken Brown, Maryann Brown, Eileen Carson, Marylise Cobey, Patty Davis, Steve Hanna, Chris Ketcham, Bob McNichols, Nancy Michael, Tricia Rossmailer, James Sperlazza

Family Ringers: Lydia Zambon, leader; Ben Bush-Resko, Olivia Bush-Resko, Bea Park, Charlotte Park, Susan Park

Song Leaders: Adele Connor, Nancy Michael, Ed Rodriguez, Carmela Southers

Worship Musicians/Artists: Bruce Callandar, David Brown, Laura Joy, Karen Kallay, Steve Walk

Monday Night Music Group: Lee Criscuolo, John McGee, Barbara Deal, Ernie Ackermann, Carmela Southers, and Bruce Callandar

THANK YOU!!!

PLEDGE DRIVE

Volunteers needed for 2023 Annual Stewardship Campaign and Pledge Drive!

Each year, the UUFF conducts a stewardship campaign to raise funds for our expenses for the new fiscal year which begins on July 1. Our expenses include our building mortgage, utilities, staff salaries, program activities, and much more. The funds we raise also help us pursue our dreams and goals. Our 2023 Stewardship Campaign will start with a kick-off event in mid February (date to be announced). Throughout the stewardship campaign, we will conduct a pledge drive. This is our way of securing commitments of financial support from our members and friends. Since pledges cover roughly 85 percent of our expenses, having these funding

commitments in advance allows us to more effectively build our organizational budget for the year. More information about our FY 2024 budget will be forthcoming. In the meantime, volunteers are needed to help with the Pledge Drive. Please contact [Curt Swinburne](#).

Chili Cook Off!
Saturday, February 4 from 6-8PM

Think your chili is something special? Put your recipe to the test against fellow UUFF chefs in a battle of the best in our seventh annual Chili Cook-Off on Saturday, February 4th! 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 (540-226-4748, susan.g.lovegrove@gmail.com) by February 1st. If you just want to come and taste the chili, please bring a side dish or desert to share with the crowd. BYOB. Pro tip: bring a muffin pan to taste samplings of each chili! Also, please bring (and transport home) your own bowl/plate/utensils for your meal.

~ Friendship Committee

New Office Hours!

Beloveds, it has been lovely getting to know many of you since my coming to serve as your Intern Minister. Some of you have taken advantage of my office hours, and we had a wonderful conversation when you did. I welcome more of that! In the new year, starting January 1st, my office hours will be Tuesday and Wednesday, 10:00 am - 4:00 pm. Please come by or give me a call on those days to chat or for spiritual care should that need arise. Here is to a beautiful new beginning in 2023 as we continue to get to know each other.

~ roddy bell-shelton biggs

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, 6:30-8:30pm. 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, Jan 16, the group will meet at Harry's Alehouse Downtown, at 601 William Street in downtown Fredericksburg. Harry's has great burgers, as well as a variety of salads, sandwiches, and vegetarian friendly options. Check out their menu [MENU](#). No reservations necessary – start 2023 off right with friends old and new! 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.

Day-long Silent Retreat: The Insight Meditation Community of Fredericksburg presents a winter day-long retreat, Cultivating Concentration, led by Bill Brooks from 9:00 am to 4:00 pm on Jan. 21, 2023 at the UUFF. Click [here](#) for details and to register.

Intergenerational Discussion Group: TBD

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.

Joys and Concerns!

Beloveds, as our community grows, changes, and lives into what it means to be a Fellowship in the 21st century, your staff, with the support of the pastoral care team, have created a new way of collecting online Joys and Concerns for Sunday worship. Joining us in person? Not much has changed. Joining us online, you may now submit Joys and Concerns [HERE](#). They will be collected on Saturday evenings and shared with our beloved community during the Sunday service.

Wondering Out Loud

Rev. Doug McCusker



Our pre-historic ancestors huddled around the communal fires and slept a lot during these wintry months. They may not have hibernated, but they certainly slowed down and conserved their energy. It was a time of mystical exploration and survival. A time to take stock of one's life and express gratitude for all that had been given. Nothing was taken for granted when the elements conspired to create such harsh conditions. We may have modern conveniences now that ward off the extremes, but there is something ancient inside of us that calls us to turn inward and find our center when

winter rolls around. I remember last January when we lost power for over 50 hours. We had no television, no computer, no heat. We bundled up and slowed down. We lit candles and read by the fire in the fireplace. My wife and I turned to each other and talked and played games. We ate simple meals and went to bed early. When the electricity came back, there was a part of me that missed the simplicity of our lives during those black-out days.

I think of the people of Eastern Ukraine and what they are going through. They are being forced to endure weeks of no heat and electricity as the weather turns cold. I don't want to romanticize what they are dealing with, but I am amazed at their fortitude and resilience. The more that the Russians pound them with bombs and missiles, the stronger their resolve seems to get. They are being forced to find their center under duress. Pema Chodron wrote, *"Instead of asking ourselves, 'How can I find security and happiness?' we could ask ourselves, 'Can I touch the center of my pain? Can I sit with suffering, both yours and mine, without trying to make it go away and let it open me?'"* It isn't easy. It might be the hardest thing that we are asked to do. But deep within us, at the center of our existence, we have an inner strength that can carry us through even in the darkest moments. Become friends with your center. Learn its language. And if the time comes when you are tested, trust it to pull you through.

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



new beginnings

roddy bell-shelton biggs

January: Finding Our Center

It is hard to believe a New Year has come. 2022 is behind us all, and we turn our gaze toward 2023. What untold stories lay on the horizon of the New Year? This January, as we begin a new year full of wonder, hope, and pain from years past, we do so with a theme of Finding Our Center. Finding Our Center in a new year while not forgetting the old year, the memories, and the lives lost now behind us. We emerge from the longest winter night ready to embrace the new beginnings of the year as we work to name and find our individual and collective center.

James Baldwin once said, *"It took many years of vomiting up all the filth I'd been taught about myself, and half-believed before I was able to walk on the earth as though I had a right to be here."* For me, 2017- 2022 began the years of vomiting up all my filth. All the lies I had been told that I half-believed. For me, this was the filth of growing up being told loving my queer, nonbinary self was a sin. The filth of being mocked for having a speech impediment and being partly deaf in one ear. The filth of toxic religious

teaching of my childhood and the reframing of the same religious teaching to be those I proclaim today. Today I can spiritually own the Christian faith, my queer, nonbinary self, and so much more with pride, grounded in and by the Unitarian Universalist faith movements and communities. There is still filth worth vomiting up from my past, and my desire for 2023 is to continue doing just that. Doing so means I must continue finding both my own and a collective center. So, may 2023 be a year of finding our center, healing, grace, accountability, new beginnings, and love.

*In Faith and Healing,
~ Intern Minister roddy biggs (they/them)*

*When you find your center, you will not be drawn into someone else's storm;
instead, they will be drawn toward your peace.
~Becky Bro*



The Soul Matters theme this month is “Finding Our Center.” I’ll get to that in just a moment. But first, I’d like to tell you a story.

Once upon a time, in the fall of 2018, inspired by their service the spring before, the Youth Group at the UUFF created a little something called the Intergenerational Discussion Group. While gathered around tables set up just outside the main hall, youth and grown-ups alike, ate lunch and discussed all manner of topics. It was great.

Then, in March of 2020, Covid shut us down. Oh no! Did our brave teens give up? No, they did not! Our valiant Youth Group soldiered on and continued to host the meetings. On ZOOM! Sadly, despite their best efforts, not many people joined them. And as time went on, the Intergen Discussion Group meetings became just, well, Youth Group. It made us all a little sad.

But then one magical day, the pandemic, while not over, became manageable - Hallelujah - and the church reopened. And at last! The day came! With joyous hearts and happy anticipation, our teens once again set up their tables and waited to be joined by the grown-ups for lively conversation. Several adults joined them but they had to go to another class. Our teenagers were all alone.

But they didn't give up, no sir! The next month, the tables were set in the hallway with care, but no one came. The next month, the same thing happened. The month after that, they just didn't bother. And now our teens, who were so excited to reach across the age gap and connect with the adults at the UUFF, want to do away with the Intergenerational Discussion Group.

The End

Sadly, this story does not have a very happy ending but there is something we can do to change the outcome. And so, in honor of the January theme, I would like to invite you you all to consider what it would mean to our teens, to our families, and to this community, to put these amazing, brilliant, funny, caring, incredible people at the center of this Fellowship. I am asking you, as members of their faith family, to commit yourselves to their emotional and spiritual care. And if ever you are given the opportunity to engage with them and you have the time? Do it. I promise you, it will be worth the effort.

~Chris Johns

PS We need youth advisors. Call me.

PPS I am grateful to those of you who are making the effort to engage with them. I see you.



RE At-A-Glance

Sunday, January 1st - RE Game Day

No After-Service events

Sunday, January 8

12:30 - 2:00 - Coming of Age & Youth Group

Sunday, January 15th

12:30 - 2:00 - Youth Group

Saturday, January 21st

7 p.m Online Game Night in the [RE ZOOM Room](#)

Sunday, January 23rd

12:30 - 2:00 - Coming of Age & Youth Group

Sunday, January 30th

12:30 - 2:00 - Youth Group



Caroling, Caroling

Between December 11 and December 18 of this year I found myself involved in five performances. That's five performances in eight days, inclusive of our lovely Pageant this year. And that doesn't include the carol singing at the mall on December 3. It is, in a word, an exhausting time. Three of the six involved some form of caroling or group/audience participation. As a conductor/music director, the normative aim tends to be the perfection of a choral performance to the best of the group's ability. Fun isn't lost, but it tends to take a back seat to the loftier aim of artistic achievement. Fun is derived from a job well done. But this year was different. This year, thanks in no small part to Rich Larochelle's invitation to perform at the Fredericksburg Food Coop, singing (and ringing) in public was more about sharing and having fun with people than it was serving a higher artistic aim.

I am reminded of my time as a member of the Susquehanna University Chamber Singers, between 1989 and 1993. Sixteen of us (four per voice part) were regularly invited to one elderly professor's home on the picaresque Isle of Q. There in his little cottage along the banks of the Susquehanna River, Professor Axel Kleinsorg would hold the holiday party of the season. Sans television, football, or cell phones, invited professors and students alike would gather within the immaculately decorated house for holiday music piped from the radio, a pristinely set holiday table of foods and pastries, and Christmas games and readings of holiday poems and tales. Midway through the evening Axel would have the Chamber Singers gather by the fireplace to perform a few polished madrigals, but before long we were led to gather the guests 'round the spinet and lead them in as good an old fashioned sing-a-long as one can imagine. For thirty minutes or so we'd raise our voices to the familiar carols that one would expect. Everyone sang, no one strived for perfection; the sole aims were fun, sharing, and community.

At this busy time of year, it's so nice to be reminded of those "higher" aims that shared musical experiences can bring. Thanks, Rich, for the opportunities, the memories, and for the reminder. I needed that.

*Happy Holidays All,
Jason*

Who UU Gonna Call?



**Who UU
Gonna Call?
Nancy Michael**

It's time again for another exceedingly infrequent UU&You article from yours truly – hello! I don't normally have much to put into the newsletter, but this month I felt the need to drop in a quick note. As many of you know, long-time Member Nancy Krause has recently left the Fellowship to live in Florida, and I cannot let the moment go by without expressing my gratitude for all she has done. In her many years at UUFF, Nancy has variously served as a member of the Board of Trustees (with at least one term as its

President), chaired the Music Committee (and possibly others, too), volunteered for the RE program, and done countless other things while wearing many, many different hats. Most significantly for me, though, Nancy has been my Office Liaison since I was hired back in 2014, and she has been an immense help in taking care of our annual Congregational Certification with the UUA. When I first started as the Office Administrator, it was Nancy who helped me with the ins and outs of the job here at UUFF. It sounds cliché to say she taught me everything I know, but she really played a major role in helping me to know the office and the Fellowship in general, and I think it's fair to say I would have been lost had she not been there with advice, guidance, and an ear to bend.

More than just an Office Liaison and a fellow She-Tenor in the adult choir, though, Nancy has been my friend. She has been there for me – and for my family – in more ways than I can count, and we have shared many a frustration and many a laugh together over the years. I will miss my right arm here in the office for sure, but I will miss my friend more. Even though I know in this digital age we can stay somewhat connected, it's not the same as spending time in one another's company. But with that said, I wish her all the very best in this new stage of the journey. Thank you, Nancy, for all that you have done here at – and for – UUFF, for everything you taught me about this Fellowship and this office...and for the friendship.

~ Nancy



The RE Committee has some fun events planned for this winter!

Online Game Night!

Join the RE Committee for a fun evening of online games! We'll meet in the RE Zoom Room on Saturday, January 21 at 7 p.m. All ages are welcome! We may separate into Breakout Rooms depending on interest. Let's meet on [Zoom](#)!

Imbolc Craft Activity for Families

The RE Committee will host an Imbolc craft activity on Sunday, February 5th after the service, starting at about noon. Also called Saint Brigid's Day, Imbolc is a traditional Gaelic festival that marks the beginning of spring. Usually held on February 1, it marks the halfway point between the winter solstice and spring equinox. All are welcome to make a craft and learn more about this pagan tradition!

Annual Birthday Cakes and Board Games Party

The RE Committee invites everyone with a birthday to come to our annual Birthday Cakes and Board Games Party on Saturday, February 11th at 3 p.m. Bring a cake (either homemade or store bought) and your favorite board games! All ages are welcome.



Spring is here and your Building and Grounds committee is generating a number of projects for the warm season(s). In addition to our spring "Weed Party" on March 26, we are accepting volunteers for mowing, power washers (and their operators) to clean the outside of the building, gardeners to tend our Memorial Garden, carpenters to refurbish our sign at the driveway entrance and helpers to assist our tree steward(s). If you are interested in helping with any of these tasks, please contact [Bruce Callander](#).



Food shortages and Somalia and Afghanistan

Somalia

The Famine Early Warning Systems Network or FEWS-NET, as it's known, monitors such things as weather patterns, agricultural production, conflict and changes in humanitarian assistance, to give the wealthier nations and aid agencies timely information about likely crises. With enough awareness, the thinking was, there would be time to head off the worst ravages.

For several months now, that system has been sounding a major [alarm](#) about the situation in the Horn of Africa, which, after four failed rainy seasons over two years, is enduring [the worst drought in recorded history, with no end in sight](#). Many aid agencies believe that a declaration of famine is imminent. Famine declarations are only made under extreme conditions: when a full third of a region's children are severely malnourished, a fifth of the population has no access at all to food and there are two hunger-related deaths per 10,000 people each day. The only two famines ever declared were in South Sudan in 2017 and Somalia in July 2011.

A devastating drought has displaced 1 million Somalis since January 2021, and more people are expected to flee as communities face the prospect of famine. The catastrophic drought ravaging Somalia is pushing communities into famine and forcing people to flee their homes in search of help.

Afghanistan

These days, more than 90% of Afghans don't have enough food to eat, [according to the WFP](#) and the [Special Inspector General for Afghanistan Reconstruction](#) — and the hardships families endured last year feel insurmountable this year.

"When we talk to people at our distribution sites, everybody tells us, 'Last winter was difficult, but we have no idea how we will get through the coming winter,'" says Philippe Kropf, the WFP's Kabul-based spokesperson.

This week, the [International Committee of the Red Cross reported](#) that cases of child malnutrition seen at its hospitals in Afghanistan are 90% higher this year than they were in 2021. The aid group also reported that a children's hospital it supports in Kabul has seen a 55% increase in the number of children younger than 5 who are being treated for pneumonia, as people struggle to keep their homes warm. Certain work, like construction, temporarily stops during colder months, leaving Afghanistan's day laborers without a steady income for that period.

How to Help!

Charities that serve Somalia in Afghanistan that are four-star rated are:

[CARE](#)

[World Food Program](#)

[Save the Children](#)

[Doctor's Without Borders](#)

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

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](#).

- Jan 01: TBD
 - Jan 15: Fred "Is Overpopulation a Problem?"
-



Monthly Theme – Finding Our Center

When we talk of finding our center, it's natural for calm and rest to be the first things that come to mind. And yet, helping us find peace and calm is not the only work found on this path of finding our center. As our faith reminds us, being a "centered person" often involves the opposite of keeping things calm. In order to move toward a balance of justice, we have to upset the current state of things. Oppressive systems need to be challenged and toppled. And to accomplish that, we need to sacrifice calm and comfort, including our own. We need to remember that achieving a balance of equality requires us to be purposefully *off-balance* and *out-of-step* with our culture, or as Martin Luther King Jr. said, we need people who are *maladjusted* to the way things are.

It's not simply a place of peace and calm; it's also a place of being pushed and launched. What you hear in this deep space within is not just the whisper of "Rest" and "Breathe," but also "Take a deep breath and jump!" We encounter an invitation there, not just relaxation. It's a still point, yes. But a still point upon which we pivot and turn to something new. So as we try to make sense of "finding our center" this month, it's fine to pull up the image of the Buddha sitting peacefully under a tree. But we can't let that overshadow the image of a diver balancing way up there on her diving board, pausing to regain her composure and courage so she can leap and go "all in."

~ Soul Matters Monthly Packet

All Services

Dual Platform: In-person and on Zoom

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

Teleconference: 1-301-715-8592

January 1

Poverty Law and Policy in the United States: A Brief Introduction, Benjamin Litchfield

In this presentation, Benjamin M. Litchfield, a federal consumer financial protection lawyer practicing in Washington, D.C., will provide a brief introduction to poverty law and policy in the United States. Topics will include how poverty is defined and measured, an exploration of historical responses to poverty in the United States and how those responses have changed over time, as well as how poverty is addressed in specific areas including housing, education, health, and work.

Benjamin M. Litchfield is a federal consumer financial protection lawyer practicing in Washington, D.C. at Buckley, LLP. Before entering private practice, Litchfield was a counsel at the Consumer Financial Protection Bureau where he was responsible for developing the agency's national supervision strategy in the mortgage, credit card, automobile finance, and student loan markets. He is a graduate of the George Washington University and the Howard University School of Law.

January 8

Listening to the Fire in Your Belly, Rev. Doug McCusker

Metaphorically and physically, our gut is our center. It is the engine that energizes our body and soul. Our bellies contain our inner wisdom. It is our divining rod to deep meaning and purpose. On this Sunday when we celebrate our annual Fire Communion, let us heed the call of our bellies as we burn away that which no longer serves us.

January 15

Don't Sleep Through the Revolution, roddy bell-shelton biggs

Rev. Dr. Martin Luther King Jr. had a dream! A dream of justice, love, and beloved community. On this sacred and holy Sunday, all are invited to re-live, re-hear, re-connect or learn of King's dream for the first time. King had a dream, and it is up to us to keep his dream alive! Dr. King knew that true freedom and salvation required all of us to work together. Come, beloveds, learn of the dream as we build beloved communities together.

January 22

Balancing Church and State in a Fluid Society, Rev. Doug McCusker

The Establishment Clause in the First Amendment of the U.S. Constitution serves as the basis for the separation of church and state. It prohibits the establishment of a state religion. And yet, in our modern society, church and state both play important roles in

enabling us to find our ethical center of justice and freedom. While they must be separate, they also impact each other. How do we find a workable balance in a fluid culture that never sits still? This is a UUFF Auction Sermon chosen by one of our longest serving congregants, Fred McCoy.

January 29

Keeping De-centering Work at the Center of our Faith, Rev. Doug McCusker

It's been two and a half years since the Unitarian Universalist Association published the work of the Commission on Institutional Change called *Widening the Circle of Concern*. In it, we, as a faith community, were called to de-center the normative power structure that marginalized people who are different. We were called to build the Beloved Community by reimagining our true center through inclusion, equity, and diversity. Let's examine what has transpired and what we need to do to keep de-centering work at the center of our faith.

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](#) in case of an emergency or to make an appointment

roddy bell-shelton biggs OFFICE HOURS:

Tue & Wed - 10AM - 4P

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