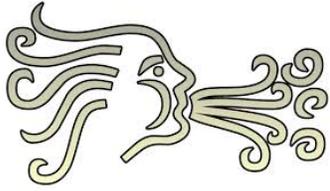


UNISON



Published by the UU Congregation of Frederick, MD (www.frederickuu.org) ♦ January, 2017

A Welcoming Congregation



2017

blows in with a change in American history brewing in Washington, three buses leaving from UUCF with participants in a Women's March on Washington, UUCF experiencing historic growth in membership, finances, activities, and greatly increased involvement in social and environmental action.

We are sustained by our community of love, joy, and caring. In this issue you can find out about our entertainments, read about our efforts to improve ourselves and the world at large, and get all the details about our committees and teams. You will find places to invest your time and passion, get some inspiration (read Sue Singley, p. 6!), and begin a HAPPY, LOVING, CARING NEW YEAR!!

NEW YEAR'S DAY PURIFICATION RITUAL

Enter New Year's Day, January 1, 2017, from a centered place of peace. Release the energies of the last year, and set a harmonious tone for the year to come. Sacred Space will be held from 7 to 9 pm in the Sanctuary of the UUCF.

You can find all the details at [CUUPS](#) or page two of last month's [Unison](#).



Death with Dignity Presentation UUCF

Friendly Forum on Sunday, January 8, 10:30-11:20am

Gary Wederspahn, an active supporter of the Death-with-Dignity movement since the 1980s and a board member of Final Exit Network (FEN), will make a Power-Point presentation.

As a life-long advocate of civil and human rights internationally and in the United States, Gary strongly believes that the choice to die on one's own terms is a basic human right that must be respected and defended. He will explore the meaning of a "good death" and describe ways we can assert and defend the right to end our lives on our own terms and actions we can take to preserve that right for others. There will be opportunity for discussion, questions and answers.

More information: Mike Morse, 301-367-7640, mike.morse@comcast.net.



THE UUCF COFFEEHOUSE

Open Mic Night

Saturday, January 21, 7 – 9:30 pm
Musicians and Poets welcome!

The UUCF Coffeehouse is now a monthly event!

Please join us for our next open mic on Saturday, January 21. This is the perfect opportunity to share your talents with an appreciative crowd! Everyone gets a chance to do two pieces (around 6 - 8 minutes total) and if there's time at the end, one or two more!! Plan to sign up no later than 7:15 AND all performers must sign up in person. Hope to see you there!

Of course, if you aren't up to taking the stage, every performer LOVES an audience! As always, BYOB! This event is free, but donations are gratefully accepted. For more information or to help with set up, email UUCFCoffeehouse@gmail.com or check out our Facebook page www.facebook.com/UUCFCoffeehouse.

BEFORE CHOIR PRACTICE

"Soulful Sundown" Vespers Service

Wednesday, January 11, 2017
at 6:45 - 7:15pm.

Join Rev. Carl and Deb Int Veldt for a contemplative service of singing and silence, meditative reading and candle lighting on the theme of New Year's.



A PRIMER ON WHY WE HAVE CHALICE COMMUNITIES AND HOW YOU CAN PARTICIPATE

Are you seeking deeper connections with other members and friends of UUCF? Interested in exploring spiritual topics, meaningful conversation and sharing your insights?



Please consider joining one of UUCF's Chalice Communities, our **Small Group Ministry** program.



A simple explanation of this ministry, as excerpted from the UUA:

Small Group Ministry is intentional lay-led small groups that deepen and expand the ministry of the congregation.

"*Small*" means a group with a maximum of 8-10 people. Groups of this size provide an opportunity to relate on a more intentional level.

"*Group*" is a gathering of individuals, sometimes selected at random, sometimes selected for a specific interest or characteristic. These groups meet over a period of time.

"*Ministry*" is the process or act of caring or being present with another. This relates to the spiritual as well as the physical and emotional well-being of the group participants.

The **Power and Promise of SGM** are **I**ntimacy, **U**ltimacy and **G**rowth.

Intimacy is increased depth of relationship that comes from meeting over time, willingness and ability to *listen* without comment or advice, to *learn* from others, and to *share* from the soul.

Ultimacy focuses on meaning and significance, rather than details, information or outcome.

Growth: Small Group Ministry provides opportunities for members to develop skills and grow in confidence as leaders within and beyond the group, and the potential to grow churches in numbers, and in generosity, cooperation, and sense of well-being. This growth occurs when people feel supported.

Three agreements between the groups and the congregation as a whole are suggested:

*To abide by a set of *relationship ground rules*, called a *covenant*. This includes ways to listen and to be heard.

*To *welcome new members* to the group or to the program overall, keeping the groups open to new people and new ideas.

*To engage in *service* to the congregation and larger world. This helps the group deepen its internal relationships, increases the connection with the congregation, and gives from the abundance of the group experience.

Openings are available in groups meeting Wednesday and Thursday mornings, Wednesday and Thursday evenings, and Sunday afternoon after the second service. Registrations are being accepted through January 22nd. You may register online at frederickuu.org/cc, via email to cc@frederickuu.org, or in via the signup sheet in the RE cabinet.

Questions may be directed to co-chairs Tara Scibelli and Tina Whims via email to cc@frederickuu.org

COVENANT OF UU PAGANS PRESENTS



A Midwinter Night's Dream
Masquerade Ball and Pagan Pride Day Fundraiser

At UUCF Saturday, January 28th, 2017 from 8pm to January 29 at
1am. (Snow date of Saturday, February 4th)

Join Frederick CUUPS for a Masquerade Ball as we dance into the
night with the Winter Court of Faerie, rulers of the dark season!
Please come in a wintry costume as we revel and celebrate the dark-
est time of the year with the Good Folk of the Winter Court.

Attractions include:

- ~Winter Faery Market
- ~Dancing to Music by The Dapper DJs
- ~Performance by Tribal Belly Dance Troupe Amandari
- ~Costume Contest, Raffle, Silent Auction & More

Faery and Fantasy Attire, Masks or Elaborate Makeup Encouraged
8 pm – 1 am, 21+, BYOB
No entry after 10 pm
\$45 before December 21st
\$50 after, if any tickets remain

Purchase Tickets Here: <https://www.eventbrite.com/e/a-midwinter-nights-dream-masquerade-ball-tickets-26537899572>

Winter Faerie Market Vendors: [Wild Saffron Photography](#), [Raven's Own](#), [Soular Fragments](#), [Wizards Tower](#), [Doc Stone Studios](#), [Vagabond Metalworks](#), [Dancing Pig Pottery](#)

NEXT SOCIAL EVENT WILL BRIGHTEN YOUR WINTER

After a very fun Chili Potluck and Carol-Sing on Dec 18, we are looking ahead to 2017 and want to alert everyone to the **Family Potluck and Game Night to be held on Saturday, February 25 from 5 to 7:30pm**. We will start with a potluck supper, and afterwards will have a variety of board games and "experiential games" for people of all ages to play. This will be an intergenerational event, so don't be shy even if you don't have young children to bring. Adults who understand the intricacies of checkerboard and chess, among other games, are needed to guide the beginners, and will be most appreciated. If you have a wonderful game to share, please bring it and let us know about it.

Starting in January, we will have a sign-up book in the cabinet in the Atrium. We need to know what potluck dish you will bring (entree, salad or dessert), how many people will be coming in your group, and your email or phone number.

For further information, please contact Nancy Roblin at
nancy.roblin@gmail.com



Women's March

- Saturday, January 21
- 8:00 a.m. - 5:30 p.m.
- Roundtrip Bus directly from UUCF to D.C.
- Cost: \$34/person

Get the latest information at frederickuu.org/bus.

Compassion and Choices
Committee (aka Death with
Dignity) meets
Saturday, January 7
at 11am.



CARL'S COLUMN

Rev. Carl Gregg

This fall UUCF received an extraordinarily generous anonymous donation of \$55,000 designated as a Scholarship Fund for members of UUCF who are attending seminary in order to become Unitarian Universalist ministers.

To offer some background, in 2015, the UUCF Board voted

to officially sponsor both Bob Clegg and Scot Hull respectively as a "candidate seeking Unitarian Universalist fellowship." Lora Powell-Haney, our Director of Religious Education, also intends to apply for seminary. She has not yet requested congregational sponsorship, but plans do to so when she arrives at that point in the process.

According to the Unitarian Universalist Association:

"One of the requirements for a candidate seeking Unitarian Universalist fellowship is sponsorship by a UU congregation. The purpose of this requirement is to ensure familiarity on the part of our UU ministers with UU congregational life, and encourage congregations to take a responsible role in the recruitment, preparation and assessment of our future ministers. Sponsorship of a candidate indicates confidence in the person's potential and suitability for UU ministry. The Ministerial Fellowship Committee and the Ministry and Professional Leadership Staff Group will regard congregational sponsorship as evidence that the person seeking fellowship is actively committed to Unitarian Universalism and the institutions which uphold our faith tradition".

So although congregational sponsorship does not entail any expectation of financial support for seminarians, the generosity of our anonymous donor will allow us to help support the theological education of our members.

Bob is enrolled at Wesley Theological Seminary in D.C. (wesleyseminary.edu), which is affiliated with the United Methodist Church but which also has a strong history of supporting UU Seminarians. (Some of you may recall that I taught UU History/Polity at Wesley a few years ago.) Scot is enrolled as a low-residency student at Meadville-Lombard Theological School in Chicago (meadville.edu), which is one of our two UU Identity seminaries — the other being Starr King School for the Ministry in Berkeley, CA (sksm.edu). Lora plans to apply to Meadville-Lombard.

The distribution of the funds is determined by the UUCF Board of Trustees in consultation with the minister. The scholarships will be disbursed over time during each candidate's program of studies, which typically takes a minimum of 3 years to complete as a full-time student. Until needed, the money is being held in a reserve fund within UUCF's Money Market Account.

For anyone interested in learning more about the process of becoming a UU Minister, more information is available online at uua.org/careers/ministers/becoming. I am incredibly grateful for all of the generosity of time, talent, and treasure that make possible all that we do at UUCF. I'm grateful to be with you on this journey.

Peace to you,

Carl

SUNDAY SERVICES

9:30 and 11:30am

New Year's Day, One Service at 10:30am

January 1: *Grit, Passion, and Perseverance*, the Rev. Dr. Carl Gregg

January 8: *Religious Freedom*, the Rev. Dr. Carl Gregg

January 15: *MLK Today*, Karen Reilly, Co-Chair, UUCF Dismantling Racism Team

January 22: *Thoreau*, the Rev. Dr. Carl Gregg

January 29: *Art & Soul*, The Sanctuaries, empowering people to live creative and soulful lives

UUCF GROUPS



EARTH-CENTERED SPIRITUALITY

Facebook link: [CUUPS](#)

3rd Sunday, January 15, 10:30—11:30am

This time provides an opportunity to focus on the Sixth Source of Unitarian Universalism: "Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature." Our January meeting will be led by Irene, Lorinda, Jeff and Emily. Ashley will be leading an outdoor Pagan-themed children's activity during the service; please dress kids WARMLY.

FRIENDLY FORUM 10:30-11:20am every Sunday

Gary Wederspahn, an board member of Final Exit Network (FEN), January 8.

We will find out more about our legislative ministry in Annapolis on January 15.

Come join us!

AHA ATHEISTS, HUMANISTS, AGNOSTICS

January 1 and 15 at 12:30pm.
We meet in the Chapel

Heads up: on Sunday, March 19th we will be discussing the book *At the Existentialist Cafe: Freedom, Being, and Apricot Cocktails*, by Sarah Bakewell. This is a recent acclaimed work by a highly-respected author who writes with clarity and relevance. Check out the great Amazon reviews!

Phyllis Liddell at phyllis.elaine@comcast.net



UUCF BUDDHIST FELLOWSHIP

January 8 and January 25

Visitors and newcomers are invited to join us at any of our meetings. No experience necessary.

We meet the second and fourth Sundays of each month in the chapel at 10:30am, beginning with a meditation and continuing with discussion and sharing.

We are currently basing our discussions on *The Heart of the Revolution* by Noah Levine. On January 8, we will be focusing on Chapter 6.

Newcomers are always welcome to attend and fully participate. Reading ahead in the book may be helpful to you, but not a prerequisite for your participation.

For questions or to be added to the Buddhist Fellowship email list, please contact Nancy Hutchins at nhutchins471.comcast.net.

UU PROGRESSIVE CHRISTIAN FELLOWSHIP

Continues Tuesday January 3 at 1pm with a seminar/study model at the home of Mike Morse and Sea Raven. We are studying the 1996 bombshell, *The Five Gospels* by The Jesus Seminar (<https://www.westarinstitute.org/>). This is the book that started all the controversy about who Jesus was, and, so far as can be known, what he likely said and did. Copies are available through Amazon here: <https://www.amazon.com/gp/product/006063040X/> All are welcome.

Please contact Sea Raven (searaven.morse@gmail.com).

OPEN CIRCLE

Second and Fourth Sundays 12:45-2pm, Room 124

Open Circle is a friendly, welcoming drop-in group offering an ever-changing variety of topics for dialogue. Bring coffee and snacks if you wish. If you come in late or leave early that is OK.

Nancy Pace, facilitator



Editor's note: This month, Lora shares a blog entry from Sue Singley, our Co-operative Learning Center teacher. We are so lucky to have Sue molding our children. You will see.

The following is from December 6; her blog site can be accessed [here](#).

It's Not About My Toe



It's not about the hole in my shoe, or the one in my sock. It's not even about my toe peeking out from both.

It's about recess. There are a host of developmental and behavioral reasons why daily recess is such an essential time of the school day. I take my preschool students outside on all but the very coldest of cold days. It was one of the first quite chilly days when my toe, my big left toe, became an issue.

Before I tell you about my toe, it's important that you understand something about Preschoolers. They are easily distracted. An entire morning's lesson can be derailed by an ant on the floor, a loose thread on a shirt, or someone's bandaid. They haven't yet learned to overlook these small details. It's a challenge to my creativity and patience to acknowledge the ant, snip the thread, and sympathize with the injured while guiding them back to our lesson, if I remember what it was by then.

Today was the first really cold day, remember? Getting ready for recess involves the added complication of learning to put on coats, boots, and gloves. Gloves are hard when fingers don't yet move independently. Zippers are tricky to start. New boots are stiff. And small children are anxious to get outside since there are a few tiny flakes of snow riding the wind outside. All this was going on in a sort of cheerfully controlled chaos when it happened.

My Toe.

I'd put on my shoes between small zippers and gloves. One of my students noticed that I had not only a hole in my shoe, but one in my sock, too. My toe was now visible through both holes. Preschoolers are easily distracted. Heading outside to see the first few snowflakes is forgotten as they crowd around my foot examining the hole, poking their fingers through to touch my toe, and discussing this phenomenon.



This leads to general speculation about how it happened and what to do about it. One reassures me that his mother had 'a really a lot a lots of shoes' and he will bring me a pair the next day. I imagine him smuggling a pair in his Batman backpack. Another offers to let me borrow her socks. Some suggest fixing it with glue or tape. Debate continues, small heads gather close around my foot, until I decide it's time to cut it short and herd them all outside.

"But, Ms. Sue.," One says tearfully, "You can't go outside because your toe will be cold." They all nod seriously. Stunned, I sit back down. It's not about my shoe or my sock. They weren't distracted; they were focused. While I was trying to help them get ready for the next thing, they were seeing the bigger picture in the small details. They saw the problem and were worried about it because my toe might be cold.

They were helping a friend. My toe might be cold; this was more important than playing outside. Through a sudden lump in my throat, I take off my shoe, quickly pull my sock around so the matching holes don't line up. And ask them if they think that will do. Several insist on testing the hole again with fingers. Satisfied, we head outside.

Preschoolers notice details because that's is what's important: the poor ant lost on the floor, looking for home; the favorite shirt that looks broken with a loose thread; last weekend's injury, how much it hurt; and my cold toe.

Recess is important; it takes us outside where we can see the bigger picture. The details are important because the big picture is made up of details. It's as important to care as to be cared for. Let's remember that as we rush to the next thing. Remember to both look and see where your help might be needed.

I still have a hole in my shoe, but I wear thick socks and this satisfies my preschoolers as they poke their fingers into my shoe periodically to check on my toe. It satisfies me, too, because my toe actually was cold. I didn't notice, until their concern brought it to mind.

Recess is important. Details are important. They're as important as ants, and socks, and bandaids, and loving.

Notes from the President

Steve Berté

President of the Board of Trustees



strategic plans in place to address growth issues. Our goal is to be prepared for and respond to growth in a

your continued support and participation to help us achieve that goal.

Notes from the President

January 2017

Your Board of trustees held its December meeting on the 15th of the month. Here's a summary of what we discussed to help keep you aware of what we're doing.

The Board reviewed a 2018 forecast budget developed by the finance committee. The projection is that we will have to increase our income by about \$60,000 per year to maintain our current programs and staff. You may recall that due to some special gifts, we've been able to increase hours for our choir director to start the children's choir as well as helping to fund our facilities manager position. However, those gifts will be expiring so we'll have to meet those financial requirements with sustained giving. Salaries are not the only reason we need higher income. As our congregation grows, programs grow and so do costs associated with them. To get a better idea of how much of our budget consists of discretionary funds, have a look at my budget article in the September 2016 *Unison*.

The UUCF 2020 Project working group reported that it will be delivering its final report as scheduled in January. The Board looks forward to receiving and analyzing the group's work to determine what the next steps are that we need to take to put

thoughtful way rather than being caught unaware when we find we need more space, people, money, etc. The UUCF 2020 project will continue in the New Year so keep an eye open for information about it. We'll be looking for volunteers to participate in the next phase of this important planning project.

Reverend Carl continued presenting his series of open question issues by providing the Board with insight into the changes associated with our congregation's growth from a pastoral (50-150 people each Sunday) to program size (150-400+ people/Sunday) congregation. We are now a program size congregation (~250) and still growing. This month we considered the effects on group dynamics of the movement to a larger congregation size. We've already successfully traversed a key obstacle which is moving from one to two services without losing our sense of community. Our various programs are key to helping us maintain that sense of unity. Other contributing factors include our open and active communications programs (e.g., *Unison*, mid-week announcements, Order of service) and our activities such as chalice groups, committees, choir, social functions, etc. As we grow we will continue to do what we must to facilitate our growth as a unified community. We look forward to

The Board completed its review of the UUCF ByLaws! Only the congregation can change the ByLaws, but it falls to the Board to propose changes for the Congregation to consider at our annual meeting in the Spring.

We did this extensive review to ensure our ByLaws are up to date and meeting our needs. In doing the updates, we referred heavily to the UUA recommended language for ByLaws which is based on successful verbiage from other congregations. We will soon be updating the file posted on the website so you can review and discuss them well in advance of the annual meeting in June. We will be scheduling time in the new year for interested parties to join in discussion of the changes. Our goal is to get to the annual meeting with an informed congregation so we can more easily come to consensus on how we will update our ByLaws.

You can find the Board's proposed Bylaws updates on our website at frederickuu.org/RevisingBylaws. This will take you directly to the Members / Documents and Records / Records / Revising Bylaws area of our site. Feel free to review the proposed updates and let us know if there are any points you'd like explained further or if you'd like to have a discussion about them. All articles are posted to the site for your reference.

That's it for this month. Stay tuned for more next month!

Stephen Berté
President, Board of Trustees



Social & Environmental Action Issues

Mary Kruhm and
Betsy Bainbridge,
Co-Chairs, Social Action
Committee (SAC)

JUSTice + ACTion = JustAct
<http://uusocialjustice.org/news>

Karen Russell, Chair,
Climate Change Working
Committee

SPLIT-PLATE OFFERING JANUARY 15



Unitarian Universalist Legislative Ministry of Maryland

Shared voices for liberal religious values in Maryland

<https://www.uulmmd.org>

UU Legislative Ministry of Maryland (UULM-MD) will be the split-plate recipient for January. UULM-MD works with the MD legislature to turn our UU values into reality and relies solely on split-plate and individual memberships.

If you would like to join UULM-MD with an individual membership, the cost is \$25 or \$35 and will include the *January 28 annual meeting*. See midweek announcements and check our blog (address above) for information on the annual meeting.

With legislative changes on the horizon, our work through UULM-MD assures our voice is heard about Death with Dignity, the environment, economic and criminal justice, and other issues we care about.

Lilian Ochieng

When Lilian learned UUCF members contributed \$1,304 to help her finish medical school, she wrote:

"Thanks so much for the support, it feels so awesome to always have people rooting for you. Your act of kindness always motivates me and gives me the strength to keep working hard. I do come from a very low background but through your help am always able to afford going to school and catering for my other needs. This marks 10 years of support from all of you and you have worked to transform me from that young girl from an unknown village in Kenya to a doctor to be. I have all of you at heart. May God bless all of you, looking forward to a prosperous 5th year in school of medicine. Much love"



You can still support Lilian's schooling by identifying a check or cash as a contribution to Lilian Ochieng. Questions? Talk to Bob or Jane Ladner, Mary Fletcher, Sandi Smith-Gill, or Mary Kruhm.



Climate Change Working Group

OUR VISION

A resilient hopeful creative industrious community, with a vibrant local economy, that feeds and shelters itself, provides employment and protects ecosystems without reliance on fossil fuels. Transportation is re-imagined; the need to travel or commute to meet daily needs is minimal. Land use keeps the human footprint small, in spite of accommodating more people, including climate refugees. Migration corridors allow flora and fauna that need to move north to do so. The landscape is restored and enhanced for pollinators and wild creatures. There is "zero waste." No sewage or other contaminants are released into waterways. Water sources are clean and protected. Agricultural production protects the soil. Greenhouses ensure a year-round food supply. Processing is done locally. Education includes environmental awareness.

OUR GOAL

Recognizing the need to prepare more quickly for a climate that is already changing, form a group/network that thinks globally and acts locally, collects metadata on what is happening, creates a vision based on sound and evolving evidence, sets long-range goals that facilitate the societal preparations required to adapt and short-range strategies that respond to new situations as they arise. Example: find like-minded people and organizations working to achieve preparations that are consistent with those we propose, facilitate communication, and network to promote immediacy in preparing for change.

Climate Change Working Group — All are Welcome

Saturday, January 14, from 10:00am – noon, in Room 113.

We will evaluate our first year based on our vision and goal, as well as look forward.

Contact: Karen Russell 1ceramicat@comcast.net.

MORE CLIMATE JUSTICE NEWS!

The People's Climate Movement, a large and diverse coalition, is planning a mass mobilization in Washington, DC on April 29, 2017.

We can come together to show our country and the world that we remain strong and will continue fighting for racial and economic as well as climate justice. The Sierra Club is helping to plan for the event in coordination with hundreds of partner organizations.

In addition to the mobilization April 29, events across the country will be organized for the first 100 Hours of the Trump Administration. Bold actions will be planned with the launch of the People's Climate Movement First 100 Days Fight for Climate, Jobs and Justice website.

Monica Greene

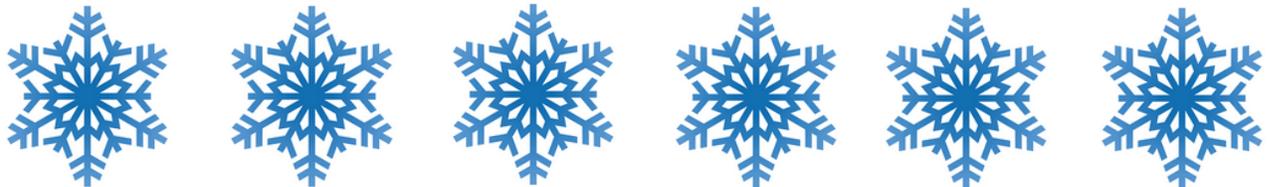
UNITARIAN UNIVERSALIST UNITED NATIONS OFFICE

The 2017 Intergenerational Spring Seminar will take place in New York City April 5 - 8, 2017. This year's seminar, Arm in Arm: Interfaith Action to Disarm Our Planet, will equip participants with the skills necessary to be effective change-makers in their communities toward a more peaceful world. We will learn about working together to reduce armed violence locally and on an international level.

The seminar is open to youth and adults ages 14 and up -- register early by January 23rd for discounted rates. Scholarships are available; apply by January 16.

www.UUA.org/UNSpringSeminar.

Monica Greene, UUCF Envoy



Dismantling Racism 101: It Takes a Village

"Dismantling racism" means undoing the attitudes, laws, and institutions that keep systemic racism in place, despite the best efforts of well-meaning, liberal, white folks. One of the ways your Dismantling Racism Team here at UUCF encourages that is to first work on undoing the sometimes unconscious, unrealized attitudes that we have, simply because of the white privileged circumstances of our birth. It's not easy. Undoing our own attitudes is like peeling an onion. There are a lot of layers, and a lot of tears.

The first layer is to discover when and where and how we first realized we were white. For me, it was when I was 5 or 6 years old, at a swimming pool in a Boy Scout camp where my father was the camp director. Staff families were encouraged to come out to the camp when it was not in session during the summer for picnics and swimming. A black boy – child of one of the staff members – was in the pool. I wondered if he had been out in the sun too long. My parents had no problem letting me play in the pool with this little boy – although he seemed to want to play more roughly than I did. But pretty soon somebody objected to the two of us being in the pool at the same time. Not because he was splashing too much, but because he was black and I was white.

Much later, as an adult who spent years working in Washington, D.C. with plenty of black women colleagues, I thought I was pretty liberated. Then at a class during my Doctor of Ministry work, a black artist literally got up in my face and accused me of being a white colonialist, imperialist, privileged racist. What that means is that so long as I see the world from my own point of view as a white woman, I can never really understand the oppression experienced by African Americans, Hispanic immigrants, American Indians, or any other so-called "minority." All I can do is walk with them – if they wish it – and listen.

Sea Raven, Dismantling Racism Team

FISCAL NOTES as of NOVEMBER 30, 2016

General Operating Fund	YTD through November (42% of year)	% of Budget	Annual UUCF Operating Budget
Contributions:	\$239,292		\$405,419.00
All Other Income:	\$62,564		\$89,891.00
Total Income:	\$301,856	64%	\$495,310.00
Employee/Staff Expense:	\$99,878		\$251,186.00
Facilities Expense:	\$72,442		\$176,144.00
All other Expenses:	\$29,144		\$67,980.00
Total Expenses:	\$201,464	41%	\$495,310.00
Difference (Net):	\$100,392		

Income: November’s “all other income” includes the proceeds of our annual Auction, \$30,057. Thanks to everyone who attended, submitted bids and made this annual event such a success. Also included in this other income line is revenue from rentals and gallery sales.

Cost-savings: The congregation recently changed phone service providers – a change that will reduce costs for several years to come. Office Administrator Karen Reilly and the facilities team explored several options before selecting the best service for our needs. UUCF has four lines, including two for routine phone calls plus two required for fire alarm monitoring and the nursery school.

UUCF also changed electricity providers a few months ago, from First Energy (electricity produced by generators) to Constellation Energy (electricity produced by wind turbines.) This change is both a cost-saving move and a way to honor our Green Sanctuary goals.

Committee Expenses: Every year, the congregation’s budget includes money for use by our committees that work to support UUCF’s mission. If your committee has a project you want to do that requires some funding, please use the money that is allocated for this purpose. (If you’re not sure how much your committee has available, send a query to treasurer@frederickuu.org).

Split Plate: UUCF members and friends donated \$1024 in November to support SHIP, Frederick’s Student Homelessness Initiative Project. In December, your split plate contributions to support the education of our Kenyan student, Lilian Ochieng, added up to \$1304. What a terrific vote of confidence UUCF will be sending as she finishes her medical studies.

COMING YOUR WAY: In January, you’ll get a report of your 2016 tax-deductible donations to UUCF. If you provided an email address, it will come by email; otherwise by U.S.Mail.

Thank you! Meg Menke, Treasurer



*From the congregation, Thank YOU, all of you,
who handle our contributions with such
care and transparency!*

Meet some new members of our congregation

December 11th was a big day for our congregation. We recognized 16 new members and celebrated them at a well-attended reception after the late service. They bring a variety of interests and talents. Here are some details about those new members. The first eleven took our Pathways to Membership class December 3rd:

Pat Bradshaw and her partner **Gary Magnuson** recently moved to Lake Linganore in New Market. They come to us from the UU Congregation of Rockville (UUCR), where both were active members. Pat was formerly a nurse manager at a children's hospital in Cleveland and is now a "Grammy Nanny" for her 3 grandchildren in the area. Pat's interests include social justice, healthcare, the environment, and child advocacy.

Gary is soon to retire from a 40-year career in public service at all levels of government. He was UUCR's representative to UU for Social Justice for the Capital Region and would like to have our congregation consider joining that organization. He shares Pat's interests in the environment and social justice, particularly in finding ways to counter the influence of money in government. He would be glad to start a UUCF bowling league.

Chris Neary and **Dawn Morgan** live in Mt. Airy. Chris, a volunteer fire fighter, is interested in social justice and facilities management. Dawn is a former radio and print journalist, now teaching media design at Marymount University. She is currently researching incarceration and re-entry, financial literacy, and homelessness.

Mary Ann Melpolder is a legal secretary for an aviation law firm in Frederick. She says she is curious about everything (except possibly sports), a fact reflected in her education: an M.A. in American Studies and another in Thanatology. She has been a hospice volunteer and a docent at the Smithsonian Museum of Natural History in the Insect Zoo. Mary Ann's current interests include teaching about death and dying, Reiki and other forms of healing, environmental justice, and LGBTQ rights.

Jessica Gibson, a disabled veteran and mother of three, comes to us from Harper's Ferry. She identifies strongly with the Pagan tradition, and is also a history buff, an intersectional feminist, and a fiber crafter. She is looking for community at UUCF.

Ann Winans is a retired IBM programmer who has moved around the country a good bit since her retirement and has now settled in New Market. She is interested in genealogy and is considering becoming a greeter at UUCF.

Lauren and **Lowell Marshall** come to us from Adamstown. Lauren is one of those rare lifetime UUs, her family affiliation going back several generations in the Boston area. After working for the US Public Interest Research Group and as a graphic designer, she went back to school in her 40s and is now a special education teacher. Lowell is a federal worker who says he grew up agnostic and is coming to UUCF at his wife's urging. He is interested in social action, facilities management, Food for Friends, and greeting and ushering. The Marshalls have three children.

Lorinda Broadwater and **Mark Huber** live in Frederick. Lorinda got her LPN at Frederick Community College and currently sells jewelry and collectables. She is a former Catholic, now interested in CUUPS, singing, and cooking. Mark has worked in the HVAC business for 30 years. He confesses to being more comfortable outside with a lawnmower than inside. He is interested in the Garden Club and greeting at UUCF.

Carol Runion took the Pathways to Membership class in October and will celebrate her 74th birthday this December 31st. She retired from museum work in 2004, where she multi-functioned as curator of exhibits to director for small regional museums showcasing history of public works, urban environmental history, Baltimore industrial history, history of Laurel, MD. She's currently enjoying her teenaged grandchildren, whom she moved to Frederick to be closer to. She loves to cook, sew, paint, and hunt for antiques, and is searching for volunteer experiences. Wanting to have a wider community is what brought her to UUCF.

Nick Roehl also took the Pathways class in October. He was raised Catholic, including Catholic schools, serving as an altar boy and Eucharistic minister, but lost his faith and never thought he'd find another church. Nick moved to Frederick in 2011. He works at the Wonder Book and Video warehouse. He married fellow UU Beth Bryant in May of this year. Beth first brought him to UUCF. He was born in Southern California and went to New York University. Nick is interested in history, feminism, poetry, anarchism, the Green Party, and criminal justice reform.

Also recognized were Jo Seibel from the October Pathways class, and Roger and Maria Sobkowiak, who signed the membership book in November.

New Members, Welcome

UUCF BOOK CLUB

The UUCF book club will be hosted by Tibby Middleton <midken@comcast.net> on Friday, January 13, at 7:30pm in a private dining room at Homewood of Crumland Farms, 7407 Willow Road.

The book we will be discussing is *The 100-year-old-Man Who Climbed Out the Window and Disappeared* by Jonas Jonasson. This is a very funny satirical novel that is fun to read. I laughed out loud in several places. It is in a Forrest Gump style, but *this* man wants his vodka! Hope to see you there as it's going to be a fun discussion!

Contact Fanny Johnsson at fjohnsson@comcast.net or call her at [301-644-5907](tel:301-644-5907) for more information.

JANUARY BIRTHDAYS

1st – Mark Gleaton; 4th – Erick Singley; 7th – Allison Butler, Robert Hudgins, Maria Scobie, Deacon Withers; 8th – Emma Rene, Sandra Smith-Gill; 9th – Libby Gaffigan; 11th – Abby Hoague; 12th – Marjorie Mansfield, Meghan Wyant; 15th – Carole Smith; 18th – Eric Brousseau, Anne Wright; 19th – Meg Berman, Cat Szafran; 20th – Eamonn Law-Knotts; 21st – Doty Ewing, Cole Jones; 22nd – Brianna Feifer, Amber Frazier, Alec Kollmar, Ethan Letourneau; 26th – Evan Thompson; 29th – Jeff Wilson.

Retired UU Men Eating Out (RUUMEO)

1st and 3rd Wednesday Every Month!!
8:00am at Barbara Fritchee's on Rte. 40.

"Eating out is fun"

Retired UU Ladies Eating Out (RUULEO)

Wegman's on Tuesday, January 10 at 11:30am

We meet the 2nd Tuesday of each month for lunch and fellowship.

Come join us to see in the New Year and relax with friends, old and new. I hope to see you there.

Call Marj Mansfield 301-693-6195 if you have any questions.

Sip'nStitch Change in Meeting Day

Sip'nStitch is moving from Wednesday evenings to the second Thursday evening of each month starting **Thursday, January 12, 2017, 6pm.**

Please join us at Mary Kruhm's, 2602 Pearson Drive, Frederick, to sip, stitch, eat, and enjoy each other's company. Mary's house is right across from the new Lodge at Homewood and not yet on GPS searches.

FINAL EXIT NETWORK

Gary Wederspahn, (see p. 1), will speak January 8, 1pm, at Homewood at Crumland Farms in the Lodge (classroom B), 500 Pearson Circle, Frederick. Public invited.

More information: Mike Morse, 301-367-7640, mike.morse@comcast.net.

January Indoor Full Moon Labyrinth Walk

January 12, 7-9pm

Come enjoy the beauty and peace of the Labyrinth by the light of the full moon! During the cooler part of the year, we take our Labyrinth practice indoors. We'll be rolling out a beautiful Classical pattern canvas Labyrinth in the Chapel of the UUCF. The labyrinth will be illuminated from 7 pm till 9 pm. Everyone is welcome. The Labyrinth is very sensitive to soot and moisture, so please either plan to go barefoot or bring socks or clean slippers to wear while

Blanche Ames Gallery Presents

Our beautiful exhibit **TRAVELS**, featuring the photographs of Beanie Young, Erin Tracheny and Lisa Bolton will remain up until January 11.



Monday, January 16, 2017
6:00 - 8:30 p.m.

ASBURY UNITED METHODIST CHURCH
101 West All Saints St., Frederick, MD

An evening of coming together to make Frederick a more Beloved Community
Join us for food, conversation, singing, drumming, and speakers

Please bring a dish to share, if possible
Questions/RSVP helpful but not required:
SAC@frederickuu.org

For a New Beginning

by John O'Donohue

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.

For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety
And the gray promises that sameness whispered,
Heard the waves of turmoil rise and relent,
Wondered would you always live like this.

Then the delight, when your courage kindled,
And out you stepped onto new ground,
Your eyes young again with energy and dream,
A path of plenitude opening before you.

Though your destination is not yet clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is at one with your life's desire.

Awaken your spirit to adventure;
Hold nothing back, learn to find ease in risk;
Soon you will be home in a new rhythm,
For your soul senses the world that awaits you.

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