

UNISON



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◇ January 2018

A Welcoming Congregation

welcome
2018
COME, GET ACQUAINTED

Concert



Andrew McKnight
January 13, 7—10pm
at UUCF

Join the UU singer/songwriter, guitarist and storyteller from northern Virginia's Blue Ridge foothills for an engaging and inspiring evening of songs, stories and community.

**EVERYONE
WELCOME**

Saturday, January 6th

8 pm - 1 am:

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

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 darkest time of the year with the Good Folk of the Winter Court.

Attractions include:

- ★ Winter Faery Market – full vendor listing at www.FrederickCUUPS.com/masquerade-ball/
- ★ Dancing to Music by The Dapper DJs
- ★ Performance by Tribal Belly Dance Troupe *Amandari*
- ★ Raffle for fantastical prizes
- ★ Costume Contest: Best Group, best Unseelie Court faery, best Seelie Court faery, best Winter Faery, best Couple

Faery and Fantasy Attire, Masks or Elaborate Makeup Encouraged
BYOB

No entry after 10 pm

Tickets are \$35. Available at www.FrederickCUUPS.com/masquerade-ball/

\$40 at the door, if any tickets remain

Centering Black Voices: African American History in Frederick County Part One, January 7 @ UUCF

Please join us on **Sunday January 7 at 12:45pm** as UUCF welcomes David Key, president of AARCH. AARCH (African American Resources – Cultural and Heritage www.aarchsociety.org) works to identify, collect, preserve, exhibit, and disseminate the history and culture of African Americans in Frederick County. Their goal is to provide an understanding of how the past shapes and enriches the present and the future for all citizens. Segregation was a way of life in Frederick until the early 1960s when Brown v. Board of Education led to the integration of schools. Black residents had been prohibited from setting foot in Baker Park, trying on clothes in downtown stores, or eating in certain restaurants. However, there was a vibrant Black commercial district on All Saints St.

Come learn about AARCH's current work to restore and preserve Black cemeteries, the legacy of elders such as William O. Lee and Esther Grinage and the long-term goal of creating a local museum of African American history. You can support AARCH by becoming a member, joining in cemetery cleanups, and donating to the split-plate for AARCH in May 2018.

ALL ARE WELCOME TO JOIN IN



Monday, January 1st, 7 - 9pm: *New Year's Day Purification Ritual*

Enter 2018 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 9pm in the Sanctuary.

Attendees are invited to move through the Elements, releasing the shadows of 2017 as they go. Elemental Guides will be available at each Quarter to offer a way to move into the energy of a new year. End your Purification journey with a walk to the center of the Labyrinth to receive any messages for the new year.

This ritual is an opportunity to move through Sacred Space. As such, there is no set start and finish time--it does not have a formal ritual structure. Your journey will be self-guided. We will hold the space open from 7 to 9 pm, and you should expect to spend somewhere between a half hour to an hour on your journey.

Please remember that this is a very popular ritual. There is a single path to follow, so at 'peak' times (generally around 8pm), there can be a line. Please plan to arrive early or after the 'peak' and please be patient with the process of the people around you.

All are welcome to attend. Silence is held for the duration of the ritual, so please use your judgment about appropriateness for children. A Children's Ritual is available at the same time that is not dependent on silence :)

Sunday, January 31, 6 pm *Indoor Full Moon Labyrinth Walk and Divination Practice*

C

Come enjoy the beauty and peace of the Labyrinth by the light of the full moon! The labyrinth will be illuminated from 6 - 8pm. Everyone is welcome. During the cooler months, we take our Labyrinth practice indoors, and will be walking the Rainbow Seed Labyrinth, a canvas Classical-pattern Labyrinth. Please remember clean socks or slippers to walk the Labyrinth in.

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If you haven't walked a Labyrinth before, there is no ceremony or ritual. A Labyrinth Walk is safe, open Sacred Space for personal exploration. Please plan to arrive by 7:30pm to allow enough time for your walk. For an in-depth article on Labyrinths and what to expect at one of our open walks, visit this link: [Introduction to Labyrinth Walking](#).

P

S

Divination practice is welcome - please feel free to bring your preferred divinatory tool (runes, tarot, ogham, etc) to practice/trade readings. Or, just stop by for a reading!

Recommended donation of \$5. Please help support Labyrinth Walks at the UUCF.



**THE UUCF
COFFEEHOUSE**
Open Mic Night
Saturday, January 20
MUSICIANS AND POETS WELCOME!

Performers can do two or three pieces, depending on how many sign up.

This event is free, but donations are gratefully accepted. BYOB.

UUCFCoffeehouse@gmail.com or check out our Facebook page www.facebook.com/UUCFCoffeehouse.

7-9:30 pm
3rd Saturdays thru June 2018

If you can, please come at 6 pm to help set up tables and chairs. 😊

Brad Calhoun, Mark and Elaine Gleaton, hosts



CARL'S COLUMN

Rev. Carl Gregg

As I write this column, Winter Solstice is approaching—the shortest day, longest night, and the official beginning of winter. My favorite season is summer, but I aspire to love the winter. One of the invitations of winter is to explore the ways in which this is a particularly fruitful season to experiment with spiritual practices such as silence, letting go, and saying “no.”

The cold, dark days of winter and the barren branches of deciduous trees all invite us to see the virtues of stillness and patience, of waiting for the new life and new hope that will come to fruition only in due time. In the words of Albert Camus, “In the depth of winter, I finally learned that within me there lay an invincible summer.”

Likewise, the wisdom teacher Barbara Brown Taylor said in an article a few years ago: “Ask any expectant mother if she wants her baby to come early and she will say no, she does not. As badly as her back hurts, as long as it has been since she has seen her toes, she is willing to wait because the baby is not ready yet. The eyelashes are ready, but not the fingernails. The kidneys are ready, but not the lungs. Those wing-shaped sacks are still preparing to make the leap from fluid to air. There is still more time to do in the dusky womb, where the baby is growing like a seed in the dark.”

In the wake of the Winter Solstice, how might you be called to experiment with embracing darkness and silence? In this winter season, of what might you be called to let go of and say “no” to? Indeed, there are ways in which this may be a particularly auspicious time in our nation’s history to practice a spirituality of *winter*. But as the words of an old proverb remind us, “When they tried to bury us, they didn’t know we were seeds!” Winter is here, but spring is coming. I’m grateful to be with you on this journey.

Peace to you,

Carl
minister@frederickuu.org



SUNDAY SERVICES

9:30 and 11:30am

January 7: *Torda 450: One Nation, Under God(s)*, the Rev. Dr. Carl Gregg

January 14: *Dangerous Friendship*, the Rev. Dr. Carl Gregg

January 21: *The Price of Monotheism*, the Rev. Dr. Carl Gregg

January 28: *The Dharma of the Princess Bride*, the Rev. Dr. Carl Gregg

UUCF GROUPS

DAYTIME GROUP for MEDITATION/CONTEMPLATION

Wednesdays at 11am in the Chapel. Facilitated by Alice MacDonald (starryskies516@yahoo.com, 240-815-5406).

Forty-five minutes of silent meditation/contemplation; you are welcome to leave quietly when desired.

Not strictly a "Buddhist" meditation, but rather an open time to use your own personal meditation practices.



AHA: ATHEISTS, HUMANISTS, AGNOSTICS

Third Sunday of the month, following 2nd service. Discussions in the Chapel.

January 21st we will discuss *When God Is Gone, Everything Is Sacred*, by Chet Raymo.

February 18th we will discuss *Fantasy Land: How America Went Haywire*, by Kurt Andersen, author, radio show host, and journalist. (This book won many awards.)

All are welcome.

~~Phyllis Liddell



EARTH-CENTERED SPIRITUALITY

Facebook link: [CUUPS](#)

**2nd Sunday, January 14,
10:30—11:20am**

Our Earth-centered Spirituality Group meets on the 2nd Sunday of each month in the Chapel at 10:30am. 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." Join us for our January meeting (led by Diana).



UUCF BUDDHIST FELLOWSHIP

Please see (frederickuu.org/buddhism) for a concise list of the many Buddhist and Meditation offerings at our church.

First and Third Sundays (Jan 7 and 21).

Our Sunday morning meetings, 10:30 – 11:20am, in the chapel will focus on Jack Kornfield's new book, *No Time Like the Present*. The book is in the author's usual accessible style with stories for illustration and suggested practices in each chapter. Everyone is welcome, whether or not you have read the book. Nancy Pace will facilitate the sessions in January around chapters 4 and 5. The program includes a time for meditation. For information or to be added to the Sunday morning emails: buddhist@frederickuu.org.

Thursday Evenings. Weekly meetings are held on Thursdays, 7:00-8:00pm in the chapel. The group explores a variety of teachings, with a longer period for meditation, usually 30-40 minutes. Everyone is welcome; no experience necessary. For more information, or to be added to the e-mail list for weekly notices, contact Lynn Wagner at lwagner4@mac.com

FRIENDLY FORUM

10:30-11:20am

Each Sunday the Friendly Forum meets in room 125 for fifty minutes to discuss congregational and/or current events.

Check for updates:

frederickuu.org/FriendlyForum

Please check our website periodically for updates or information on specific programs.

www.frederickuu.org

Notes from the President

Steve Berté

President of the Board of Trustees
January 2018



Our Board of Trustees met on December 21st to carry on the business of helping UUCF support our spiritual growth, build a beloved community, and act for peace and justice.

The UUCF 2020-II team that is studying how we can best meet our growing need for more space in our facilities is closing in on completing their work. We expect a final report in early 2018. In related activity, the parking lot committee (Dick Roblin, Stan Schepp and Rick Anderson) continue to investigate how we might be able to increase parking lot capacity. This is a complex task involving site surveys of our property and close coordination with Frederick County government offices. The Board approved a plan that will get us some needed preliminary survey and estimation work done to enable the Board to determine how we might proceed.

The Board welcomed a thorough update of its financial policies and procedures it had solicited from the Finance Committee. The committee did an outstanding job that will greatly help the Board in bringing our policies and procedures up to date.

The Stewardship Committee reported that it will have an initial draft of our new approach to budgeting we're calling our Mission Oriented Budget (MOB). The approach reduces the detailed and extensive spreadsheet approach we currently use to one that summarizes major aspects of our budget supported by text that explains what we are doing with our funds. This is a new way of looking at our budget that we think will be much more comprehensible to most in the congregation and builds on proven approaches used in other UU congregations. Stewardship is developing the final plan supported by the hard work of the Finance Committee that developed new ways of summarizing our financial data. The Board had

planned to have an initial MOB by the end of the Fiscal Year, but Stewardship has accelerated that schedule so we expect to see the new budget format, using this year's budget, to be fielded in the Spring. Although the MOB will be the primary document used at Annual Meetings and when discussing broad concepts, the current detailed spreadsheets will of course still be maintained in the background and will be available for anyone to inspect, should they choose to do so.

Finally, I am happy to announce that you have all helped us achieve a great success. The Board has determined that we have met the major goals set out in our 2014-2019 UUCF Strategic Plan nearly two years ahead of schedule! We have posted the summary final document that adds itemized accomplishments to the initial document on our website. Many thanks to the Comprehensive Planning Committee that led to the plan's development and to all those hard working and dedicated members of our congregation that helped us achieve our goals so soon. You can review the final Plan document on our website on the "Members/Documents and Records" page.

Our next step will be to develop a new plan that will depart from the previous approach in containing 1, 3, and 5 year goals and will be updated annually. This new "Annual Mission Guidance" (AMG) document will provide us more flexibility to respond to our seemingly ever-changing environment while still enabling us to focus on long term goals.

Thanks for all you do to support our beloved community,
Stephen Berté
President, UUCF Board of Trustees



Social & Environmental Action Issues

Betsy Bainbridge,
Chair, Social Action
Committee (SAC)

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

Karen Russell, Chair,
Climate Change
Working Committee

Since this past summer the Social Action Committee has been considering the value of UUCF joining UU Social Justice of the National Capital Region as a way of increasing our voice and impact on social justice issues by working together with some 15 other UU congregations in the Maryland, Virginia and DC region. SAC members Gary Magnuson and Bill Cranmer have attended recent UUSJ meetings and have become familiar with the organization, its mission, and plans. Gary and Bill have reported back to SAC at each of our monthly meetings, advising the Committee on how our goals might overlap with UUSJ and how UUCF might benefit from UUSJ membership. (That's a lot of "UU"s, but I hope you're still with me!)

Members of SAC felt it would be helpful for us to hear directly from UUSJ Executive Director Pablo DeJesus, who is headquartered in Washington, DC. Pablo has accepted our invitation to speak and answer questions at our next SAC meeting on **Tuesday, January 16, at 5 pm in Room 113**. As always, members of the congregation are welcome to attend our meetings, and this opportunity to learn about UUSJ might be of interest to many. If SAC determines that, indeed, UUCF would benefit from a paid membership in UUSJ, we will conduct a Friendly Forum on the subject and solicit the Board to consider membership.

SAC will gather at 4:30pm before the January 16th meeting for refreshments and conversation. The congregation is invited to join us at that time as well.



Environmental Action

Climate First! strives to reduce emissions of greenhouse gases and promote the use of clean energy, primarily through organizing campaigns that encourage corporations and banks to think climate first.

Currently, Wells Fargo Bank is funding the Keystone XL pipeline, ignoring the global warming impacts and undermining the emission reduction goals of the Paris Climate Agreement.

Please save the date, **Saturday, January 27, 2018** and join volunteer Monica Greene in a peaceful direct action against a Wells Fargo branch.

For more information, see www.climatefirst.us, or contact Monica, at monica.greene@yahoo.com.

SPLIT-PLATE OFFERING JANUARY 21



Unitarian Universalist Legislative Ministry of Maryland

Shared voices for liberal religious values in Maryland

Our passion is to create a better world by creating positive change right here in Maryland. We will invite you during the upcoming legislative session to join others in coming to Annapolis to lobby our legislature and governor. And we are asking that this month you help support our efforts with your donations during the split-plate offering.

Throughout America, UU state Legislative Ministries work and collaborate with other liberating organizations to bring our UU values of justice and inclusion from the grassroots up benefiting those who do not have the rights and freedoms they deserve. Please give generously so that we can continue to have a powerful voice in Annapolis.

<https://www.uulmmd.org>

ISSUES

- ▶ The Environment
- ▶ Economic Justice
- ▶ Criminal Justice
- ▶ Death with Dignity
- ▶ Gun Violence
- ▶ Healthcare
- ▶ Immigration
- ▶ LGBTQ

Letter of appreciation acknowledging our contribution to the UUA Disaster Relief Fund following the Hurricanes Harvey, Irma, and Maria.

November 27, 2017

UU Congregation of Frederick
4880 Elmer Derr Rd
Frederick, MD 21703-7427

Dear Friends,

Thank you for your generous gift of \$1,262.50 on Monday, November 06, 2017 in response to the recent hurricanes that hit the Southeastern US and the Caribbean, including Puerto Rico and the US Virgin Islands.

Thanks to you and nearly 3,000 UUs plus more than 150 UU congregations around the country, we've received almost \$600,000 for disaster relief.

These funds are being distributed to local UU congregations to help them repair damage they incurred, and to provide financial assistance to their members, as well as support other local organizations on the ground doing important recovery work.

Half the money given in response to Hurricane Harvey will support at-risk populations—namely, immigrants, people with disabilities, and people of color in resource-poor communities—through grants made by the Unitarian Universalist Service Committee (UUSC) to grassroots partner organizations.

Donations to the UUA's Disaster Relief Fund are being used to assist recovery efforts in the wake of Hurricanes Irma and Maria, and any remaining funds will be used for future disasters impacting Unitarian Universalist congregations.

Your gift is already making a difference and benefitting people whose lives have been turned upside down.

Thank you again for your generosity.

In faith,

Mary Katherine Morn
Director, Stewardship and Development and
Special Advisor to the President

Get to know some of our new members

November 18, 2017, was a big day for our congregation when we recognized 8 new members. They bring a variety of interests and talents. Here are some details about our new members who took our Pathways to Membership class in November. **Our next Pathways class is February 17th.** Class size is limited, so please sign up in the Atrium if you are interested in learning more about Unitarian Universalism and our congregation in particular.



Lesley Covington works in Accounting, Human Resources and payroll for her employer. Her hobbies include music and jewelry making.



Renee Wimer works as a benefits coordinator and is busy with her family. Her interests include reading, watching films and learning about the world, cultures and beliefs. She intends to return to school for a degree in Special Education.



Beth Pulsifer-Anderson works in the mortgage industry. Her free time is spent with her family and helping people in many practical ways. She is already participating in a Chalice Community and looks forward to work with the Social Action Committee.



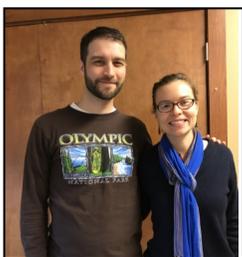
Kate Moss



Katie and Kevin Giarth are busy parents of two children. Katie enjoys martial arts, cooking, yoga and meditation. Kevin likes being active and the outdoors. His hobbies include photography and building motorbikes.



Rhonda Tatum-Harrell



Scott Hollenberg and Holly Nelson have been busy planning their wedding. They love the outdoors and music. Scott works as a counselor in his own practice.



Marney Bruce was a regional “consulting member” of UUCF from the time we started as a fellowship. We would not exist without the efforts of her and others who felt Frederick deserved a UU community. She lives at a distance, but finds her heart is with us, so she has moved her membership here.



Jessica Gross loves working with her hands to include sewing, knitting, baking and gardening. She is busy raising her son and lives with her husband in Frederick.

Other new members include Kate Moss, Rhonda Tatum-Harrell. Members not pictured include Kate and Ben MacShane.

Please take time to welcome these folks to our congregation. We welcomed them into our community on Sunday, December 10th.

~~Susan Berté

Blanche Ames Gallery Presents

 Circle of Life Cooperative Preschool

CHILDREN'S ART SHOW

Don't miss the Circle of Life children's art show opening **January 21**.
We have some very talented young artists aged 3 to 5 whose work will tickle your senses.
The show will run for two weeks, closing on January 31.

Each week our children explore art in various forms during our weekly "Big Messy Art Days." The Art Show will include selected works from each of our students, created during those very "Big Messy Art Days."

There will be an Artist's Reception on the 21st. Student artists will be on hand to answer any of your questions.



THE FREDERICK SCHOOL OF RELIGION

Learning for Life

We are an ecumenical organization providing religious education in the greater Frederick, Maryland community. Courses are open to anyone who seeks to grow spiritually: young or old, laity or clergy, and from differing religious persuasions. The School offers courses on subjects of continuing interest in religious history, theology, religious education, ecumenical studies, church administration, spiritual growth, worship and the arts, and life issues.

UUCF has participated in The Frederick School of Religion for years. The courses are taught at a different church each year and taught by scholars and religious leaders in our area. The cost is reasonable.

Rev. Carl teaches a course each year. Can you pick which one he is teaching this year? (You have two choices, right?)

Check out the complete information and read course descriptions at [The Frederick School of Religion](http://www.thefrederickschoolofreligion.org).

Mondays: February 12 - March 19

Afternoons

1 The Book of Daniel as Anti-Gospel 1:00 – 3:00

2 Wrestling a Blessing from the Parables of Jesus 1:00 - 3:00

Evenings

3 Augustine of Hippo 7:00 – 9:00

4 The One Percent vs the 99 Percent: 7:00 - 9:00

Ethics of Inequality

TUESDAYS: February 13 – March 20

Afternoons

5 Miracles of the Galilee 1:00 – 3:00

6 Banned Questions About the Bible 1:00 - 3:00

Evenings

7 The Spirit's Call to Evolve 7:00 – 9:00

8 Faith and Art In the Christian Tradition 7:00 – 9:00

TESTIMONIAL

Each Sunday, a member of our congregation says a few words about what attracted them to our church and what moved them to actively join in our efforts, opportunities, and friendships. As we can, we will share excerpts from some of these, so if you missed hearing them, you can read at least some of them in our newsletter.

As an ordained interfaith minister, this is what I was looking for: a place where spiritual growth is encouraged, an inclusive community that had room for me as a Progressive Christian, where I could be free to grow and learn from others with different spiritual leanings, and though I don't participate in the more activist activities, I am so proud this congregation participates in all these things on my behalf.

I am reminded each week, when I look on the back cover [of our Sunday Service program], of what this faith and covenant we share is about, and I usually learn something more about it from Carl's teachings; I love the children's stories and appreciate the opportunity to share our joys and sorrows and support each other; I love the songs we sing together: in my mind singing the one we sing for the children as they leave [is] for ALL of us, that we may all be enveloped by the power of love everywhere WE go. I adore the "Spirit of Life" song and appreciate our wonderful hymns. And of course I LOVE the ministry of the choir and the other special music that deepens our worship together.

There are many things I appreciate about this congregation, but the most important for me is this time of week when so many folks bring their talents together to serve us in providing a worship experience. Because, as Rev. Carl says at the end, "We are different for having spent this time together."

I invite you now to continue to support this work, not only for what it means to us who come together regularly but also for those who, like me that first time, are searching for what we offer.

~~San Rogers

SAVE THE DATE!

Stewardship Celebration "Sustaining the Light"

Wine, heavy hors d'oeuvres and dessert
March 24, 2018 7-9pm

STEWARDSHIP NOTES

January is a popular time for personal reassessment. The earth has finished one more revolution around the sun and a new year has started. We take down the old calendar and put up the new, and we sense an opportunity to make a fresh start.

To make the best of this opportunity we frequently make new commitments. Sometimes we even write them down. Writing down these commitments helps us clarify exactly what our intentions are.

Our annual pledge drive is just around the corner. So as you contemplate your new year's commitments, please include UUCF in your thoughts. Because soon, we will be writing down our UUCF stewardship commitments for the upcoming fiscal year!

~~Bill Cranmer, Stewardship Chair

Adult Spiritual Enrichment

Sacred Dreamwork, Part II: Saturday, January 6, 1:00 to 4:00pm.

This class will explore: the use of art when working with dreams, various ways to improve dream recall (inc. dream incubation) and a simple methodology for working with dreams within a group setting. Please bring a personal dream (not for group sharing). We will practice with several other dream examples. Part I of the class is NOT a pre-requisite for this class.

Minimum #5. Maximum #8. \$40 **Please register by 1/2/18.**
Rev. Rebecca Hill is an Ordained Interfaith Minister with experience in dream work facilitation who has trained at several C.G. Jung Centers in the U.S. and Zurich. If you are potentially interested in participating in a workshop on dream work as a spiritual practice at UUCF, email: Sacred.Dreamwork@gmail.com.

**Rev. Carl Teaching at
Frederick Community College:**

"Our Grandchildren Redesigned:
21st-century Bioethics"
Tuesdays, 10:00 - 11:30am
March 13 - April 17

In dialogue with your classmates, consider your beliefs, values, and convictions in light of ethical dilemmas.

For more information or to register, visit: frederick.edu/ilr

Frederick Refuge Recovery Open Meetings:

Thursdays, weekly, 7:00 p.m. (Room 125). Refuge Recovery is a mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process. Drawing inspiration from the core teachings of the Four Noble Truths, emphasis is placed on both knowledge and empathy as a means for overcoming addiction and its causes.

Visit: www.refugerecovery.org for more information.

Conflict Resolution Weekend Workshop at UUCF

Friday, January 26 - Sunday, January 28. Facilitated by Alternatives to Violence facilitators, this weekend intensive workshop will help participants:

- Learn tools for resolving everyday conflicts
- Avoid the added pain of expressing angry words that go beyond the issue at hand and further wound others and ourselves.
- Practice a method for expressing our heartfelt needs and wants, find common ground, and move forward from seemingly incompatible points of view.

Registration is open now and limited to 20 participants. Fee of \$50 will cover the facilitators as well as meals throughout the weekend. For more details and to register, visit: frederickuu.org/conflictresolution.

Meditation/Yoga (or Meditation-only) Mini-Retreat with Irene Glasse & Carl Gregg

Saturday, January 13 (9:00am - Noon, UUCF Sanctuary): \$15 in advance / \$20 at door. Please contact instructors (minister@frederickuu.org) in advance if accommodations needed; we will offer adjustments to be as accessible as possible. To register or for more details, visit frederickuu.org/retreat.

Yoga for Beginners

Tuesdays, 10:00am in the Chapel
Feeling stressed? Try yoga! Yoga for Beginners offers an accessible pace of basic yoga poses appropriate for beginners or anyone looking for a focused, mindful yoga practice.

Feel free to contact Irene with any questions at irene.glasse@gmail.com
Suggested Donation to UUCF: \$5 per session.

Daytime Meditation Group

Wednesdays, 11:00am in the Chapel; facilitated by UUCF member Alice MacDonald starryskies516@yahoo.com.

We will have 45 minutes of silent meditation. Anyone is welcome to meditate for less time and then quietly slip out if that is your preference.

Evolve

8-Week Yoga-based Circle of Support for Women

Begins Tuesday, January 16, 6:30 p.m. (Chapel). \$35/session.

For more information, visit: www.inner-evolution.com;
contact Julie Hanson at hanson.julie@gmail.com.

FISCAL NOTES as of NOVEMBER 30, 2017

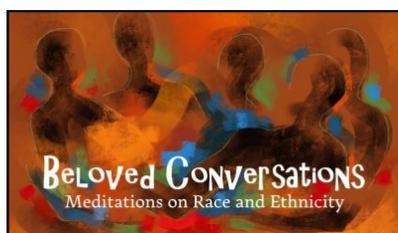
General Operating Fund	YTD through November (42% of year)	% of Budget	2017-18 Approved UUCF Operating Budget
Contributions:	\$229,143		\$ 440,583
All Other Income:	\$ 57,633		\$98,893
Total Income:	\$286,776	53%	\$539,476
Employee/Staff Expense:	\$123,571		\$275,997
Facilities Expense:	\$ 85,316		\$187,529
All other Expenses:	\$ 34,456		\$75,752
Total Expenses:	\$243,343	45%	\$539,278
Difference (Net):	\$53,426		\$195

Staffing our Programs and Missions: As you see above, UUCF's largest expense category is Employee/Staff Expense. Your generosity makes it possible for UUCF to have Rev. Carl as our full-time minister, and the eight part-time employees whose assignments are music, religious education, office/administration, facility and the CLC program. As a congregation, we strive to compensate each person fairly, which includes fair wages and a group health plan for staff members who work at least half-time. Employees who have been with us for a year and work at least 1000 hours annually receive funds to their retirement accounts. We count as well on many individuals who work with UUCF "on contract", taking care of building liaison tasks during rental events, child care on Sundays or fellowship events, substitute teaching for CLC, cleaning services, mowing and more.

Split Plate donations: Thank you for generously sharing your resources through UUCF's Split Plate project, which is an important part of our work for social justice. In November, we contributed to the Community Free Clinic in Washington County (\$1288). In December, a whopping donation of \$1861 will continue our support (1) for Lilian Ochieng, the Kenyan student who is close to finishing her medical school training, and (2) for the children who attend Enturoto Primary School, also in Kenya.

Online Shopping? You've heard of Amazon Smile, right? UUCF will earn a commission from all your online orders through Amazon's Smile program if you start start at this link: <http://smile.amazon.com/ch/52-1161535>. No other link will pay us a commission – just the one shown here. Bookmark it so every order you place will bring us 0.5% to support the missions of UUCF.

Thank you for your interest and support!
Meg Menke, Treasurer



Beloved Conversations is an experiential curriculum that provides a space to re-form the brokenness of racism into new patterns of thought and behavior ushering in social and spiritual healing. New ways of being are learned through the actions of conversation and probing dialogue.

As we have explored in the recent [UU White Supremacy Teach-ins](#), there is a major need both in the culture generally and in Unitarian Universalism specifically to dismantle white supremacy as a part of living into a multicultural future of collective liberation with economic, racial, and gender justice for all. This curriculum will **equip members and friends of UUCF with a shared experience and language for moving forward with our commitment to encourage spiritual growth, build beloved community, and act for peace and justice.**

More information:
Read about the curriculum.
Read about the commitment.
Participate if you can. Maybe we can help change some lives.

www.frederickuu.org/beloved

Odds & Ends

TOYS FOR TOTS

This year we collected over four full boxes. Last year two. Thanks everyone, and especially Di Creedon, our liaison!

UUCF's Safety & Security Team needs volunteers with a medical background and/or first-responder training and experience. Please contact Thia Wood at 240.772.6607 or thia.wood@gmail.com.

Free Mulch: We have a lot of mulch left over from the Summer! Just stop by the Mulch Pile next to the Sheds and load some up!

JANUARY BIRTHDAYS

1st – Mark Gleaton; 4th – Erick Singley; 6th – Madison Middleton; 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; 16th – Peggy Greene; 18th – Eric Brousseau, Anne Wright; 19th – Meg Berman, Cat Szafran; 20th – Eamonn Law-Knotts; 21st – Dottie Ewing, Cole Jones; 22nd – Brianna Feifer, Amber Frazier, Alec Kollmar, Ethan Letourneau; 26th – Evan Thompson; 29th – Jeff Wilson

UUCF BOOK CLUB

Friday, January 12, 7:30pm
At UUCF, Rooms 113-115

The book for discussion this month is *The Remains of the Day* by Kazuo Ishiguro, winner of the 2017 Nobel Prize in Literature. The book is a "profoundly compelling portrait of Stevens, the perfect butler, and of his fading, insular world in post-World War II England." We are also encouraged to watch the movie of the same title, starring Anthony Hopkins and Emma Watson.

The Book Club will be hosted by Thia Wood. No RSVP needed; all are welcome.

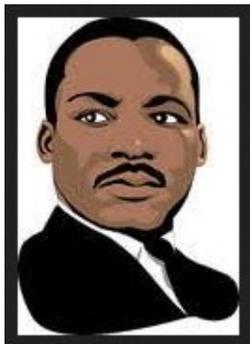
~~Diana Pitcher

Retired UU Men Eating Out (RUUMEO)

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

Retired UU Ladies Eating Out (RUULEO) January 9, 11:30am-1:30pm

RUULEO will meet for lunch at Wegman's lounge (Happy New Year!). Come have lunch and laughs with the other ladies. Call Marj Mansfield if you have any questions at 301-693-6195.



Annual Dr. Martin Luther King Jr. Potluck

JANUARY, 15, 6PM
TRINITY UNITED METHODIST CHURCH,
703 W. PATRICK ST. FREDERICK.

Sunday, January 21st, 3 - 6pm: Library Inventory Day

Please help us get the new Frederick CUUPS library open for use! Join us to help inventory the collection and get it all into our database. If you have a laptop, tablet or other internet-able device, please bring it along - you'll be able to enter books into the database directly that way. If you don't have a device, no worries - we can also write down information manually, then transfer it.

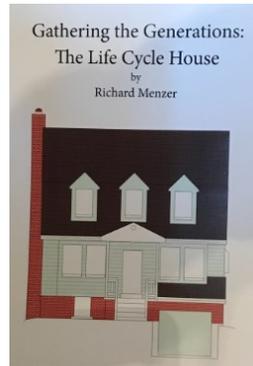
Please feel free to bring snacks along. Guests who would also like to help are welcome.

COMMUNITY CLASSIFIEDS



Stephen Darnell CD for sale!

Hello friends! I'm very excited to announce that my debut **Native American-style flute CD "Creekside Prayer"** is now available on CD Baby, Amazon, iTunes or from yours truly! Please check out my webpage at www.stephendarnell.com for additional clips and bio info.



Dick Menzer has written a book!

In its ninety-three pages he shares his explanations and home designs that seek to gather a generation of renovators to rebuild more cohesive families and communities.

Dick will have the book for sale in the Atrium for \$19.95.



Sue and John Thomson both have serious mobility problems, and each uses a wheelchair, cane or walker and they needed to add a ramp to their home. Sue is a retired nurse and a full-time caregiver for John. She has given generously and tirelessly to her friends and community, helping us heal and negotiate the health care system. She has donated time at UUCF and you often see her at the greeting table. Now she needs our help.

Money has been loaned to them for materials and Ed Mordan and others have donated time and expertise and have built the ramp. Sandi Smith-Gill has set up a [gofundme](https://www.gofundme.com) site to help them pay off the loan.

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Publications

Unison Deadline: submissions by the 20th; web posting
on the 28th
Mid-Week Announcements: submissions by Wednesday,
noon; e-mailed on Thursdays
Submission address: frederickuu.org/announce