

UNISON



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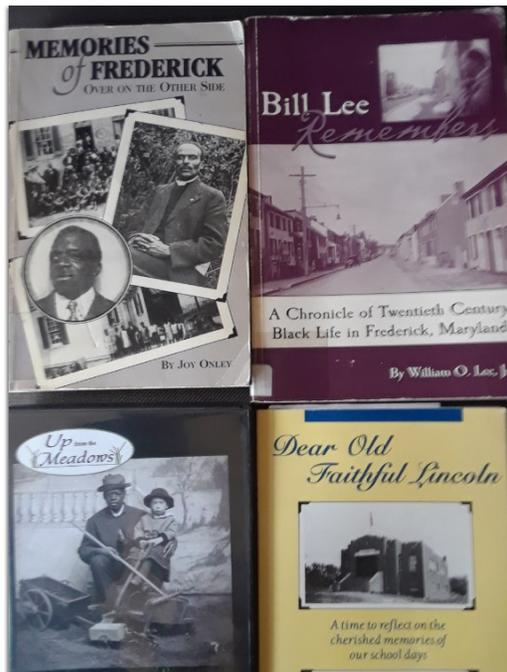
A Welcoming Congregation



Celebrate Black History Month!

- Check out these books and video about local Black History from the Frederick library:
Bill Lee Remembers by William O. Lee. Mr. Lee was a teacher, principal, Frederick City Alderman and community leader, who also amassed a collection of original documents of Black History in Frederick County. // *Memories of Frederick: Over on the Other Side and Dear Old Faithful Lincoln* by Joy Hall Onley. // *Up from the Meadows – A History of Black Americans in Frederick County*: six hours on DVD, covering events and people from slavery to emancipation, and segregation to civil rights.
- Visit www.aarchsociety.org African American Resources of Culture and History. Attend the History Fair on Feb. 10. Join AARCH and support their goal of establishing a Heritage Center in Frederick.
- Take a walking tour of African American Heritage Sites. Brochures in Social Action Cabinet and at Frederick Visitors Center.
- Visit Reginald Lewis Museum in Baltimore. www.lewismuseum.org
- “History, despite its wrenching pain, cannot be unlived, and if faced with courage, need not be lived again. Lift up your eyes upon the day breaking for you. Give birth again to the dream. Women, children, men, take it into the palms of your hands. Mold it into the shape of your most private need. Sculpt it into the image of your most public self. Lift up your hearts. Each new hour holds new chances for new beginnings.”

~ Maya Angelou



February Imbolc



Frederick CUUPS Imbolc Ritual

Saturday, February 3rd, 7:45 pm

Join Frederick Covenant of UU Pagans
for an open, family-friendly
Imbolc Ritual!

This is the time to celebrate the growing daylight. Pagans celebrate with candles and fire to symbolize the renewing power of the Sun's illumination in Nature and new beginnings in ourselves.

A potluck will follow the ritual; please clearly LABEL any offerings with the ingredients included.



Dismantling Racism Team News:



In January, we welcomed Mr. David Keys, President of Frederick’s African American Resource and Cultural Heritage (AARCH), to the UUCF Sanctuary where he spoke personally and eloquently about segregation in Frederick during his lifetime. AARCH is currently documenting the stories of their Frederick County elders called *Living Treasures*, because these elders are aged 90 years or older. The preservation of the living history of these individuals is critical while we witness increasing physical change and development in Frederick City and County. In May, AARCH will be our Split-Plate recipient and we hope we will all be as generous as possible to support their work: visit AARCHSociety.org for more information.

Upcoming Meetings & Events:

UUCF’s Dismantling Racism Team meets Monday evenings at 6:30 pm in Room 113. The next meeting is January 29. All are welcome as we plan upcoming events for UUCF.

On **February 4th**, UUCF will host **Paula Cole Jones**, of All Souls Unitarian in D.C., in the pulpit to preach on the proposed **8th Principle**. [See p. 7 for wording of this proposed principle.] Those of us who have had the great pleasure of being in her presence through the Black Lives of UU: D.C., MD, VA group, know her to be an excellent preacher. The Dismantling Racism Team at UUCF hopes you’ll be able to join us then.



African American Family & Community History Fair: Saturday, February 10, 9:00 am to 12:30 p.m. Church of Jesus Christ of Latter Day Saints, 199 North Place, Frederick, MD. Visit: AARCHSociety.org for more information.

Multicultural Welcoming Training, Saturday, February 3, 10:00 am to 3:00 pm, Cedar Lane UU, Bethesda, MD. In a “Welcoming Congregation,” we are each considered “greeters” and “welcomers.” We’ll have car-pooling from UUCF. For more information and to register: <https://www.uua.org/central-east/events/region/multicultural-welcome-0218?month=2018-02>

“Seminary for a Day” with The Rev. Dr. Mark Morrison-Reed: Saturday, March 24, 9 am to 5:00 pm at Cedar Lane UU, Bethesda, MD.

Back as far as 1785 there were UUs of color who were important to our history and mission. Why, then, when it comes to African Americans in our UU history, is there a gaping hole in the white consciousness?

- * In 1785 Gloster Dalton was one of the signatories of the Charter of the Glouster Universalist Society
- * Edna Griffin was known as the Rosa Parks of Des Moines
- * Rev. Yvonne Seon in 1981 was the first African-American woman ordained into the UU ministry



Dr. Morrison-Reed’s “Seminary for a Day” will look at this history in detail.

Registration begins Feb. 10 at: <https://www.cedarlane.org/event/seminary-day-black-hole-white-uu-psyche>. Visit: <https://www.facebook.com/events/380694652379613/> for further information.



THE UUCF COFFEEHOUSE

Open Mic Night

Saturday, February 17
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.

UPCOMING CONCERT SERIES

Featuring a poet, a comedian, and a top-notch band, this is MUCH more than a concert!



Smarty Pants Americana!

www.harriedamericans.com

Coming to UUCF March 10 -- Save the date!

Laura Herscovitch

Coming in April

"She possesses not only a huge reservoir of musical talent and a voice with a bell-like clarity, but a keen sense of global concern and a fierce intellect... It might seem too good to be true, but true it is." Herscovitch is "a rising talent who is truly someone to watch for."

~~ Acoustic Live in New York City

OUR 35TH YEAR

THE 2018 FREDERICK SCHOOL OF RELIGION



Learning for Life

FOR LAITY AND CLERGY

Classes on six
MONDAYS and TUESDAYS
February 12 – March 20
SNOW DATES: MARCH 26–27

Meeting at:
Brook Hill United Methodist Church
8946 Indian Springs Road
Frederick, MD 21702

For additional information:
240-490-5657 or 240-651-1865
www.frederickschoolofreligion.org

The following School of Religion course offerings are \$30 per six-week course. Rev. Carl is teaching the "Banned Questions about the Bible" course. Register for courses at <http://www.frederickschoolofreligion.org/registration.htm>.

Learning for Life

MONDAYS: February 12 – March 19

1 The Book of Daniel as Anti-Gospel	Afternoons 1:00 – 3:00
2 Wrestling For a Blessing from the Parables of Jesus	Afternoons 1:00 – 3:00
3 Augustine of Hippo	Evenings 7:00 – 9:00
4 The One Percent vs. the 99 Percent: Ethics of Inequality	Evenings 7:00 – 9:00

TUESDAYS: February 13 – March 20

5 Miracles of The Galilee	Afternoons 1:00 – 3:00
6 Banned Questions About the Bible	Afternoons 1:00 – 3:00
7 The Spirit's Call to Evolve	Evenings 7:00 – 9:00
8 Faith and Art In the Christian Tradition	Evenings 7:00 – 9:00

Complete course descriptions are below.
Each course is eligible for up to 1.2 CEU credits.

Rev. Carl is also teaching at Frederick Community College:

"Our Grandchildren Redesigned: 21st-century Bioethics,"
Tuesdays, 10:00 am - 11:30 am, March 13 - April 17:
Consider your beliefs, values, and convictions in light of ethical dilemmas in dialogue with your classmates. Learn about the revolutionary gene-editing technology CRISPR and biotechnologies that will boost human physical and mental performance to unprecedented levels. Discuss case studies on the ethical implications of research on human beings, dividing up health care resources, paternalism & autonomy, truth-telling & confidentiality, genetic choices, reproductive technologies, and informed consent. For more information or to register, visit: frederick.edu/ilr.



CARL'S COLUMN

Rev. Carl Gregg

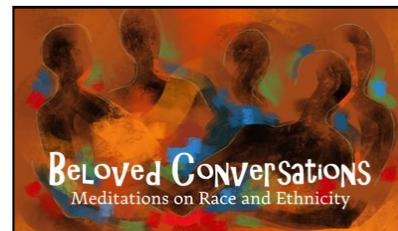
If I could ask you to make a stretch and commit to one major program at UUCF this spring, I would urge you to sign-up for Beloved Conversations. (For details or to register, visit frederickuu.org/beloved.)

At UUCF, our mission statement reminds us that we gather to encourage spiritual growth, build beloved community, and

act for peace and justice. And one of the most transformational ways we can live into our mission in the next few months is through participating in Beloved Conversations.

This is a big--but important--ask. We strongly encourage you to sign-up if at all possible for this important program. But if you do sign-up, we ask that you commit to being present for the full curriculum, both the initial retreat and the 8 two-hour follow-up sessions.

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



The curriculum is designed by UUs for UUs. It was created by Dr. Mark Hicks, a professor of Religious Education at Meadville Lombard Theological School, our UU seminary in Chicago. He holds a doctorate degree in philosophy and education and a Master's degree in higher and adult education from Columbia University in New York City. Since 2010, more than 100 UU congregations have participated in the Beloved Conversations curriculum, which is now in its third iteration as part of an ongoing process of revision.

The program will begin at UUCF with a 1.5 day retreat, Friday, February 23 (6-9pm) - Saturday, February 24 (8:30am-5pm), led by The Rev. Ashley Horan, a national Beloved Conversations facilitator and lifelong UU.

The cost is \$50 (or pay what you can). The registration fee will help us to pay for the curriculum, expert facilitator for the opening retreat, and other related expenses of hosting this event, but we do not want finances to prevent anyone from attending.

We have space for at least 40 participants. If it seems likely that we will have more than 40 participants, we will request a second retreat facilitator. (The earlier people register, the sooner we will know if we will need an additional facilitator, and the more likely that a second trained facilitator will be available.)

Many thanks for your consideration. And I am grateful to be on this journey with you.

Peace to you,
Carl

SUNDAY SERVICES

9:30 and 11:30am

February 4: *The 8th Principle: Promise and Practice*, Paula Cole-Jones, from Black Lives of Unitarian Universalists, UU poet, author, management and institutional change consultant living in Washington, D.C. and a member of All Souls UU in D.C.

February 11: *But is it Art?: Arts & Aesthetics, On Beauty and Being Just*, the Rev. Dr. Carl Gregg; Lora Powell-Haney, Director of Religious Education

February 18: *Darwin, Genes, and Evolution*, the Rev. Dr. Carl Gregg

February 25: *Self-Compassion*, 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.

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

All are welcome.

~~Phyllis Liddell



EARTH-CENTERED SPIRITUALITY

Facebook link: [CUUPS](#)

**2nd Sunday, February 11,
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 February meeting.



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 (Feb. 4 and 18).

Our Sunday morning meetings, 10:30 – 11:20 am, in the chapel are basing our discussions on Jack Kornfield's new book, *No Time Like the Present*. The book is in Jack Kornfield's usual accessible style with stories for illustration and suggested practices in each chapter. All are welcome, whether or not you have read the book. We will be up to chapter 6 on Forgiveness at the beginning of February. 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, 7:00-8:00 pm 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. We also have an opportunity to hear from those representing causes we contribute to in our Split-Plate offerings.

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

www.frederickuu.org

Blanche Ames Gallery Presents

EARTH'S WORK WITH JANE & DON DUNSMORE

The Blanche Ames Gallery presents “DUNSMORE DUO,” an exhibit by Jane and Don Dunsmore from January 27 – February 24, 2013. They will share their creative and artistic qualities through their own chosen medium. Jane will be showing her works of clay and Don his photographs of butterflies and birds. This couple is well known for the exceptional work they produce.

JANE DUNSMORE: In her Libertytown studio Jane creates pieces which are often impressed with natural items from her rural surroundings. Items such as feathers, plants, bark from trees are arranged and pressed into clay; then stained and colored to heighten the imagery. “These images in texture quiet the heart and soothe our longing for a bond with the powers of Nature.”



DON DUNSMORE: A self-taught photographer, Don appreciates the valuable insight into the mysteries of art provided by his good friends and family members. The digital revolution has removed many of the restraints that come with traditional photography and allowed Don to have a virtual darkroom in his desktop computer. This allows him to develop and alter photographs the way a painter might render a scene on canvas. The resulting images are printed using high quality ink jet technology and special papers that produce archival quality art works.



Autumn



American Ent

THE OPENING RECEPTION IS FEB. 11, 12:30-2:00.

Still in step Women, supporters march on Frederick to rally for equality



Carol Antoniewicz carried a sign that said, “Immigrants make America great,” which she carried at last year’s march in Washington D.C.,

as well. This year, she wanted to make her voice heard locally. “It feeds your soul,” the Frederick resident said. “It gives you hope that other people don’t like our president’s behavior, and think we should all treat each other with respect.

All of Antoniewicz’s grandpar-

ents were immigrants, and though she was born in the United States, she wonders what many citizens would think of their grandparents were they immigrants today.

“When my grandmother came here, she didn’t speak English,” she said. “I’m sure her food smelled funny. But we’re all immigrants. The only reason we’re here is because we took the land from Native Americans. So I just think we should be a little bit more humble.”

Antoniewicz has since also become an advocate for racial jus-

A *Frederick News-Post* article reported on the “March to Support Women’s Rights and Equality” held in downtown Frederick on January 21, 2018.

As demonstrators gathered, volunteers handed out voter registration cards and individuals held signs supporting specific causes. UUCF member Carol Antoniewicz was interviewed by FNP reporter Allen Etzler for his article:

tice. When she was a young girl, she read about the 16th Street Baptist Church bombing in Birmingham, Alabama, where four black girls were killed by members of the Ku Klux Klan.

“Just by accident of birth, I’ve never had to worry about that,” Antoniewicz said. “If I had been born to a different family of a different color, that would be different.

“There needs to be more listening. That’s the only way we will learn what it’s like for others.”

Notes from the President

Steve Berté
President of the Board of Trustees
February 2018



Your Board of Trustees met on January 18th 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's final report will be delivered to the Board for consideration at our February meeting. We look forward to the analyses and recommendations coming from this hard working team on how we might make changes to our facilities and/or operations to help us adjust to our growing community.

The Stewardship and Finance Committees reported on their cooperative progress in developing our new approach to budgeting known as 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 understandable to most in the congregation and builds on proven approaches used in other UU congregations. The mission oriented approach breaks out our budget into our three (3) main mission focus areas of spirituality, community and justice. Although the MOB will be the primary document used at Annual Meetings and when discussing broad concepts, we will maintain line item spreadsheets which will be available for anyone to inspect, should they choose to do so.

The Board also continued on its journey to complete a review and update of its Policies and Procedures documents. As reported last month, the financial policies have been updated and this month we spent time working on the building and grounds section to ensure it is up to date and more streamlined.

The Board was also pleased to hear that 36 members had already signed up to participate in the Beloved Conversations program to begin at UUCF in late February. That brings us close to the 40 person limit that one facilitator can handle so Rev Carl is coordinating to see if there is a chance we can get a second facilitator for the February event. I take this fine turnout is a sign of the dedication of our membership to build a truly beloved community at UUCF.

Thanks for all you do to support our beloved community,

Stephen Berté
President, UUCF Board of Trustees



Read about the background and proposal of "The 8th Principle" on the UUA website:
<https://www.8thprincipleuu.org/>

"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

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

UU-UNO UPDATE



Following last April's seminar on disarmament, there has been some progress. In the summer, the United Nations adopted the first treaty imposing a total ban on nuclear weapons: more than 120 nations were in support. In December, the International Campaign to Abolish Nuclear Weapons was awarded the Nobel Peace Prize.

Currently, our United Nations Office (UNO) director, Bruce Knotts, is working with the High Commissioner on Human Rights for an event to bring together different member states regarding LGBTQ rights.

In March at the annual meeting of the Commission on the Status of Women, the UNO will provide two of the programs; thousands of women are expected to participate.

In April we will have the annual intergenerational 3-day seminar. This year's theme is "WHEN CRISIS CALLS - Advancing Just Migration for All." Registration will be open for a few more weeks online. Two members of UUCF will attend the seminar this year: RE teacher and UNO Envoy, Charles Haney, and one of our youth, Cole Bromfield.

~~Monica Greene



Environmental Action

Because Wells Fargo is financing the climate-wrecking Keystone XL pipeline, peaceful direct actions against the bank in the Mid-Atlantic region continue monthly.

Please join Monica Greene in the Climate First! organized action on the morning of Friday, February 23. The specific bank to be targeted has yet to be determined. Information will be available on the [Climate First! website](#), and you may contact monica.greene@yahoo.com.

SPLIT-PLATE OFFERING FEBRUARY 18

The Frederick
Center

Embracing
Our LGBTQ
Community



A nonprofit corporation dedicated to support, educate, link, organize, and provide outreach to the Lesbian, Gay, Bisexual, Transgender, and Queer community of central Maryland.

<http://www.thefrederickcenter.org>

UU Legislative Ministry of Maryland Climate Task Force supports Clean Energy Jobs Act

At the annual MD UU Legislative Ministry meeting, January 20, Margery Knight, chair of the Climate Change Task Force, announced the Ministry's support for the Maryland Clean Energy Jobs Act, which does three main things:

It expands Maryland's Renewable Portfolio Standard, which requires utilities to buy a certain percentage of electricity each year from renewable sources, taking it from the current target of 25% by 2020 to 50% by 2030.

It strengthens the RPS by removing incentives for trash incineration.

It makes a substantial investment in training for good, clean energy jobs with livable wages and assistance for minority and women-owned businesses to invest in Maryland's workers and its future.

The Climate Change Working Group has endorsed this bill, as it leads to an eventual 100% clean energy future. Here are actions you can take today to support this bill:

"Follow" UULM-MD's Facebook page at <https://www.facebook.com/uulmmd>. "Like" our posts and pass them on to your Facebook Friends.

"Follow" UULM-MD on Twitter. <https://twitter.com/uulmmd> Retweet UULM-MD's tweets to your list.

"Follow" the Maryland Climate Coalition's Facebook page: <https://www.facebook.com/MarylandClimateCoalition> The Legislative Ministry is a member of the Maryland Climate Coalition, an advocacy group that includes the Chesapeake Climate Action Network, the League of Conservation Voters, the Sierra Club, Interfaith Power and Light and other organizations.

"Follow" the Maryland Climate Coalition on Twitter and retweet their tweets: <https://twitter.com/MDClimateCo>

Find contact information for your legislators at <http://www.mdelect.net/>.

Email or call them with this message: "As a Unitarian Universalist, my faith encourages me to respect the interdependent web of all existence of which we are a part. Please support the Clean Energy Jobs Act to help reduce air pollution and fund training and jobs for Marylanders in the renewable energy sector." Be sure to include your name and complete address, so they know you live in their district.

~~Karen Russell

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.

About five years ago my family and I began attending UUCF. It was the only house of religion where we all felt comfortable. After a short time, I hesitantly joined the choir – my first experience singing in public in what seemed like eons. I remembered how to read music a little. I remembered how to laugh even [when I] was tired. And I learned that there were still places where I got all of the jokes and everyone understood mine.

And that was just the start of a period of what I can only call exuberant blossoming for both me and my once reluctant, now seminarian, husband (I'll leave his story for him). As I began to make my transition from stay at home parent to life coach and entrepreneur, I discovered that the personal work I needed to do was fully supported by our activities, that the professional learning I needed to do was in line with my (and our) core values, that I could be all of myself in all of my life and it would all be okay because home is always here when you fall and bump your knee. I thank you for your bandages, for your kind words and your continuous generosity of spirit.

[Our pledges] will support our work at home for so many growing and blossoming souls, with Band-Aids, and kindness aplenty.

~~Julia Jones

SAVE THE DATE!

Stewardship Celebration "Sustaining the Light"

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

STEWARDSHIP NOTES

By the time February rolls around, I cannot wait for the wonderful sights, sounds, and smells of spring. March is coming soon! Spring is on the way! Those first warm days are almost magical – there is nothing like it! And we thank Mother Earth for once again giving us the season of rebirth and renewal.

For UUCF, March is also a time for growth, rebirth, and renewal. March is our Pledge Month, and it provides us an opportunity to give generously within our means to the continued growth of our beloved community.

And we will celebrate our giving! Our Stewardship Celebration is on Saturday March 24, and it comes complete with wine and hors d'oeuvres, fellowship and friends! So mark your calendars!

~~Bill Cranmer, Stewardship Chair

FISCAL NOTES as of DECEMBER 31, 2017

General Operating Fund	YTD through December (50% of year)	% of Budget	2017-18 Approved UUCF Operating Budget
Contributions:	\$303,209		\$ 440,583
All Other Income:	\$ 70,101		\$98,893
Total Income:	\$373,310	69%	\$539,476
Employee/Staff Expense:	\$146,532		\$275,997
Facilities Expense:	\$ 100,076		\$187,529
All other Expenses:	\$ 37,192		\$75,752
Total Expenses:	\$283,800	55%	\$539,278
Difference (Net):	\$89,510		\$195

It's a new year; look for your 2017 report of donations: At a date prior to January 31, you will receive an email with an attachment from the UUCF Treasurer : your Giving Statement for the calendar year just ended. If it's not in your inbox, please check in your junk folder. For individuals without email, we send it by mail. If you itemize deductions when filing your taxes, you may want this report. And for everyone, when you review your statement, please note that it comes with gratitude from all UUCF staff, leaders and everyone who benefit from this community. (PS - if you see any errors in your report, please contact the Treasurer.)

Split Plate donations: Thank you for generously sharing your resources through UUCF's Split Plate project. In December, you gave \$1861. to support (1) Lilian Ochieng, the Kenyan student who is close to finishing her medical school training, and (2) the children who attend Enturoto Primary School, also in Kenya. [The Social Action Committee will see that both receive \$1000.] In January, the Maryland Legislature reconvenes, so split plate funds will go to our UU lobbying team in Annapolis, UULMD.

Who plows the snow? Perhaps you've seen UUCF's red Kubota tractor out near the storage sheds. A few years ago, we purchased a snow blower attachment so that clearing the parking lot after a "typical" snowfall can be handled by staff and volunteers with our own equipment. For those occasional big snows, we pay for outside help. Just another way your donations are being used, keeping our community functioning.

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



PATHWAYS TO MEMBERSHIP

Saturday, February 17, 9am to 1pm.

Are you considering membership at UUCF? If so, sign the booklet in the Atrium and find out how you can become knowledgeable about UU and UUCF and what it can mean to you to become a member of our congregation.



Retired UU Men Eating Out (RUUMEO)

1st and 3rd Wednesday Every Month!!

8:00am at the Double-TT Diner next to the Golden Corral on Rte. 355.

Barbara Fritchie's has closed, but we found a quiet place with good food, good service, and reasonable prices. Join us.

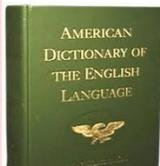
FEBRUARY BIRTHDAYS

1st – Debbie Asher; 8th – Betty Tucker; 14th – James Tucker; 17th – Raeann Rembold; 18th Amy Rembold; 21st – Trevor Ellis; 22nd – Rett Dean; 23rd – Luke King, Sianna King,

UUCF BOOK CLUB

Friday, February 9, 7:30pm

The UUCF Book Club will meet this month at the home of Diana Pitcher, 6893 Crabapple Ct. Please notify Diana via phone - 719-633-3264, or email - dipitcher4@gmail.com, if you plan to attend.



The book for discussion is: *The Forgotten Founding Father: Noah Webster's Obsession and the Creation of an American Culture*, by Joshua Kendall.

All are welcome!

~~Diana Pitcher

Retired UU Ladies Eating Out (RUULEO) February 13, 11:30am-1:30pm

RUULEO will meet for lunch at Wegman's lounge (Happy Valentine's!).

Come join us for lunch and laughter. Call Marj 301-693-6195 if you need more information.

See you there.

Conflict Resolution Workshop

- 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.

Details

- Date: **Friday, March 9 - Sunday, March 11, 2018** ;
- Deadline to sign-up: February 26, 2017

Cost: **\$50**: This fee includes coffee/tea & snacks throughout the weekend, a light dinner Friday night, lunch and dinner on Saturday, and a small donation to UUCF for use of the building.

frederickuu.org/conflictresolution

Is it too soon to think about Summer

As we all come up for air after the first few (cold) weeks of 2018, perhaps you're dreaming about summer, wondering how to nourish your mind, body, and spirit this year. Our theme for UUMAC 2018: **Recharging**. As a theme, it can be taken in as many directions as there are people in our beloved intentional Mid Atlantic UU Retreat (UUMAC) community. What do *you* need to 'Recharge' this summer?

- a spiritual retreat
- time for reflection
- great conversation
- new perspectives
- space to celebrate
- space to grieve
- a place to meet and make friends
- time with family
- wide open spaces for children to ride bikes and play frisbee
- fun, laughter, joy
- rock lobster (the dance, not the food)
- music, dance, art
- _____

UUMAC is many things to many people. It can morph and shift with your needs from year to year and day to day, while remaining a safe, nurturing space where people of all ages create intentional community.

Join us for a week which is as relaxing or action-packed as you like, and recharge: July 8 - 14, 2018 at DeSales University, just outside Center Valley, PA.

Visit www.uumac.org to read all about the theme speaker.

REGISTRATION IS COMING SOON.

~~Ann Andrex

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