



UNITARIAN UNIVERSALIST

CONGREGATION OF FREDERICK
Spirituality · Community · Justice

“Ostara: Can You Feel the Wheel of the World Turn?”

Sunday, March 19, 2023 at 10:30 a.m.

Welcome

Intern Minister Kathryn Adams

Prelude

“Old World”

Kindred Crow

Ash Glasse, guitar and vocals; Strix Elizabeth, percussion;
Layla Kruse, vocals; Irene Glasse, vocals and percussion

Chalice Lighting

Irene Glasse, Commissioned Lay Minister

Hymn no. 73

“Chant for the Seasons” (verse 3, “Spring”)

Sea Raven, piano

(Spring) Winter rains have turned the starwheel, springtime is upon us. Sharp the smell of loam, bursting in our eyes the turrets of the tulip. Winter rains have turned the starwheel, springtime is upon us. Greening is the grass; soft upon our brows the sunlight warm caresses. Winter rains have turned the starwheel, springtime is upon us.

Story for All Ages

“Goodbye Winter, Hello Spring”

Eira & William Wogatske

Go Now in Peace no. 413 (PreK - 4th grade to “Arts & Exploration”): *Go now in peace (x2), May the Power of Love surround you. Everywhere, everywhere, you may go.*

Joys and Sorrows

Intern Minister Kathryn

Spirit of Life no. 123

Kindred Crow

Spirit of Life, come unto me. Sing in my heart all the stirrings of compassion.
Blow in the wind, rise in the sea; move in the hand, giving life the shape of justice.
Roots hold me close; wings set me free; Spirit of Life, come to me, come to me.
Fuente de Amor, ven hacia mí. Y al corazón, cántale tu compasión.
Sopla al volar, sube en la mar, hasta moldear la justicia de la vida.
Arráigame, libérame, Fuente de Amor, ven a mí, ven a mí.

Sermon Reflections

“Ostara” - Irene Glasse
“Persephone” (Hellenic) - Brielle Pabon

“Eostre” (Anglo Saxon Heathenry) - Ursa Sylvest
“Earth/Science” - Eira & William Wogatske
“Blodeuedd” (Welsh) - Jenny Brown
“Hebe” (Hellenic) - Janie Monier
“Vesna” (Slavic/Lithuanian) - Ash Glasse
“Imbolc into Ostara” - Irene Glasse

Archive of audio, text, & video of sermons available at frederickuu.org/sermons.

Split-Plate Offering: Justice Jobs (justicejobsmd.org) Mary Fletcher
Please give generously. If you pay by check, indicate on the Memo line how you would like your offering to be split. You may also make a one-time or recurring donation at frederickuu.org/give. (Use the “General Fund” line—and include in the “note” section how you want your donation split.)

Anthem “Now the Green Blade Riseth” Sea Raven, vocals and harp

Chalice Extinguishing Irene Glasse

Benediction Intern Minister Kathryn

***Postlude** “We are the Kiss” Kindred Crow & FCUUPS
We are the kiss between the earth & heaven / We are the song between the sky & ground / Sing for your life & for the world we’re making / Bless the air with sacred sound

Today

9:00 a.m. UU Buddhist Fellowship: Group Meditation & Discussion (Zoom)

9:20 a.m. Childcare (Room 120)

9:30 a.m. Children’s Chapel (Chapel)

9:30 a.m. Parent Forum (Room 115)

10:30 a.m. Sunday Service (Sanctuary)

11:45 a.m. UU Progressive Christian Fellowship (Room 125)

3:00 p.m. Agnostics, Humanists, & Atheists (AHA) Group Discussion (Zoom)

<https://zoom.us/j/95648996114?pwd=L0ZFZjhvYnhvZWFoRkFHK08zQ1kzZz09>

Ongoing Classes and Events

UUCF's Blanche Ames Gallery: The Blanche Ames Gallery is pleased to present the work of Kristan Ryan. Her show, “Angry Women Done Swallowing Our Words,” is a moving and timely show to highlight Women’s History Month. The show runs through April 30. See our gallery web site for more information. You also may visit the show at UUCF on Tues., Wed., Thurs. mornings 10:00-12:00 or by appointment at BAGallery@gmail.com. Send name, phone #, date/time of desired appointment. Enjoy the show!

Fair Trade Fundraiser: Handled online, with a target date for orders to be placed. Coffee should be available for pick-up the following Sunday, after the service. Payment can be made to UUCF Special Events by check, or through the Give page on our website (UUCF Coffee & Chocolate Purchases), when the coffee is received. No chocolate sales at this time. Visit: frederickuu.org/fair_trade for more info on how to order and what is available. Next Coffee Order Due Dates: **March 19**, April 2, April 16, and April 30.

Donation Yoga for Advancing Beginners, Mondays at 1pm: (Chapel) One of the best ways we can stay resilient and healthy is to exercise and cultivate mindfulness. Weekly Monday Walks in Urbana at 4pm : Urbana District Park, 3805 Urbana Pike, Frederick, MD. 21704. Every Monday at 4:00 (time will probably change as it gets lighter and warmer. A notice will be sent out. 6 of us enjoyed more than a mile of gentle walking this past Monday evening. The paved trail does have some up and down, but is relatively easy. There are connector trails to make a longer loop if you would like. Join us!

Connecting through Poetry Group: Wednesdays, 12:30 p.m. Weekly exploring a poem together, & open conversation: <https://zoom.us/j/92449580068?pwd=dE9BTFNvVEsrMThaZGdub3p0NnQwdz09>

Chair/Adaptive Yoga Class: Thursdays at 2 PM Join us for chair and adaptive yoga that is truly accessible to every body. Open to teens and adults that are looking to grow a yoga and meditation practice but find traditional classes uncomfortable or out of reach. Variations will be offered from the mat or a chair to allow you to gain the most from your practice. This is a great class for those recovering from an injury or seeking to improve balance, strength and flexibility. Some blocks, straps and mats will be provided, but please bring your own if you have them. Recommended Donation is \$5.

UU Thursday Buddhist Meditation: 7:00 p.m. Dharma talk or reading, meditation, discussion. Beginners welcome. <https://us02web.zoom.us/j/2544372955?pwd=VVBUNEIZcWRMOG94dWhudnZDZyt6Zz09>.

The UUCF Book Club upcoming selections are:

- April 21 - *Ella Minnow Pea: A Novel in Letters* by Mark Dunn
- May 19 - *The Taking of Jemima Boone: Colonial Settlers, Tribal Nations, and the Kidnap That Shaped America* by Matthew Pearl Meetings start at 7:30 via the following link: <https://zoom.us/j/98767736843?pwd=djZyS0dRTUhvSUJIN25HU2wvcytIQT09> For questions or comments contact Diana Pitcher, djpitcher4@gmail.com.

Join the **Unitarian Universalist Animal Ministry** in the atrium before and after the service every fourth Sunday to learn more about animal rights, plant-based eating, and upcoming events, including field trips to nearby farm animal sanctuaries. Sign up in the UUAM cabinet for a free

plant-based pantry consultation at your favorite grocery store and in your own kitchen! Details on the sign up sheet.

Anti-racist Book Group: Weekly Discussion of Skin, Tooth, and Bone Starting Tuesday, April 18 thru May 9, 7:00 p.m. "Skin, Tooth and Bone" is about disability justice, a growing movement examining disability and ableism as they relate to race, gender and other identities. We'll explore this intersection through weekly readings and discussions. Skin, Tooth, and Bone gives "analysis, history and context for the disability justice movement," says Sins Invalid, producer of the book, which you can only buy here on "The Dancer's Group" website. It's available as a downloadable PDF, or spiral-bound hard copy. Allow a minimum of 15 days for shipping to receive the hard copy. Sins Invalid is "a disability-justice based performance project" that centers "artists of color and queer and gender-variant artists, as communities who have been historically marginalized." Here's the Zoom link for all of the sessions: <https://us02web.zoom.us/j/2544372955?pwd=VVBUNEIZcWRMOG94dWhudnZDZyt6Zz09>. For questions or more information email the Dismantling Racism Team at drtuucf@gmail.com.

Spring Flower Memorials: Orders for SPRING FLOWERS (Easter lilies, daffodils and hyacinths) to decorate the sanctuary for **Easter Sunday, April 9th** will be taken during the month of March. Please go to frederickuu.org/flowers to order online or see a member of the Flower Guild in the atrium after the March Sunday services to order in person. Your donation includes the opportunity to honor or memorialize someone and have their names listed in the April 9th Order of Service. All plants will be \$16 each. You can take your plants home with you after the April 9th service (and plant them in your yard if you like). Orders will be accepted through March 31st, 2023 .

Split-plate Nominations are Open: It's time to make your nominations for UUCF's Split Plate recipients. Nomination forms can be found on UUCF's website at frederickuu.org/splitplate . Please complete and return your nomination by Sunday, **April 9, 2023**. Split Plate recipients are nonprofit organizations which meet one or more of the UU Principles. Currently, four recipients are local, two are regional, three are UU affiliated and three are international. On the third Sunday of each month, ½ of our collection is donated to the named non-profit organization. Those who give checks may designate how they want the contribution divided; for example, 100% toward pledge or 50/50. Checks written to the non-profit may also be given. The collection taken at the Christmas Eve services are designated for The Religious Coalition, Frederick, MD. Please direct any questions to Carolyn Judd at 301.695.5766 or carolynjudd8955@hotmail.com.

Perspectives on Israel/Palestine with Rev. Carl: All are welcome to these Zoom discussions regardless whether you are attending the pilgrimage June 6-15 (frederickuu.org/pilgrimage). You also do not have to complete the reading in advance (but please do if you can!):

- Tuesday, March 28 at 7pm: "In Jerusalem: Three Generations of an Israeli Family and a Palestinian Family" by Lis Harris

- Tuesday, May 2, 2023 at 7pm: "Light in Gaza: Writings Born of Fire," edited by Jihad Abusalim, et al

To receive the Zoom links to join these discussions, email minister@frederickuu.org

Multi-perspective Pilgrimage to Israel & Palestine with Rev. Carl: June 6 - 15, 2023. We have 28 participants signed-up, and 2 open spaces. Cost (not including airfare): \$2,995. Details at frederickuu.org/pilgrimage. Email minister@frederickuu.org if interested or for more information. You are welcome to share this opportunity with anyone who may be interested.

Star Land: Isles of Shoals, NH with Rev. Carl: June 18 - June 25. Rev. Carl has been invited to be the "minister of the week" for Natural History Week at the historic and stunningly beautiful UU Retreat Center, Star Island, seven miles off the coast of New Hampshire. For more information or to register: nhcstar.org Financial aid is available. Applications for scholarships are due by April 15. There are also regular weekly opportunities for listed on the righthand side of homepage frederickuu.org

Monthly Food Bank Donations from UUCF: The Social Action Committee (SAC) has renewed its monthly collection of food and hygiene items needed for the George L. Shields **Food Bank** on East All Saints Street. A large, marked container to collect these items kept in the lobby of the church on the left where the coat racks are located. Each Sunday a volunteer will place the container outside the front door of the building for donations

Highlights of This Week at UUCF

(For a more complete list, and for Zoom links, visit frederickuu.org)

Monday, Monday, March 20

1:00 p.m. Yoga for Advancing Beginners (Chapel)

7:30 p.m. UU Buddhist Fellowship: 30-minute Meditation (Zoom)

Wednesday, March 22

12:30 p.m. Connecting through Poetry (Zoom)

Thursday, March 23

2:00 p.m. Adaptive/ Chair Yoga (Chapel)

7:00 p.m. UU Buddhist Fellowship (Zoom)

Saturday, March 25

10:00 a.m. UUCF Used Book Sale

Sunday, March 26

9:20 a.m. R.E. classes - children and youth in age groups, PreK-8th grade

10:30 a.m. Sunday Service (Sanctuary)

11:45 a.m. UUCF Used Book Sale

3:00 p.m. Agnostics, Humanists, & Atheists (AHA) Group Discussion (Zoom)

Invite a friend, family member, or colleague to UUCF

Join us Sunday, March 26 at 10:30 a.m. when Rev. Carl will present "The Dawn of Everything" with Intern Minister Kathryn as liturgist and music provided by our Choir and Nick Int Veldt!

Spread the word, and bring a friend, especially to anyone who may particularly appreciate this topic or theme!

Special Thanks Today

- **Flowers:** Nancy Roblin
- **Audio Tech:** Daylynn Wright; **Video Tech:** Jude Oylar
- **Greeter:** Alice Wong
- **Ushers:** Steve Berté & Glenda Spencer
- **Welcome Desk:** Sara Zimmerman
- **Welcome Guide:** Dick Roblin
- **Coffee:** Dick Roblin & Sabrina Smith

Used Book Sale

Saturday, March 25 (9am-4pm)

Sunday, March 26 (9am-1:30pm)

\$1 Paperbacks (or \$3 for 5)

\$2 Hardbacks (or \$6 for 5)

(cash preferred)

UU Congregation, 4880 Elmer Derr Road, Frederick, MD



proceeds support social justice projects

frederickuu.org/booksale



The Suggested Fair-Share Contribution Guide

Using the Guide is a simple, 3-step process; giving is a function of commitment and resources.

1. Most of us budget our financial commitments on a monthly basis and the guide is organized accordingly, but you may calculate on any time frame that works for you. For convenience, the guide shows monthly and corresponding annual income levels. Determine your monthly income or resource level. \$ _____
2. ADD to your income level any unusual or periodic income, such as inheritances, business income, anticipated investment income, etc. SUBTRACT any unusual expenses, such as large medical expenses, care of a parent, or a large financial expense, etc.
Result: \$ _____ **This is your Adjusted Monthly Income.**

Each of us will have our own unique circumstances to consider in making this calculation. The flexibility to include meaningful and unusual exceptions in your financial life (income and expenses) is what makes the Guide fair and useful. This is a tool for you to use in the spirit of the congregationalist tradition; we are individually and collectively responsible for resourcing our movement and our congregations. This is an honor system; only you know your circumstances.

3. From the Adjusted Monthly Income column, move to the right to find a suggested giving level that you are ready to support, between 2% and 10%, depending on adjusted income and level of commitment. Interpolate between guide levels if needed.

In making your decision, consider the four commitment levels below and how they relate to your membership. Consider your UU values in thinking about your income and your financial commitment to the congregation, as expressed in the four levels below. Note that within each commitment level, **the guide is progressive**, with giving levels rising with capacity.

- **Supporter:** The congregation is a significant part of my spiritual and intellectual life that I want to support. My fair share financial commitment starts at 2% of my income and rises to 6% as my income and capacity rise.
- **Sustainer:** The congregation is my central community; I am committed to sustaining the programs and ministries of my congregation. My fair share financial commitment starts at 3% of my income and rises to 7% as my income and capacity rise.
- **Visionary:** My commitment is a clear demonstration of the unique importance of this congregation and of my spiritual principles. My fair share financial commitment starts at 5% of my income and rises to 9% as my income and capacity rise.
- **Transformer:** I am deeply committed to the congregation; my contribution provides fuel for transformation and is part of my spiritual practices in living out my UU Principles. My fair share financial commitment represents 10% of my income.

The Suggested Fair Share Contribution Guide

Adjusted Monthly Income	Approx. Adjusted Annual Income	Supporter 2-6% of Income		Sustainer 3-7% of Income		Visionary 5-9% of Income		Transformer 10% of Income	
		Suggested % of Income	Monthly Pledge	Suggested % of Income	Monthly Pledge	Suggested % of Income	Monthly Pledge	Suggested % of Income	Monthly Pledge
\$1,000	\$12,000	2%	\$20	3%	\$30	5%	\$50	10%	\$100
\$1,500	\$18,000	2%	\$30	3%	\$45	5%	\$75	10%	\$150
\$2,000	\$25,000	2%	\$40	3%	\$60	5%	\$100	10%	\$200
\$3,000	\$36,000	2%	\$60	3%	\$90	5%	\$150	10%	\$300
\$4,000	\$50,000	3%	\$120	4%	\$160	5%	\$200	10%	\$400
\$6,500	\$80,000	3%	\$195	4%	\$260	6%	\$390	10%	\$650
\$8,500	\$100,000	3%	\$255	5%	\$425	6%	\$510	10%	\$850
\$10,000	\$120,000	3%	\$300	5%	\$500	6%	\$600	10%	\$1,000
\$12,500	\$150,000	4%	\$500	5%	\$625	6%	\$750	10%	\$1,250
\$17,000	\$200,000	4%	\$680	6%	\$1,020	7%	\$1,190	10%	\$1,700
\$25,000	\$300,000	5%	\$1,250	6%	\$1,500	8%	\$2,000	10%	\$2,500
\$40,000	\$500,000	6%	\$2,400	7%	\$2,800	9%	\$3,600	10%	\$4,000

Wherever you find the right level, revisit it periodically and reassess whether it's still the right level for you or if you are ready to move to a deeper level of support.

Unitarian Universalist Principles and Sources

1. The inherent worth and dignity of every person;
2. Justice, equity and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.
8. 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.*

**The Unitarian Universalist Association is in the middle of a process to potentially incorporate some version of this statement into the UU Principles. During this interim period, UUCF is one among a growing number of UU congregations who have committed to living out this proposed 8th Principle at the congregational level. For more information, visit 8thprincipleuu.org.*

The living tradition which we share draws from many sources:

1. Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life
2. Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
3. Wisdom from the world's religions which inspires us in our ethical and spiritual life;
4. Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
5. Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
6. 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.

Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.

Unitarian Universalist Congregation of Frederick

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