



# UNITARIAN UNIVERSALIST

CONGREGATION OF FREDERICK  
Spirituality · Community · Justice

**“On Repentance And Repair: Making Amends in an Unapologetic World”**

Sunday, September 17, 2023 at 10:30 a.m.

**Prelude**

“If I Could Turn Back Time” - Diane Warren

Kiley Mead, vocals; Nick Int Veldt, piano

**Welcome**

The Rev. Dr. Carl Gregg, minister

**Introit**

“That Lonesome Road” - James Taylor

Steve Buckingham, vocals; Nick Int Veldt, piano

**Chalice Lighting**

“Mabon”

Sea Raven, Frederick Covenant of UU Pagans (FCUUPS)

**\*Hymn No. 219**

“O Hear, My People”

*O hear, my people, hear me well: "I have no need for sacrifice; but mercy, loving kindness shall alone for life and good suffice."*

*Then source of peace, lead us to peace, a place profound, and wholly true. And lead us to a mastery o'er drives in us that war pursue.*

*May deeds we do inscribe our names as blessings in the Book of Life. O source of peace, lead us to heal. O source of peace, lead us from strife.*

**Story for All Ages**

Melissa Rosenberger, Director of Religious Education (DRE)

**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 & Sorrows**

Rev. Carl

**Spirit of Life no. 123**

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.*

**Meditation**

Spoken

Intern Minister Derail Holcomb

Silent

Musical

“Break Not the Circle” - Kaan & Benjamin

Kiley Mead & Steve Buckingham, vocals; Nick Int Veldt, piano

**Sermon** “On Repentance And Repair: Making Amends in an Unapologetic World” Rev. Carl  
*Archive of audio/podcast, text, & video of sermons available at [frederickuu.org/sermons](http://frederickuu.org/sermons).*

**\*Hymn 1037**

“We Begin Again in Love”

*Rev. Carl: I For each time that our fears have made us rigid and inaccessible...  
We forgive ourselves and each other. We begin again in love.*

*Rev. Carl: For each time we have struck out in anger without just cause...  
We forgive ourselves and each other. We begin again in love.*

*We forgive ourselves and each other. We begin again in love.*

**Testimony**

Split-plate: **Blessings in a Backpack**

Intern Minister

Derail

*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](http://frederickuu.org/give) . (Use the “General Fund” line—and include in the “note” section how you want your donation split.)*

**Anthem**

“A Change Is Gonna Come” - Sam Cooke\*

Steve Buckingham, vocals; Nick Int Veldt, piano

This song was inspired by racially-motivated mistreatment of Cooke and his family in 1963, when they were refused a hotel room while in Shreveport, Louisiana, a stop on one of their performance tours. For allegedly disturbing the peace, police incarcerated them but released them on bond in time for their nightly performance, which took place despite the numerous bomb threats directed towards them. In 2019, Cooke (then deceased) and his family received a belated apology from Mayor Adrian Perkins of Shreveport during the 33rd annual “Let the Good Times Roll Festival” in the city.

**Chalice Extinguishing**

Intern Minister Derail

**Benediction**

Rev. Carl

## Postlude

“What the World Needs Now Is Love” - David & Bacharach  
Kiley Mead & Steve Buckingham, vocals; Nick Int Veldt, piano

## Today

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

**10:20 a.m.** - 11:30 a.m. **Nursery** available (infant - age 3)

**10:40 a.m.** - 12 p.m. **Religious Education** during the 10:30 a.m. Sunday Service after the Story for All Ages for PreK-8th grade

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

11:45 a.m. Friendly Forum (Room 113/Zoom): “Israel & Palestine: It May Not Be What You Think” <https://zoom.us/j/95531719685?pwd=TnN4clJaYWtJTE9WejkwDys1dTNRdz09>

3:00 p.m. Agnostics, Humanists, & Atheists (AHA) Group Discussion (Room 125)

4:00 p.m. 20th Anniversary of Irene’s Ordination (Sanctuary)

**Friendly Forum: Israel and Palestine: It May Not Be What You Think**, In June of this year, 20 members and friends of UUCF traveled to Israel and Palestine to see first-hand what the conflict is all about. We were lucky enough to experience a dual-narrative tour where we saw areas of both Israel and Palestine guided by both an Israeli and a Palestinian tour guide. We saw all the sights one would expect to see when traveling to this part of the world including the major holy sites, but we also were exposed to talks by members of both sides of the conflict who told us about government, the economy, the environment, civil rights, and what is currently being done to try to alleviate the crisis. Most people in the US hear what the media feeds them about the conflict, and we want to tell you what we saw and to let you know that it may not be what you think. Please join us for a presentation (Friendly Forum) followed by Q&A at noon in the sanctuary on Sunday, September 17. In addition, please mark your calendars for Sunday, September 24, when one of the fabulous guides we had on our tour joins us at UUCF for our Sunday service. He will also hold a Q&A after that service.

**Join us as we Celebrate the 20th Anniversary of Irene’s Ordination: Today 4:00 p.m.** Irene gives so much of her time and energy to the community, we are so happy to be able to give back to her. Irene will be participating in a private ritual starting at 4pm. We ask guests to arrive no earlier than 4:15. Her ritual will end with a blessing from the community. A potluck and community celebration will follow. We are asking for a plate for 15 or 20 people of easy finger food. There are no outlets for crockpots. Please place a card of ingredients with your item for people with food sensitivity.

## Ongoing Educational Events

(There are also regular weekly online opportunities listed at [frederickuu.org](http://frederickuu.org))

**Donation Yoga for Advancing Beginners**, Canceled until October 16

**UUCF Hiking Group: Hike in the Monocacy NRMA** from the parking lot on Rt 28 Tuesday September 19, 2023, beginning at 9:30 a.m. 6.5 mile circuit hike. Directions to parking lot: To get to the parking lot from Frederick, take Rt 28 to the Monocacy River . Turn left into the lot immediately after crossing the bridge. This is easy to miss.If coming from Dickerson, as you head down the hill toward the Monocacy River, slow down and be prepared to turn right into the parking lot just before the bridge. There are not any porta potties.Bring water and a light lunch. Contact Jane Thompson ([jayteehike@gmail.com](mailto:jayteehike@gmail.com)) if you would like to join us or have any questions.

**Connecting through Poetry Group** continues on Wednesdays at 12:30 p.m. on Zoom.

**The UUCF Book Club** will discuss *To Name the Bigger Lie - A Memoir in Two Stories* by Sarah Viren on October 20 - location TBD

- November 17 - *The Sweetness of Water* by Nathan Harris - location TBD
- December 15 - *Djinn Patrol of the Purple Line* by Deepa Anappara - location TBD.

For more information contact Diana Pitcher - [djpitcher4@gmail.com](mailto:djpitcher4@gmail.com).

**Retired UU Men Eating Out (RUUMEO):** 3rd Wednesdays at 8am, Enjoy breakfast and conversation at the Airways Inn of Frederick (310 Aviation Way). All are welcome, retired or not. Contact: Steve Berté, [atnberte@gmail.com](mailto:atnberte@gmail.com)

**Connecting through Poetry Group** continues on Wednesdays at 12:30 p.m. on Zoom.

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

**Dinner with D begins on Friday, September, 29 at 7pm.** Potluck event “Bring enough for your family, and one plate to share.” \*nursery care will *not* be provided, however, there will be a children’s corner with fun events and games. RSVP at [frederickuu.org/d](http://frederickuu.org/d).

**Sign-up for UUCF Chalice Groups** • Small groups of 8-10 members or friends of UUCF • Meet twice a month (October through May) to discuss various topics such as life transitions, relationships, forgiveness. • Focus: Creating community and nurturing personal growth through individual sharing and deep listening. • Most groups are on Zoom; some day , some evening. Groups for all and some age specific, 55+ and 80+ • For more details or to register visit [frederickuu.org/chalice](http://frederickuu.org/chalice) • Sign-up is from Sunday August 27 to Sunday September 24. *Previous members need to sign up, too!*

**Tables of 8** • If you aren't sure Chalice Groups are the right fit for you at this time, consider signing up for Tables of 8. • Tables of 8 is a great way to meet socially with 8 other people to gather in fellowship, break bread and build connections and community . • The date, times and activities are decided on by the group. • Ideally the group will meet a minimum of once a month. • Sign up at [frederickuu.org/8](http://frederickuu.org/8) or contact Bobbi Mead [bobbimead1@gmail.com](mailto:bobbimead1@gmail.com) or 301-788-2583.

**UUCF Auction:** Save the date for our Auction Social Event on **Saturday, November 4, 6-8pm. Item donation will open starting Sunday, September 24**, so please begin brainstorming Auction items you may be able to offer anytime through the end of 2024. Auction items you might contribute include:

- **EVENTS & EXPERIENCES:** Dinners & Parties, Tours & Vacations, Home-cooked meals, Handywork repairs or Yard/Landscaping services, Childcare for a parents day out, Pet sitting and or dog walking, Classes, Educational experiences, Expert advice, & more!
- **OBJECTS:** Art & Jewelry, Tools & Appliances, Furniture & Crafts, Sport equipment & Musical instruments, Household goods, etc.

Bidding will be open over a two-week period: Sunday, October 22 at Noon through Sunday, November 5 at 4pm. You are welcome to email [auction@frederickuu.org](mailto:auction@frederickuu.org) if you have questions.

### **SAVE THE DATE!**

**Building a Culture of Inclusion**  
**A 2-Day Congregational Workshop at UUCF**  
**Friday, Sept. 22, 6:30-8:30 p.m.**  
**Saturday, Sept. 23, 10:00 a.m.-3:00 p.m.**  
**Facilitated by UU Leader Paula Cole Jones**

This In-person workshop is designed for the entire congregation, providing an interactive experience of the transformative power of 8th Principle, and a framework for long-term cultural change. There's no cost and all are welcome! Lunch will be provided, and childcare is available. Please mark your calendar and join us in our ongoing journey toward bringing the 8th Principle to life! Register [here](#).

***"If I could ask you to make a stretch and commit to one major event at UUCF this fall, I would urge you to sign-up for "Building a Culture of Inclusion."***

- Rev. Carl Gregg

Dear UUCF Members and Friends,



Please [see attached](#) invitation to the Baby Shower for Carl, Magin and Jaylen Gregg.

Please complete [RSVP](#) form by 6pm on Tuesday September 25th to allow for food preparation.

Note that there is no expectation or requirement that you provide a gift to attend.

Due to limited storage space in their home, if you would like to give a gift, please either:

- buy (or work with a group to buy) from the remaining items on their registry (see below) – <https://www.amazon.com/baby-reg/carlmagin-gregg-june-2023-frederick/E9LT15P6UY7M>

- OR donate to a single gift card from UUCF members and friends: Go to the [‘Give’ tab on the UUCF website.](#) / Click Donate / Choose ‘Other’ / Highlight ‘Once’ / Fill in required information / add ‘Jaylen baby shower’ in the note space.

Hope to see you there!

### **Highlights of This Week at UUCF**

(For a more complete list, and for Zoom links, visit [frederickuu.org](http://frederickuu.org))

#### **Monday, September 18**

1:00 p.m. Yoga for Advancing Beginners (canceled until October 16)

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

#### **Wednesday, September 20**

8:00 a.m. Retired UU Men Eating Out (RUUMEO): Airways Inn of Frederick (310 Aviation Way).

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

#### **Thursday, September 21**

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

#### **Friday, September 22**

6:30 p.m. Paula Cole Jones Workshop, Part 1 (Sanctuary)

#### **Saturday, September 23**

9:00 a.m. Paula Cole Jones Workshop, Part 2 (Sanctuary)

#### **Sunday, September 17**

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

**10:20 a.m.** - 11:30 a.m. **Nursery** available (infant - age 3)

**10:40 a.m.** - 12 p.m. **Religious Education** during the 10:30 a.m. Sunday Service after the Story for All Ages for PreK-8th grade

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

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

### **Invite a friend, family member, or colleague to UUCF**

Join us Sunday, September 24, at 10:30 a.m. when Special Guest, Elad Vazana, will speak on “**Enemies, Friends, and the Stories We Have Not Heard: Peacemaking in Israel & Palestine**” with Rev. Carl as liturgist and music by UUCF’s Choir. **Spread the word, and bring a friend, especially to anyone who may particularly appreciate this topic or theme!**

### **Special Thanks**

- **Flowers:** Susan Berté
- **Audio Tech:** Von Hansche; **Video Tech:** Daylynn Wright
- **Greeter:** Mya Murphy & Kate Franklin
- **Ushers:** Steve Berte & Mya Murphy
- **Welcome Desk:** Jerry Hutton & Kate Franklin
- **Welcome Guides:** Gary Magnuson, Bobbi Mead
- **Coffee:** Sabrina Smith

## 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](http://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**

4880 Elmer Derr Road, Frederick, MD 21703

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