



# UNITARIAN UNIVERSALIST

CONGREGATION OF FREDERICK  
Spirituality · Community · Justice

## "The Song of the Cell: Darwin Day 2024"

Sunday, February 11, 2024 at 10:30 a.m.

- Prelude** "Blackbird" - Lennon & McCartney Nick IntVeldt, piano
- Welcome** The Rev. Dr. Carl Gregg, minister
- Introit** "The Lion Sleeps Tonight" - Peretti, Creatore & Weiss Nick IntVeldt, piano
- Chalice Lighting** Intern Derail Holcomb
- \*Hymn no. 1003** "Where Do We Come From?" Nick IntVeldt, piano

*Where do we come from? What are we? Where are we going?  
Mystery. Mystery. Life is a riddle and a mystery.  
Where do we come from? Where are we going?*

- Story for All Ages** Melissa Rosenberger, Director of Religious Education (DRE)
- Go Now in Peace no. 413** (PreK - 8th grade to "Religious Education"): *Go now in peace (x2),  
May the Power of Love surround you. Everywhere, everywhere, you may go.*

- Joys and 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 Rev. Carl and Intern Minister Derail
- Silent
- Musical "The Swan from *Carnival of the Animals*" - Saint-Saën Nick IntVeldt, piano

**Sermon**

"The Song of the Cell: Darwin Day 2024"

Rev. Carl

Archive of audio, text, & video of sermons available at [frederickuu.org/sermons](https://frederickuu.org/sermons).

**\*Hymn no. 343**

"A Firemist and a Planet"

Nick Int Veldt, piano

*A firemist and a planet, a crystal and a cell, a starfish and a saurian,  
and caves where ancients dwelt; the sense of law and beauty,  
a face turned from the sod – some call it evolution, and others call it God.*

*Haze on the far horizon, the infinite tender sky, the ripe, rich tints of cornfields,  
and wild geese sailing high; and over high and lowland, the charm of goldenrod –  
some people call it autumn, and others call it God.*

*Like tides on crescent seabeach, when moon's so new and thin,  
into our hearts high yearnings come welling, surging in, come from the mystic ocean  
whose rim no foot has trod – some people call it longing, and others call it God.*

*A sentry lone and frozen, a mother for her brood, and Socrates' dread hemlock,  
and Jesus on the rood; and millions, who, though nameless,  
the straight, hard pathway trod – some call it consecration, and others call it God.*

**Testimony**

Intern Minister Derail

You may also make a one-time or recurring donation at [frederickuu.org/give](https://frederickuu.org/give).

**Anthem**

"The Pink Panther" - Mancini

Nick IntVeldt, piano

**Chalice Extinguishing**

Intern Minister Derail

**Benediction**

Rev. Carl

**Postlude**

"Bumble Boogie" - Jack Flna

Nick IntVeldt, piano

**Today**

**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)

12:00 a.m. UUCF Knitting Circle (Room 125)

12:00 p.m. Earth-centered Spirituality Service (Chapel)

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

**Joys & Sorrows**

**UUCF Member, William (Bill) Greene**, a beloved husband, devoted father, and esteemed engineer, passed away on February 4, 2024 in Naples, Florida, surrounded by the love of his family. Bill was

born on June 20, 1930, in Canton, Ohio, and his journey through life was a testament to his dedication, intelligence, and his legendary attention to detail. Bill is survived by his stepchildren, Cheryl Turlik, Doug King, and Jeff King, along with a brood of two more generations of grandchildren and great grandchildren, as well as a multitude of cherished extended family members and friends (special thanks to Deb & Arnie). Although he has left this earthly realm, his memory will carry on in the hearts of those who had the privilege of knowing him. A memorial service to celebrate Bill's life will be held at a future date to be announced to friends and family.

**Meals needed for Tina Lund (through 3/6)** - Tina's husband, Tom Moore, died after a long decline in health. Let's support her with meals during this time of grief. **Sign-up at [frederickuu.org/meals](https://frederickuu.org/meals).** Please feel free to buy pre-prepared food, make a home-cooked meals, or have food delivered. **All methods of food preparation/delivery are welcome.** If needed, some good recipes available [here](#). **If you choose delivery, please still select date and put in "gift card" or "door dash,"** so we know that meal is covered

### Ongoing Classes & Events

**Donation Yoga for Advancing Beginners**, Mondays at 1pm.

**Chair Yoga with Renée Wimer**: Wednesdays, 11:00 a.m. Reservations required (Chapel)

**Connecting through Poetry Group**: 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>.

**UUCF Hiking Group**: We plan to hike the White Rocks Trail on Sugarloaf Mountain on Friday, February 16. Meet @10:00 AM at the East View Parking Lot. Bring water, snacks, hiking poles. This moderate 6.3 mile hike has an elevation gain of 1100 ft. There are some rocks and tree roots. We will end at the West Lot and hike along the road back to the East Lot. The hike will take 3-3.5 hours depending on our speed. Email Beth Reilly ([katherinebethreilly@gmail.com](mailto:katherinebethreilly@gmail.com)) if you have questions or if you want weather-related updates!

**The UUCF Book Club** will be reading the following:

- February 16 - *The Yellow Eyes of Crocodiles* by Katherine Pancol
- March 15 - *Being Mortal: Medicine and What Matters in the End* by Atul Gawande
- April 19 - *Stolen* by Ann-Helen Laestadius
- May 17 - *Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, A Man Who Would Cure the World* by Tracy Kidder

We have returned to zoom meetings, starting at 7:00 via this link:

<https://zoom.us/j/98767736843?pwd=djZyS0dRTUhvSUJIN25HU2wvcytlQT09>

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

**"Dinner with D" Returns!** Join us for the "Jazz Edition" **TO BE RESCHEDULED**, likely for March.

**"UUCF 101: Pathways to Membership"**: Saturday, February 24, 10am-1pm (Zoom). Are you considering becoming a member of UUCF? Join Rev. Carl for an exploration of UU history and principles, sharing of our individual spiritual journeys, and learning more about our congregation. To register, email [minister@frederickuu.org](mailto:minister@frederickuu.org) with (1) the first & last name of each person signing-up, (2) preferred phone number for receiving a text reminder about the class. Note that with our increasing options for digital accessibility (live-streaming Sunday Services and joining meetings/classes via Zoom, you do not have to live near UUCF geographically to become a UUCF Member. You only need to be committed to participating regularly (either online or in-person) and supporting the congregation.

**UUCF Used Book Sale** is coming soon, and we need your help to get ready! If you have sturdy, reasonably-sized boxes to put books in, please bring them to the atrium on Sundays: 2/11, or 2/18. We will distribute boxes for you to take home and fill up with your used books on Sundays 2/25 and 3/3. Bring your book-filled boxes on Sundays 3/10 and 3/17. Books will be sorted and displayed Thursday, 3/21, and Friday, 3/22. The book sale will be held on Saturday, 3/23 and Sunday 3/24. Volunteers are most welcome at any stage of this process. See Marilou or Tom Barrett.

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

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

#### **Monday, February 12**

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

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

#### **Wednesday, February 14**

11:00 a.m. Chair & Accessible Yoga (Chapel) Reservations Required

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

#### **Thursday, February 15**

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

#### **Sunday, February 18**

9:00 a.m. UUCF 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)

12:00 p.m. UUCF Knitting Circle (Room 113)

12:00 p.m. Atheists, Humanists, Agnostics (AHA) Group (Chapel)

12:00 p.m. Progressive Christian Fellowship Group (Room 125)

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

Join us Sunday, February 18 at 10:30 a.m., when Rev. Carl and our Choir will present "Broadway Sunday: *Anything Goes!*" **Spread the word, and bring a friend, especially to anyone who may particularly appreciate this topic or theme!**

## Special Thanks Today

- **Flowers:** Carol Larsen
- **Audio Tech:** Von Hansche; **Video Tech:** Jude Oyler
- **Greeters:** Mark Gaffigan & Kate Franklin
- **Ushers:** Hannah & Mark Gaffigan
- **Welcome Desk:** Jerry Hutton
- **Welcome Guides:** Richard Warren, Barbara Gordon & Reed Waller
- **Coffee:** Iryna Lytvynets with 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**

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