

UUA Principles and Covenants

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

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

4880 Elmer Derr Road, Frederick, MD 21703

Phone: 301-473-7680 • E-newsletter: frederickuu.org/mail/add

Facebook: facebook.com/frederickuu • Twitter: twitter.com/uufrederick

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UNITARIAN UNIVERSALIST CONGREGATION OF FREDERICK

Spirituality · Community · Justice

*We join together to encourage spiritual growth,
build beloved community, and act for peace and justice.*

“Yasodara: The Forgotten Story of the Buddha’s Wife”

The Rev. Dr. Carl Gregg

Sunday, August 1, 2021 at 10:30 a.m.

| | | |
|---------------------------|---|--|
| Prelude | “There is Only Love” – Karen Drucker | Joe Ginorio, vocals, guitar |
| Welcome | | Rev. Carl |
| | <i>A Rocking Room is at the back of the sanctuary for parents with young children. “Hearing Enhancement Aids” are available from ushers. Our social media hashtag is #FrederickUU.</i> | |
| Introit | “One Heart” – J.D. Martin | Joe Ginorio |
| Chalice Lighting | | Mary Fletcher |
| *Hymn No. 1009 | “Meditation on Breathing” (6 times) | Sea Raven Morse, piano |
| | <i>When I breathe in, I'll breathe in peace. When I breathe out, I'll breathe out love. Breathe in, Breathe out, Breathe in, Breathe out</i> | |
| Story for All Ages | | Nichole Hodges-Abbasi, Director of Religious Education |
| | <i>Go now in peace, Go now in peace. May the Power of Love surround you. Everywhere, everywhere, you may go. Love surround you. Everywhere, everywhere, you may go.</i> | |
| Joys and Sorrows | | Rev. Carl |
| | <i>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.</i> | |
| | <i>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.</i> | |
| Meditation | | Mary Fletcher |
| Spoken | | |
| Silent | | |
| Musical | “From My Heart” – Joe Ginorio | Joe Ginorio, vocals, guitar |
| | <i>From my heart – from my words – from my thoughts / We are one We are one in every way – ever way I know / We are one</i> | |
| Sermon | “Yasodara: The Forgotten Story of the Buddha’s Wife” | Rev. Carl |

***Hymn No. 1031** "Filled with Loving Kindness" (2nd v.: "you" 3rd v.: "we") Sea Raven, piano

May I be filled with loving kindness. May I be well. May I be filled with loving kindness. May I be well. May I be peaceful and at ease. May I be whole.

May you be filled with loving kindness. May you be well. May you be filled with loving kindness. May you be well. May you be peaceful and at ease. May you be whole.

May we be filled with loving kindness. May we be well. May we be filled with loving kindness. May we be well. May we be peaceful and at ease. May we be whole.

Offertory Testimony

Offertory "Seed of Light" – James Nihan Joe Ginorio, vocals, guitar
You may also make a one-time or recurring donation a frederickuu.org/give.

Chalice Extinguishing Mary Fletcher

Benediction Rev. Carl

Postlude "Freedom Rings" – Joe Ginorio Joe Ginorio, vocals, guitar

*(After the Service, if you are able, **please stack the hymnals on a chair at the end of each aisle.***

Thank you as well to anyone who is able to help transfer them from there onto the storage cart.)

Today

(all Zoom links available at frederickuu.org)

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

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

11:45 a.m. Friendly Forum: Soapbox Sunday (Zoom only)

11:45 a.m. Agnostic/Humanist/Atheist (AHA) Group Discussion (Room 125)

4:00 p.m. Compassion Crew with Amie LaPorte! (Grounds)

Use frederickuu.org/announce to submit contributions for the Order of Service or Midweek Email (both due by **Wednesdays at Noon**)-

General Announcements

UUCF Has An Endowment! Your UUCF Endowment Board is excited to announce that our congregation is now a member of the Unitarian Universalist Common Endowment Fund (UUCEF). Many years ago, a team at UUCF put together the basic groundwork for a UUCF Endowment, and thanks to a generous recent gift, we were finally able to make an initial investment of \$14,500! The UUCEF gives us access to intelligent management of our money that lives up to our UU Values through Socially Responsible Investing, and the UUCF Endowment Board has been working to ensure the best possible growth plan for the future of our endowment. Our policies stipulate that no disbursements can take place until a minimum of \$100,000 has accumulated in the fund, but even with this initial amount, we are on our way to better securing the long-term financial stability of our congregation. More details are available at uucef.org. Additionally, if you wish to contribute to the endowment, please reach out to Kiley Mead (kileyam29@gmail.com), chair of the UUCF Endowment Board, who will gladly facilitate the transaction and help answer any questions you may have. Other members of the UUCF Endowment Board include Geoff Coleman, Robert Strasser, Bob Clegg, and Ed MacDonald. Many thanks also to outgoing UUCF Endowment Board member Leslie Powell whose legal and financial expertise was a tremendous help in getting our start up paperwork filed.

Joys and Sorrows

In Loving Memory of Brian Johnston: We are saddened to share that Brian, a friend of UUCF, died on Tuesday, July 20 from suicide. He will be deeply missed. And in the wake of such loss, it can be important to remember that multiple things can be true: no single act can portray a life. No matter how stalked by difficulty and hurt at certain times, Brian's life also had so many moments of delight and happiness, caring and friendship, sharing and love. Even as we deeply grieve this loss, may we also open ourselves to gratitude for the better days and weeks and years that those of us who knew Brian were able to share with him. Please keep Brian and his family in your thoughts and/or prayers. Condolences can be sent to:

Ellen Johnston
9622A Liberty Rd
Frederick, MD 21701
ellen.johnston8@gmail.com

Highlights of This Week at UUCF

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

Tuesday, August 3

10:00 a.m. Donation Yoga (Chapel & Zoom)

Wednesday, August 4

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

7:00 p.m. Anti-Racism Book Discussion of *How the Word is Passed* (Zoom)

Thursday, August 5

7:00 p.m. UU Buddhist Meditation & Discussion Group (Chapel)

Friday, August 6

10:00 a.m. Yoga for Advancing Beginners (Zoom)

11:00 a.m. UU Buddhist Fellowship (30-minute meditation (Zoom only)

7:00 p.m. Taiko Drumming Workshop (Sanctuary/Grounds)

Saturday, August 7

7:00 p.m. Dark Moon Drum Circle (Labyrinth)

(Sunday, August 8

10:30 a.m. One Sunday Service (Sanctuary & Zoom)

11:30 a.m. Water Day on the Playgrounds

11:45 a.m. Friendly Forum: August Split-plate recipient

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

3:00 p.m. Atheists/Humanists/Agnostics (AHA) Study Group (Zoom only)

Invite-a-Friend

On Sunday, August 8, Rev. Carl will discuss “Israel & Palestine: Pilgrimage, Perspective(s), Peace.” Danielle Grace will serve as Liturgist with Sea Raven Morse providing our special music.

If you know anyone who might enjoy our Sunday Service, please invite them to join us either in-person or live-streamed.

Visit frederickuu.org for more information and other community activities.

Having Trouble receiving our Emails? Check your ‘Promotions’ Folder in your Inbox. Email managers, like Gmail, will often automatically put our Midweekly and other emails into the Promotions Folder. Once you find it there and open it a couple of times, Gmail, Comcast, Outlook and other managers learn to automatically load our emails directly into the Primary Folder.

Sign up for our emails by going to our homepage: frederickuu.org

Special Thanks today to:

- Greeters: Thia Wood
- Livestream Technicians: Bill Bromfield, Jude Oyler
- Sound Technician: Brad Calhoun