



UNITARIAN UNIVERSALIST

CONGREGATION OF FREDERICK
Spirituality · Community · Justice

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

“Shifting Your Mindset”

Sunday, May 15, 2022 at 10:30 a.m.

A Rocking Room is at the back of the sanctuary for parents with young children.

“Hearing Enhancement Aids” are available from ushers.

Prelude “Pomp & Circumstance” (excerpt) - Sir Edward Elgar Nick Int Veldt, piano

Welcome The Rev. Dr. Carl Gregg

Introit “In the Sweet By and By” - Traditional, words by Tony Larsen Choir

Chalice Lighting Nichole Hodges-Abbasi, Director of Religious Education

***Hymn no. 358** “Rank by Rank”

Rank by rank again we stand, from the four winds gathered hither. Loud the hallowed walls demand whence we come and how, and whither. From their stillness breaking clear, echoes wake to warn or cheer; higher truth from saint and seer call to us assembled here.

Ours the years' memorial store, honored days and names we reckon, days of comrades gone before, lives that speak and deeds that beckon. From the dreaming of the night to the labors of the day, shines their everlasting light, guiding us upon our way.

Though the path be hard and long, still we strive in expectation; join we now their ageless song one with them in aspiration. One in name, in honor one, guard we well the crown they won; what they dreamed be ours to do, hope their hopes, and seal them true.

(*) You are invited to rise in body and/or in spirit

Story for All Ages

Nichole Hodges-Abbasi, Director of Religious Education

Go Now in Peace no. 413 (PreK - 5th grade to “Arts & Exploration”): *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

“Shifting Your Mindset”

Rev. Carl

Silent

Musical

“Picture a World” - Joe Raposo

Sawyer Smith, vocals; Nick Int Veldt, piano

Sermon

Rev. Carl

Audio, Text, & Video of sermons available at frederickuu.org/sermons.

Hymn No. 155

“Circle ‘Round for Freedom”

*Circle 'round for freedom, circle 'round for peace, for all of us imprisoned,
circle for release, circle for the planet, circle for each soul,
for the children of our children, keep the circle whole.*

Offering

Rev. Carl

Split-plate: This month’s recipient is SHIP (Student Homelessness Initiative Partnership) of Frederick County. *Please give generously. If you pay by check, please 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.*

Anthem

“Pass on the Light” – Clif Harden & Jan Elicker

Choir

Chalice Extinguishing

Rev. Carl

Benediction

Rev. Carl

Postlude

“You Are the New Day” - John David, arr. Peter Knight

Today

- 9:30 UU Buddhist Fellowship Group Meditation & Discussion (Zoom)
- **10:30 a.m. Sunday Service** (In-person & Zoom)
- 11:45 a.m. Friendly Forum: *Sapiens* with Zakir Bengali (Room 113/Zoom)
- 11:45 a.m. Agnostic/Humanist/Atheist (AHA) Group Discussion (Zoom)

Joys & Sorrows

- **Kathleen Davis** was hit in a car accident. Her sternum is fractured and is not supposed to lift anything heavier than 2 lbs. **Sign-up to bring her a meal** (through June 1) at frederickuu.org/meals.
- **Sue Thomson** has been transferred from Frederick Health Hospital to Mercy Medical Center in Baltimore for more advanced care. She is receiving treatment for several organ systems. Please keep Sue in your thoughts and/or prayers.
- **Meg Menke** on Saturday, May 7 experienced a fracture in her hip following a recent surgery. She will be unable to put any weight on her left leg for six weeks, and has been transferred to Rehab at Homewood at Crumland Farms (7407 Willow Rd, Frederick). She asks for very few visitors the first week to give her time to adjust, then anticipates being increasingly open to welcoming visitors. Please be in touch with Meg prior to visiting through menkemeg@gmail.com or texting/calling (240-457-2581).

Religious Education (R.E.) for This Week

- **PreK-5th Grade:** Chalice Lighting, Circle time, Story, project then outdoor playground time DURING the service with Ms. Nichole.
- **Middle School Youth Group (grades 6-8):** In-person after Service, from 11:45am -12:30pm.
- **WEDNESDAY EVENINGS: High School Youth Group (grades 9-12) Meetup** at 7th Street Common Market (or other location TBD) at 7:00pm-8:00pm.

UUCF Auction Closes Today at 4pm

Get in your final bids now through frederickuu.org/auction. (This link is also in the middle of the UUCF homepage, frederickuu.org). **If you haven't checked out the Auction yet, it's not too late!** You do not need to register to review the catalog, and registration is quick if you decide to bid!

Ongoing Classes & Events

Connecting through Poetry Group: Wednesdays, 12:30 p.m. Weekly exploring a poem together, & open conversation:
<https://us02web.zoom.us/j/6354394421> (password: poetry).

Meditation Class with Rev. Carl: Tuesdays, 7:00 - 8:30pm on Zoom (through May 24). Recommended, but not required reading: *Shift into Freedom: The Science and Practice of Open-Hearted Awareness* by Loch Kelly. New participants welcome anytime. To sign up and receive Zoom link, email minister@frederickuu.org

Anti-racism Book Group: *The Making of Asian America: A History* by Erica Lee weekly on Tuesdays at 7pm:

<https://us02web.zoom.us/j/2544372955?pwd=VVBUNEIZcWRMOG94dWhudnZDZyt6Zz09>. New participants welcome anytime, and you can attend whether or not you have done the reading.

The UUCF Book Club will read and discuss the following books on these dates:

- May 20: *Cloud Cuckoo Land* by Anthony Doer
- June 17: *A Snake Falls to Earth* by Darcie Little Badger
- July 15: *The Book of Hope* by Jane Goodall

Meetings start at 7:30pm on Zoom:

<https://zoom.us/j/98767736843?pwd=djZyS0dRTUhvSUJIN25HU2wvcytIQT09>

If you would like to receive the link via email, contact Diana Pitcher at djpitcher4@gmail.com. A reminder email with the link will be sent out on the Wednesday before the meeting. All are welcome, whether you have read the book or not.

"UUCF 101: Pathways to Membership": Saturday, May 21, 10am-1pm (on Zoom and potentially an "in-person option" too). Are you considering becoming a member of UUCF? Join us for an exploration of UU history and principles, sharing of our individual spiritual journeys, and learning more about our congregation. Limited to 15 participants. **To register, email 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, (3) Would you prefer Zoom or in-person? 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.

Sharing Your Memories for Rev. Carl's 10th Anniversary: What are you most grateful for from the last decade of shared ministry between UUCF and Rev. Carl? What's your favorite memory or photo? We are collecting stories and photos using Kudoboard (kudoboard.com/boards/miu5oL3Z) to produce a digital memory book that will also be printed to give to Rev. Carl. The Kudoboard is [here](#) and is fairly intuitive (remember to log out). If helpful, a video on how to do a post is (<https://youtu.be/carFZRQ--uk>). Please post early if possible to help inspire others as we collaboratively build this gift. Dates to remember:

- May 31: Last day for memories to be shareable at the celebration
- June 4 at 6pm & June 5 at 10:30am: Celebration of 10 years of Shared Ministry
- June 10, 8pm: Kudoboard will close to print the 7x7 book

JOB OPENING: Director of Religious Education (DRE): The ideal candidate will coordinate a high-quality Religious Education program for children and youth (nursery through high school). Part-time: **25 hours/week**. Salary: **\$32,750 - \$38,500/year** (depending on previous experience). **Benefits:** Health insurance (UUCF pays 50% of premium), Professional Expenses (10% of salary), Retirement contribution (10% of salary after first year). Resumes will be received through Thursday, May 26 (or until position is filled). If you know of someone who may be interested and qualified, details at frederickuu.org/dre.

There are also regular weekly opportunities for
yoga, meditation, & more
listed on the right hand side of our homepage frederickuu.org.

Highlights of This Week at UUCF

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

Monday, May 16

- 6:30 p.m. Dismantling Racism Team Meeting (Zoom)
- 7:30 p.m. UU Buddhist Fellowship: 30-minute Meditation (Zoom)

Tuesday, May 17

- 10:00 a.m. Yoga for Advancing Beginners (Chapel)
- 7:00 p.m. Meditation with Rev. Carl (Zoom)
- 7:00 p.m. Anti-racist Book Group (Zoom)

Wednesday, May 18

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

Thursday, May 19

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

Friday, May 20

- 7:30 p.m. UU Book Club (Zoom)

Sunday, May 22

- 10:30 a.m. Sunday Service** (In-person & Zoom)
- 11:45 a.m. Friendly Forum: (Room 113/Zoom)
- 11:45 a.m. Agnostic/Humanist/Atheist (AHA) Group Discussion (Zoom)

Invite-a-Friend, Family Member, or Colleague to UUCF

Join us next Sunday, May 22, when Rev. Carl will speak on “The Life & Legacy of Woody Guthrie” with Intern Minister Kathryn as Liturgist. Special music provided by Lisa and Bill Bromfield. ***If you have a friend, family member, or colleague, who may appreciate this service, consider inviting them to join us.***

Special Thanks Today

- Flowers: Krista Markstrom-Boon
- Sound Tech: Daylynn Wright; Live-streaming: Jude Oyler, Bill Bromfield
- Greeter: Lisa Bromfield, Susan Berté; Ushers: Susan & Steve Berté
- Welcome Desk: Thia Wood, Mary Fletcher
- Welcome Guides: Gary Magnuson, Alice Wong

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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