

UNISON



Published by the UU Congregation of Frederick, MD (www.frederickuu.org) ♦ **SEPTEMBER, 2018**

A Welcoming Congregation

It's a New Day at UUCF

Sunday Service Times
September 2: 10:30am
From then on: 9:30 and 11:30am

Rev. Carl will be returning September 9! Thank you to everyone, especially seminarians Bob Clegg and Scott Hull, who helped us so much this summer.

As we begin our 2018-2019 year, join us in the exciting events we can all share!

The Unitarian Universalist Congregation of Frederick Presents

Odara
A Celebration of
*Women's Voices
in Song 2018*

Two Performances
Saturday, September 29th, 7:30 pm
Sunday, September 30th, 3 pm



Recommended donation of \$15 www.frederickuu.org

Experience the beauty, drama and feminine magic of the voice at 'Odara: A Celebration of Women's Voices in Song.' Featuring performances by nine extraordinarily gifted female vocalists in ensembles and as soloists, Odara offers a glimpse into the wide world of the female voice in music. Enjoy a range of familiar favorites spanning Classical, Pop, Folk, Musical Theater genres and more. Featured vocalists are UUCF Members and Friends Martha Jones, Julia Jones, Deb Int Veldt, Scarlet Fannin, Louise Van Gilder, Donna William, Cassie Brand, Elaine Gleaton and Linda Myers. Accompaniment will be performed by percussionist Tomy Wright, bassist Bill Bromfield, Pianist Nick Int veldt and violinist Jennifer Houck.

~~Irene Glasse

Thanks
for
the
memories

This is the final copy of "our" *Unison*. The *Unison* staff of many years is gently handing the newsletter on to be created by others.

We wish you a fond farewell — and really do thank you for the memories.
Tibby Middleton, editor; Barbara Kenny, ass't editor; Mary Kruhm, proofreader.

From now on, please send your submissions to newsletter@frederickuu.org. If you would like to help with the future of the newsletter, contact Karen Reilly at office@frederick.org.



THE UUCF COFFEEHOUSE

Open Mic Night

Saturday, Sept 15

MUSICIANS AND POETS WELCOME!

7-9:30 pm

If you can, please come at 6 pm to help set up tables and chairs.

Performers can do two or three pieces, depending on how many sign up. 😊

This event is free, but donations are gratefully accepted. BYOB.

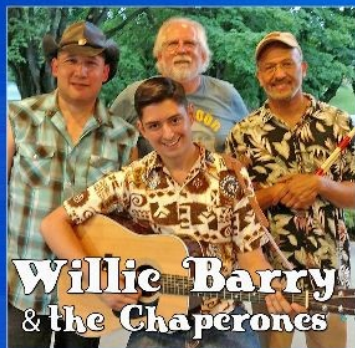
UUCFCoffeehouse@gmail.com or check out our Facebook page www.facebook.com/UUCFCoffeehouse.

Please join us for our first Open Mic of the 2018-19 season on Saturday, September 8 from 7 - 9:30 pm. This is the perfect opportunity to share your talents with an appreciative crowd! Everyone gets a chance to do two pieces (around 6 - 8 minutes total) and if there's time at the end, one or two more!! Plan to sign up no later than 7:15 AND all performers must sign up in person. Hope to see you there! Of course, if you aren't up to taking the stage, every performer LOVES an audience!

Feel free to bring snacks or even dinner. As always, BYOB! This event is free, but donations are gratefully accepted. For more information, email UUCFCoffeehouse@gmail.com or check out our Facebook page www.facebook.com/UUCFCoffeehouse

The UUCF Open Mic is every 3rd Saturday of the month, September - June (with some exceptions - please check each month!)

~~Elaine Gleaton



**Saturday
Sept 22 7pm**

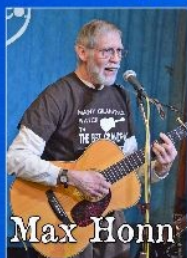


Music Box Café Concert Series

Unitarian Universalist Congregation of Frederick

4880 Elmer Derr Rd, Frederick, MD 21703

**Saturday
Oct 13 7pm**



F.A.M.E. Members
\$12

**\$12 Advance Online Purchase
\$15 At Door**

**Season Tickets (4 Concerts) \$36
(3 concerts) \$30 - (2 concerts) \$22**

www.showtix4u.com



Calling all Cooks & Kitchen Helpers!

The **Multi-Faith Concert** will be held on Sunday afternoon, October 21, and we will help provide food for the after concert reception. So we need helpers and some dishes too.

Our **Auction** happens Sat night, November 3 and we will need lots of help in the kitchen.

Please let Nancy Roblin know if you can contribute to either of these events.

Nancy.roblin@gmail.com. 301 662 8506.



UU PARENTS' MEETING
SEPTEMBER 16TH, 10:40am
SANCTUARY

PARENTS' POTLUCK
SEPTEMBER 21, 5pm



RE World



Nichole Hodges-Abbasi
Director of Religious Education

[dreufrederick@gmail.com](mailto:dreuufrederick@gmail.com)

Our Religious Education brochure will be available shortly in the RE cabinet and online for you to check out the classes we will be offering. The success of our program relies on the service of volunteers to operate and we ask that families volunteer to help with teaching, assisting and RE events as they are able. We still need about 5 assistants for RE classes. Please let me know if you can help out once per month!

As we start our new chapter together, there will be a highly recommended Parent Orientation on Sunday, September 16th during the middle hour. At this meeting you will have an opportunity to learn more about the program, offerings and ways to be involved in your child's spiritual development this year.

Please be sure to fill out the RE class registration form (link is below) by September 8th so that we have an idea of who to expect in each class.

[UUCF RE Registration](#)

Nichole Hodges-Abbasi
Director of Religious Education

SUNDAY SERVICES

One service, 10:30am, September 2
Two services, 9:30 and 11:30am from then on

- Sept. 2:** *History that Refuses to Die*, the Rev. Mike Morse; Multi-media presentation with music by Sea Raven, D. Min.
- Sept. 9:** *Solidarity Forever*, the Rev. Dr. Carl Gregg (Choir Sunday)
- Sept. 16:** *Gershom Scholem, Jewish Mysticism, & the Kabbalah*, the Rev. Dr. Carl Gregg
- Sept. 23:** *True Belonging & the Courage to Stand Alone*, the Rev. Dr. Carl Gregg (Choir Sunday)
- Sept. 30:** *The Gender-bread Person*, the Rev. Dr. Carl Gregg; *Gender Non-binary Identity & Theater*, Madison Middleton, Freshman, Middlebury College

Get to know some of our new members

On June 10, 2018 our congregation recognized 7 new members. They bring a variety of interests and talents with them. Here are pictures of our new members who took our Pathways to Membership class in June. **Please take time to welcome them personally.**



Kevin Heron is most interested in building relationships within the community and spends time volunteering with the Pagan Library. You might see Kevin on Sunday mornings when he volunteers as a greeter.



Mark Gregory is the spouse of another member of our congregation, Barb Trader. Mark and Barb are lovers of the outdoors and enjoy travel, hiking and other recreational activities.



Clayton Myers lives in Washington DC. He is passionate about science and public science literacy and working on the problem of childhood hunger. Clayton is an avid reader, singer and sports fan.



Carrie Jean and Josh Rathmell can be seen most Sundays in the sanctuary and tending to their young son after service.



Diane Chong is a retired social worker and a first generation migrant. She spends some of her free time as an involved grandmother.

Not Pictured:

Christin Mosere is a theatre artist and fundraiser. She is very interested in social justice and the Arts.

Susan Berte'

Summer Gardening on our grounds

Keeping up
Dick Menzer's legacy



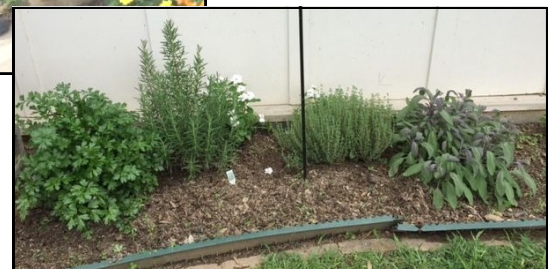
Alice MacDonald spearheaded a garden team that planted, watered, and WEEDED throughout the summer.



Facilities Manager Rick Anderson not only gardens, but chases out insects and keeps the building up and running.



Here we find Bonnie Sydnor weeding during the week. Outside the gallery you will find the pictured scenes as well as a small herb garden which has been created for us to use. Clip what herbs you would like and take them home with you!



Not pictured: Holly Shifrin, who worked on all aspects of gardening all summer long and Nancy Hutchins, who saw to the Memorial Garden, donated flowers and had special areas that she kept up (note the hostas). Much gratitude!!!

UUCF GROUPS

FRIENDLY FORUM

9:15-10:20am September 2

10:30-11:20 from then on

Our weekly open discussions are always lively, always inclusive. Please come join any Sunday.



CONTEMPLATIVE MEDITATION PRACTICE

Contemplative Meditation Practice continues this fall on Wednesdays at 11:00am in the Chapel. Come for 5 minutes or 15 or the entire 45 minutes if you wish. Anyone can leave or enter the group at any time during the 45 minute time frame.



AHA ATHEISTS, HUMANISTS, AGNOSTICS

First and third Sundays
following last service.
Discussions in the Chapel.



EARTH-CENTERED SPIRITUALITY

Facebook link: [CUUPS](#)

2nd Sunday, September 9, 10:30—11:20am

Our Earth-centered Spirituality Group meets on the 2nd Sunday of each month in the Chapel at 10:30 am. This time provides an opportunity to focus on the Sixth Source of Unitarian Universalism: "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."



UUCF BUDDHIST FELLOWSHIP

The Buddhist Fellowship meets the first and third Sundays of the month in the chapel for meditation, discussion, and sharing. The schedule for September:

- **September 2**, 9 am to 10:20 am. Nancy Hutchins will facilitate part II of a review and discussion of *Why Buddhism is True* by Richard Wright.
- **September 19**. We return to meeting during the "middle hour" from 10:30-11:20 am. The group will begin a new book: *The Road Home*, by Ethan Nichtern. Reading the book may be helpful, but everyone is welcome to attend and share in the discussion. No requirements!

To be added to the email list for Sunday morning practice, please send to buddhist@frederickuu.org.

ALSO:

Thursday Evenings. Weekly meetings are held on Thursdays, 7:00-8:30 pm in the chapel. The group explores a variety of teachings, with a longer period for meditation, usually 30-40 minutes. Everyone is welcome; no experience necessary. For more information, or to be added to the e-mail list for weekly notices, contact Lynn Wagner at lwagner4@mac.com

Questions to buddhist@frederickuu.org.

September Full Moon Labyrinth Walk

WEDNESDAY SEPT. 24, 7 - 9PM

Come enjoy the beauty and peace of the Labyrinth by the light of the full moon! Please be sure to arrive by 8:30 pm at the latest. Everyone is welcome. Weather permitting, this will be an outdoor, drumming walk. The first half hour will be a quiet walk, the remainder drumming, so feel free to bring hand drums and other percussion instruments. Divination practice is welcome - you are welcome to bring your preferred divinatory tool or just stop by for a reading.

Notes from the President

President, Board of Trustees

Jerry Hutton

September 2018



I was pleased and honored to begin my term as the new President of your Board of Trustees by hosting the Board's annual retreat and first meeting on August 4. We welcomed our only new member, Vice President Lisa Bromfield. Through her wide range of service to the Congregation from social action to music to educational programs, Lisa will strengthen our ability to communicate with and lead our community. We miss former President Steve Berte', who so capably led the Board over the past two years and emphasized the need for us to guide congregational policy from a distance to empower staff and committees to actively work to meet the objectives of our mission.

We received an updated status report from the 2020 Study Group II and commended the members for their dedicated and thorough study of proposals to expand the physical structure of our Congregational Building. The Board considered the Group's recommendations for initiation of a capital development plan to permit expansion of the building to provide for additional classroom and storage space in a manner to support possible addition of a second story in the future. In recognition of the need to gather information necessary for continuing the project when it is deemed necessary, the Board approved their request of \$3,000 for an engineering structural design and agreed to develop a timeline for such expansion.

However, the Board determined that no actual construction or fundraising for such capital expansion would occur this year. We were particularly concerned that the new Director of Religious Education should have the opportunity to provide input as to future physical needs for this vital program. During the next year, we will be working with all components of the Congregation to gauge their needs in developing growth projections and objectives. Of course, any capital expansion proposal would be subject to approval at a meeting of all UUCF members.

In serving as a delegate to the last UU General Assembly in Kansas City in June and meeting over the summer with Board members from several local congregations, I have been struck by how fortunate we have been with our recent growth. Many of the people I talked with were envious of some of our growth challenges since they have been faced with declining membership. The Board will do its best to focus on meeting future demands in a fiscally responsible manner to address all aspects of UUCF's mission.

We are excited to welcome Rev. Carl back from his sabbatical and are grateful that he was able to make himself available during the summer but hope that this did not detract from his study goals. The unfortunate removal of our Black Lives Matter banner and unsettling political environment only accentuates the need for actively pursuing the principles of Unitarian Universalism and our mission statement. While this will be a challenging year, with your continued support, we are confident it will be a productive one.

UUCF 101: Pathways to Membership

Saturday, September 8, 9:00am
to 1:00pm.

Sign up on Sundays at the RE
cabinet in the Atrium.

Light refreshments will be pro-
vided.

Childcare can be provided with
one-week's notice to DRE
Nichole Hodges-Abbasi at
education@frederickuu.org.



Do you know where the Wild Things are?

At our Annual Auction of course!

Save the Date: November 3, 2018.

More details will follow.

Social & Environmental Action Issues

Betsy Bainbridge,
Chair, Social Action
Committee (SAC)

JUSTice + ACTION = JustAct
<http://uusocialjustice.org/news>

Karen Russell, Chair,
Climate Change
Working Committee

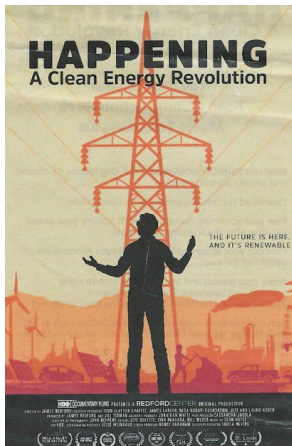
Beloved Conversations Returns this Fall

At UUCF, our mission statement reminds us that "We gather to encourage spiritual growth, build beloved community, and act for peace and justice." One of the most transformational ways we can live into our mission this fall is through participating in Beloved Conversations.



Visit www.frederickuu.org/beloved to register and learn more about this offering, Friday/Saturday October 19/20 for the initial weekend retreat at UUCF.

This is a big--but important--ask. We strongly encourage you to sign-up if at all possible. But if you do sign-up, we ask that you commit as fully as possible to being present for the full curriculum, both the initial retreat and the 8 two-hour follow-up sessions.



Friday, September 28, 2018
6:30 pm Snacks & Movie at 7:00 pm
UUCF, Room 113 - 115

After the film we will have a short 15 minute discussion about forming an Environmental Justice Committee.

From the Unitarian Universalist Association

Bruh

Black people are so accustomed to being ignored and invisible that a simple acknowledgement — a simple *I see you* — from a peer goes a long way.

[Bruh](#)

Justice on Earth is the 2018-19 Common Read

Join together to read and discuss this collection of essays exploring the intersectional impacts of climate change.

[Learn more about the Common Read](#)

Did you miss the General Assembly?

Much of the action can be revisited in the comfort of your own home. Fascinating and informative, the videos will make you proud to be a UU.

<https://www.uua.org/ga/off-site/2018>

SPLIT-PLATE OFFERING SEPTEMBER 16



I BELIEVE IN ME!

<http://IBelieve-in-me.com>

The Split Plate Offering on September 16th is for “I Believe in Me, Inc.,” an organization that provides after school help, guidance, recreation and adult companionship for youth in Frederick. The CEO of I Believe in Me, Mr. Aje Hill, has personal experience with the tough choices that face kids today. As a young man, he found himself deeper and deeper into decisions that had him in trouble with the law and eventually he ended up in prison on a drug distribution charge. “While incarcerated, Aje realized that he no longer had control over his life and admitted that his life had become unmanageable. Through the pain, the hurt he caused his family and himself, and the loneliness he faced behind bars, Aje decided to do one of the hardest things in life; change. He decided to no longer be a menace to society; but with strong family support, love of God, and many support groups, to become a productive member of society. Since becoming a positive and productive member of society Aje also has added to his educational resume by gaining an AA in Business Administration at Strayer University in 2015.

I Believe in Me caters to underprivileged youth from the ages of 6-16. In existence since 2016, the program currently has 54 young men and women involved. His mission is to provide opportunity for our youth, whereby they are the objects of, rather than the subject of their own future and present reality. They are provided with the resources that for various reasons, much out of their control, have escaped them at this juncture of their short lives. Participants of the program are encouraged to seek the other less often traveled path as they awaken to a world of challenges and opportunity. The program offers the youth with an opportunity to obtain academic assistance, anger management, peer building skills, nutritional and hygiene guidance as well as participate in outreach programs offering the youth with opportunities outside of their current socioeconomic statuses.

Photo from the 2017 "Mommy and Me Prom" which will happen again in September.

Would you like to be involved? See meeting dates below:



Saturday, Sept. 8 10am
Climate Change Working Group
Meeting

ccwgfredco@gmail.com



Sunday, Sept. 9 1pm
Black Lives Matter/8th Principle
Commitments Meeting

DRT@frederickuu.org



Tues. Sept 11, 5pm
Social Action Committee -
involved with ALL our social
actions!

SAC@frederickuu.org

Blanche Ames Gallery Presents Tom Semmes — Recent Paintings

Reception following Artist's Talk
Sunday, September 9, 12:30 –2pm

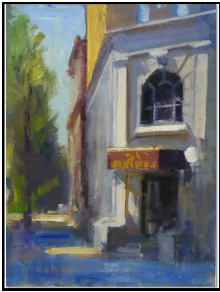
Tom began painting as a teenager, inspired by the scenery, light and changing seasons that surrounded him at his rural Maryland home. "I discovered that this inspiration was mirrored in the works I saw in art books and museums." His work is grounded in traditions of representational painting with an awareness that the abstract qualities of line, color and form reveal a painting's

true meaning. He uses rich color and expressive brushstrokes that create a cohesive visual experience.

"I am currently drawn to the complexity of urban scenes because the city, especially the small town of Frederick, MD that I live in, speaks to the challenges and possibilities of man living in harmony with nature and with each other.

I find that the man-made forms of buildings, cars and wires interrelating with trees and sky often reveal exciting surprises."

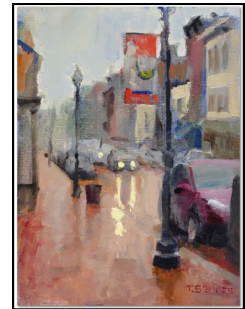
Enjoy this beautiful show.



8 am in the Morning



Path to Las Castella



Slick Streets

VISUAL ARTS

The Visual Arts Committee's mission from its inception serves as a clearing house for aesthetic issues at UU. We communicate with individuals and the Board regarding special projects and their cost if necessary. We plan monthly art exhibits and present Sunday Art talks at monthly openings. This year we are hoping to collaborate with the Delaplaine Arts Center regarding possible workshops during our Children's Show in January.

All profits from sales support UU and we are happy to report in 2016-17 we raised a total of \$4,874 for UU. Most years we range from \$2000 to \$3000. If you would like to share in any of our endeavors, join our monthly meeting, learn about installing art in the gallery, help with Sunday Art talks, bring new ideas to the table or have any questions please feel free to call Alice MacDonald at 240-815-5406 or e-mail at starryskies516@gmail.com.

UUCF BOOK CLUB

September 14, 7:30pm

Each month members and friends meet to enjoy refreshments, each other, and discuss a book of choice. Even if you have not read the monthly discussion book, you will be able to join in and chat with this friendly group.

September's book sounds interesting:

Eleanor Oliphant is Completely Fine, by Gail Honeymoon.

We'll meet at Kathleen and Zakir Bengali's house, 5120 Doubs Rd, Adamstown.

The parking is tight around their house, so if you know anyone who is going to the book club, please carpool with them.

For questions, Kathleen's number is 301-874-2519.



Please set aside Saturday, **September 9** as the date for the next Adopt-A-Road.

9:00am sharp to get signed in and issued your fashionable safety vest. Meet in the parking lot at the green sheds.

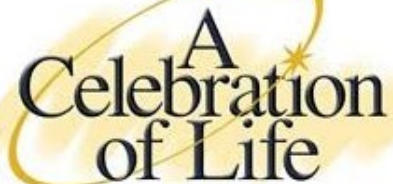
Meditation/Yoga Mini-Retreat with Irene Glasse & Carl Gregg

Saturday, September 29 9am-Noon, Sanctuary, \$15 in advance / \$20 at door.

Please contact instructors at (minister@frederickuu.org) in advance if accommodations needed; we will offer adjustments to be as accessible as possible.)

To register or for more details, visit frederickuu.org/retreat.

PLEASE CHECK WEEKLY ANNOUNCEMENTS FOR ANY CHANGES



Turner Stokes

Sunday, September 16, 1:30pm

On this day, we remember and honor a renowned man who devoted years of his life, talents, knowledge, and intellect to our congregation.

We miss Turner, and appreciate all he did for us: promoting the second service, attending every Board meeting, piping beautiful music in (including the accompaniment for hymns) if we had no accompanist, delivering sermons, solving computer issues, publishing mid-week and newsletter information up to twice per week, decorating the Festivus tree that stood on his desk in the office, engaging in AHA and other discussion groups – the list seems endless.

We are who we are in great measure because of his belief in, and devotion to, us. He was determined that there would be a place for humanists in Frederick and the surrounding areas.

We welcome an opportunity to remember him with gratitude.

Retired UU Men Eating Out (RUUMEO)

1st and 3rd Wednesday Every Month!! 8:00am at Golden Corral on Rte 355.

Retired UU Ladies Eating Out (RUULEO) Sept. 11, 11:30am

RUULEO meets on the second Tuesday of each month at Wegman's lounge at 11:30 for lunch and laughter.

Call Marg at 301-693-6195 for information if needed. See you there.