

# U N I S N



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*A Welcoming Congregation*

# PLEDGE MONTH



## Growing Our Generosity Stewardship Pledge Drive 2014

Thanks to past generosity, we have made big strides in the last few years toward becoming the congregation many of us hope we can be.

Pledge Drive Report	2012	2013
under \$1,000	44	42
\$1,000 to \$2,499	33	40
\$2,500 to \$4,999	19	23
\$5,000 to \$9,999	6	6
\$10,000 or more	2	1
<b>Total pledges</b>	<b>104</b>	<b>112</b>

You can make your **2014 pledge** online at [frederickuu.org/pledge](http://frederickuu.org/pledge). In addition, the UUA’s “Suggested Fair-Share Giving Guide” is a link on the pledge page, which may be helpful for your discernment.

We ask that you make your pledge in MARCH so that the Finance Committee and the Board of Trustees can put forward a balanced budget for adoption at the Congregational Meeting in June.

As an incentive to get your Pledge Form submitted early in March, we are holding a raffle for a **Brand-new Kindle Fire HDX 7", 16 GB**. You will be automatically entered in the raffle if you submit your pledge online. Or, there will be a Pledge Drive table in the atrium on March 2, 9 and 16 where you can turn in your completed Pledge form, pick up a form if you forgot to bring the one you received in the mail, receive your Raffle tickets, and enter them in the Raffle:

Turn in your form on or before Sunday, March 2.....receive 3 Raffle tickets

Turn in your form on or before Sunday, March 9.....receive 2 Raffle tickets

Turn in your form on or before Sunday, March 16.....receive 1 Raffle ticket

The drawing will be on Sunday, March 23. *You do not need to be present to win.*

Thank you for your past financial support. Let’s keep growing!

*UUCF Stewardship Committee*

# Hello and Welcome to our New Members

We are delighted to extend our love and fellowship to these new members this spring. All of them attended the Pathways to Membership class February 1 and were officially welcomed into membership on February 9. Several are already involved in programs, projects, and committees in the church. We are a better congregation because you are here.



From left: Mike Kass, Thia Wood, Patrick O'Keefe, Joanne O'Keefe, Derek Buker, Kris Buker, Nancy Pace

Our next Pathways to Membership class will be held **Saturday, May 17, 9:00am - 1:00pm in the Chapel.**



From left: Christy Ventura, Todd Thompson, Shawn René, Laura René



Roy Greene at the sound board,



*Creidim mé go raibh an pota óir ag deireadh an tuar ceathá!*

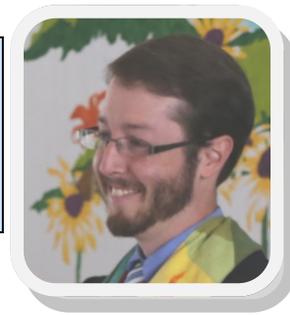
The wee leprechaun thinks he has found here at UUCF the pot of gold at the end of the rainbow.

## HELP WANTED, WILL TRAIN

We are nearing the threshold of having two Sunday services. To meet the audio needs for that eventuality, we will need four more trained people to work the sound board. Once trained, there is also the opportunity to get paid for running the sound board during scheduled events, like weddings. To sign up for training in March, please contact Scott Norris ([1senorris@comcast.net](mailto:1senorris@comcast.net) or 301-834-3884) or Roy Greene ([roy.greene@yahoo.com](mailto:roy.greene@yahoo.com) or 301-696-2263).

The end of February was an exciting time for our congregation. One Saturday we hosted two fellow UUs from our region who presented a benefit concert for the UUA's "Standing on the Side of Love" campaign. And the next Friday and Saturday, we hosted 90 UUs from our district for the annual Worship-Arts Festival. I'm excited about the ways we are increasingly connecting the wonderful work we are doing locally with the larger movement of Unitarian Universalism in our region and beyond.

**CARL'S  
COLUMN**  
*Rev. Carl Gregg*



Special thanks go to Dave Hutchins and Stan Schlepp for helping make sure the piles of snow were cleared from our parking lot in time for the concert and to all our local volunteers who helped make the Worship Arts Festival a success through offering home hospitality, staffing the registration desk, leading workshops, moving chairs/tables, and more (Cosette Blackmer, Elaine Gleaton, Dottie Hall, Danielle Grace, Jeff Ingle, Deb Int Veldt, John and Meg Menke, Lora Powell-Haney, Sea Raven, Jeff Wilson). I'm so grateful for all the time, talent, and treasure from all of you that go in to making our congregation such an active, compassionate community.

Our parking lot is continuing to fill up even faster than the sanctuary, and we are looking into adding volunteer Parking Lot Guides to help us use our parking lot as efficiently as possible as we continue to near the threshold of adding a second Sunday service. Thank you to everyone who is both able and willing to park first in the very back of the parking lot to free space closer to the door for new visitors and for those who need to park closer.

Finally, you'll be hearing more soon about a new initiative for members. We plan to recast our new members class as "UUCF 101: Pathways to Membership." Then a new ongoing program of lay leadership development called "UUCF 201: Pathways to Leadership" will encourage and connect members of our congregation, both old and new, with leadership opportunities, training, and support.

I'm grateful to be with you all on this journey.

Peace to you,

Carl

<[Minister@FrederickUU.org](mailto:Minister@FrederickUU.org)>

## President's Corner



Our liberal community runs on time, talent, and treasure of its members and friends. Time and talent are definitely valuable and needed but March, as PLEDGE month, is when we ask each & every member/friend/family unit to decide how much money they can manage from their own unique circumstances to support the budget of UUCF for the next fiscal year.

The BUDGET is our carefully crafted plan to spend available resources wisely. Commitments of the past (building, mortgage, etc.) tie our hands to some degree. We are making progress: Recently we have received several generous gifts, which have lowered our mortgage amount and allowed us to lower the rate on the mortgage from 5.25% to 5%.

But just like your home or personal budget, there are many competitions for limited funds.

It comes down to this: the BEST possible budget UUCF can muster is IF EVERYONE does their level BEST at analyzing their individual situations and makes a pledge as BEST THEY CAN to our budget. We do have givers whose circumstances allow giving more, but we need FULL community support to present the best possible programming Sunday after Sunday. A hundred smaller givers can have a big impact, if they do the best they can.

Please do your best.  
Carl Kruhm  
President of the Board of Trustees

## IN OUR HEARTS

We are saddened to hear of the serious illness of **Doug Foard**. He is in intensive care at Inova Loudon Hospital in Leesburg and can receive no visitors at present. His struggle against pneumonia and blood infection will mean a very long recovery.

Doug and Ann, we are here for you.

Our Board President, **Carl Kruhm**, has been dealing with health issues lately. Doctors are pursuing diagnoses and we send our hopes for some rapid solutions that will put Carl back to full health soon.

# SUNDAYS AT UUCF

## Sunday Services

Sundays at 11:00am

**March 2:** *A Journey with Four Spiritual Guides: Krishna*, the Rev. Dr. Carl Gregg

**Choir Performs**

**March 9:** *A Journey with Four Spiritual Guides: Buddha*, the Rev. Dr. Carl Gregg

**March 16:** *A Journey with Four Spiritual Guides: Yeshua*, the Rev. Dr. Carl Gregg

**Choir Performs**

**March 23:** *The Legacy of Nelson Mandela*, the Rev. Lynn Strauss

**March 30:** *A Journey with Four Spiritual Guides: Ramakrishna*, the Rev. Dr. Carl Gregg

## Friendly Forum

Sundays at 10:00-10:50am  
in room 113

**March 2:** Children's RE: We Have Dreamed (Lora Powell-Haney)

**March 9:** NAMI's Role in our Mental Health Journeys (Susan Holt and Mike Neely)

**March 16:** Discussion led by Bill Sydnor

**March 23:** "The Reformation" (Bob Ladner)

**March 30:** Climate — an Extinction Event? (Sandi Smith-Gill)

The discussions end promptly at 10:50am. in time for the Sunday Service.



## UUCF BUDDHIST FELLOWSHIP

You are invited to join us for meditation at 9:30 am in the Chapel the 2nd and 4th Sundays (**March 9 and 23**), followed by discussion 10:00 - 10:50am. We are pleased with the supportive discussion that is emerging among us, and we welcome newcomers.

March 23 we look forward to hearing about Pure Land Buddhism presented by Mark Holloway.

We are nearing the end of our study of *When Things Fall Apart* by Pema Chondron. March 9 Michael Buck will lead us in a Buddhist meditation followed by discussion of the book. Though we may continue without a formal break at 10 am, you are welcome to join us at that point if 9:30am does not work for you.

Childcare is available for 10am Sunday programs at UUCF. If you would like to arrange childcare for the 9:30 meditation, please contact DRE Lora Powell-Haney 72 hours prior to Sunday morning.



## EARTH-CENTERED SPIRITUALITY

Each month we gather on the 3<sup>rd</sup> Sunday of the month to honor our 7<sup>th</sup> principle "respect for the interdependent web of all existence of which we are a part". We will gather in the chapel at **10 am on March 16<sup>th</sup>** to share our connection with each other and the good green earth.



## SERVETUS SOCIETY: UU CHRISTIANS

The Servetus Society, a chapter of Unitarian Universalist Christians, meets the first Sunday of each month at 10 am. in the Chapel.

In our **March 2nd** contemplative service, we will reflect upon entering this season of Lent as a spiritual practice. We will join together in a communion meal of bread and wine, and all are welcome as we gather together in community.

*What will you give up for this season,  
to help life along  
in its curious reversals?  
As if we had a choice.  
As if the world were not  
constantly shedding us  
like feathers off a duck's back--  
the ground is always*

*littered with our longings. ...  
Forget sacrifice. Nothing  
is tied so firmly that the wind  
won't tear it from us at last.  
The question is how to remain faithful  
to all the impossible,  
necessary resurrections.  
from Lynn Ungar's Lent*



## ATHEISTS, HUMANISTS, AGNOSTICS

**March 2:** Atheism for Lent — Practicing the Wisdom of Atheism (Access 2/16 sermon on our web-site.)

**March 16:** The Mistakes of Moses (Based on famous US atheist Robert Ingersoll's works.)

**AHA meets at 12:15pm.**

# FUTURE EVENTS

## *The Third Millennium Ensemble to Perform in an Irish Celebration*

A concert at the Unitarian Universalist Congregation of Frederick

### *A TOUCH OF THE IRISH*

Featuring Harpist, Rebecca Smith

- *Airborne* (2008) - Ivan Bozicevic
- *Winter Ashgrove Cottage* (2010) - Andrew Feazelle
- *String Quartet No. 1*(1924) - Erwin Schulhoff
- *Drowsy Maggie* - Traditional, arr. Cater and Duffy
- *Introduction and Allegro* (1957) - Maurice Ravel

Welcome our neighborhood, professional chamber music group, the Third Millennium Ensemble, as they celebrate St. Patrick's Day with a concert of enchanting pieces for flute, clarinet, harp and string quartet. Featuring Washington, DC harpist, Rebecca Smith, the ensemble will perform the lyrical, *Winter Ashgrove Cottage* by award-winning composer Andrew Feazelle, the traditional Irish Medley on the tune *Drowsy Maggie* with the enchanting *Introduction and Allegro* by Maurice Ravel. Other works include the rousing *Airborne* for clarinet and string quartet and the energetic *String Quartet* by Erwin Schulhoff. Mark your calendars for the program on **Sunday, March 16 at 7pm. Tickets are available at the door for \$20, \$15 students.**

Following the concert, Ambling Brook Farm (a close neighbor) will offer lamb stew or a veggie substitute!!! All free.

Tickets may be purchased from PayPal on the Third Millennium website for \$18, \$14 students. Print your receipt.

[thirdmillenniumensemble.org](http://thirdmillenniumensemble.org)



The Public Is Invited to a  
Frederick County

## *Mental Health Resources Evening*

Thursday, March 13, 2014, 7:00-8:30 p.m.

At the UUCF

- View segments of video: "People Say I'm Crazy"
- Hear from **Gerry Blessing**, President, Frederick Cty. NAMI
- Tribute to be paid to **Jim and Carol Howe**, longtime UUCF members, who were amongst NAMI founders
- Learn about the **Recovery International** cognitive-behavioral, peer-to-peer, self-help training system
- Enjoy **light refreshments** and **live music**
- Meet reps of major local mental health organizations:
  - NAMI
  - Way Station
  - Clearview Communities
  - On Our Own
  - Mental Health Association of Frederick County
  - The ARC of Frederick County

Email [SAC@frederickuu.org](mailto:SAC@frederickuu.org) for more information

**"People Say I'm Crazy,"**

**Sunday, March 16, 12:30pm.**

**The Complete video will be  
screened at UUCF**

For 3-minute trailer, go to

<http://www.peoplesayimcrazy.org> or [click here](#).

Open to the public. John Cadigan filmed his life in order to show others what it is like to have a mental illness. His struggle proves that people with mental illness cannot only survive, but thrive.

# FUTURE EVENTS+



## SPRING EQUINOX

The days are getting longer and warmth is returning! Let's celebrate the return of the growing season and honor the Spring Equinox on **Thursday March 20<sup>th</sup> at 7:30pm in the chapel**. Bring drums, rattles, decorations for the altar and a snack for feasting after the ritual. Free will love donation gladly accepted. All are welcome. Minors must be accompanied by an adult.

Cosette Blackmer

### **Banned Questions about the Bible**

This course is taught by Reverend Carl at Frederick Community College in March/April. Carl's scholarship and enthusiastic teaching will shine a light on aspects of the bible often ignored.

Mondays, 11:00 am – 12:30 pm,  
March 3 – April 14 (skip 3/24)

More information is at:

<http://tinyurl.com/muxw2e8>

## *Falling Asleep*

presented by Lisa Solomon

**Saturday, March 29, 1:00pm - 2:30pm, UU Chapel**

Do you need some helpful ideas for falling asleep? Come and practice some different techniques for getting to sleep and see which might be helpful for you.

Techniques will include: 1. Simple breathing; 2. Recitation of a short, easy to remember Buddhist meditation; 3. A Qigong breathing exercise; 4. A hands-on healing practice involving the chakras; 5. Short discussion of aromatherapy (smells for relaxation), massage oils and teas. Please bring a yoga mat or a blanket and a pillow. A journal may also be helpful.

Lisa Solomon was ordained as an Interfaith minister with The New Seminary in NYC in June 2011. She has completed level one of the chaplaincy program at FMH, is a reiki master, and has a certificate in teaching Qigong.

Childcare is available with 72-hour notice to [education@frederickuu.org](mailto:education@frederickuu.org).

Suggested donation: \$5 per session is requested but not required

### **OUR SEVENTH PRINCIPLE MEETING**

As our Sunday bulletins proclaim, UUCF covenants to promote "Respect for the interdependent web of all existence , , ,"

Members and friends who want to participate in putting this into action through our Green Sanctuary efforts, local and regional programs, and the UU-UNO Climate Change initiative are invited to meet on March 9th at 12:15 in Rms. 113-115. Let's see what we can do together

## Book Club

The book for March 28<sup>th</sup> is *The Rebellious Life of Rosa Parks* by Jeanne Theoharis. We have not yet chosen the site for the meeting.

~Fanny Johnsson

<[fjohnsson@comcast.net](mailto:fjohnsson@comcast.net)>

# THINK GENERAL ASSEMBLY

This year it is held in Providence, RI, so very close to us.

The theme for General Assembly 2014 is  
**Love Reaches Out.**

Though the Assembly dates are June 25-29, now is the time to make reservations in ways that give you close or immediate access to the Rhode Island Convention Center. Get more info:

<http://www.uua.org/ga/>



# RE World

LORA POWELL-  
HANEY  
Director of Religious  
Education

I hope to complete my reading, studying and writing for one area required for Religious Education Credentialing each month of this year (although the summer months will likely be more for the writing!) and have been reading the required materials for both Volunteers and Right Relations & Professional Ethics.

Two texts in the Right Relations recommended list are available on-line:

- The *Safe Congregations Handbook* (<http://www.uua.org/safe/handbook/>) offers both essays on creating a safe and welcoming environment for all people in a congregation, plus workshops for congregants that lead to creating a congregational safety guidelines and procedures.
- *Balancing Acts: Keeping Children Safe in Congregations* <http://tinyurl.com/lfha5nh> is much more specific, focusing on ways to keep children and youth safe while they are on the premises or on congregation-sponsored field trips and activities.

Both of these resources were invaluable in creating our current Child Safety and Child Care policies at UUCF. This safety stuff only works if all of us get involved in the process and remain aware!

I would also recommend two other books: *Welcoming Children with Special Needs* ([http://www.uua.org/documents/lfid/welcoming\\_children\\_specialneeds.pdf](http://www.uua.org/documents/lfid/welcoming_children_specialneeds.pdf)) by Sally Patton and *Nurturing Children and Youth: A Developmental Guidebook* (for an excerpt: <http://www.uua.org/documents/hurdtracey/youngadolescent.pdf>; I have copies of the book in my office for lending) by Tracey L. Hurd.

What I've gleaned from all these readings are tools for creating a religious education program that can welcome all children and youth, and therefore adults as well. We offer lessons that include movement and music, arts and crafts, contemplation and meditation. We still need to work on making our classrooms less cluttered (and therefore less distracting), and consistently offer "fidget objects" for those who need a little something to work with so they may focus their attention on listening. Creating job descriptions and offering volunteer training for RE teachers and assistants would also further this welcoming culture; both are in the works!

In peace,

Lora Powell-Haney

## Our Community is just Fabulous!

We are hoping for an outpouring of generosity during our March Pledge Drive. At the same time we also want to recognize that many members give huge gifts to our church in their dedicated efforts to see that our church is a wonderful place to be. Take a few minutes to read of their work as recorded in last year's Annual Report:

[http://www.frederickuu.org/records/Annual\\_Reports](http://www.frederickuu.org/records/Annual_Reports)

♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦

Many of our members also write for the newspaper and are featured and photographed for the paper and it is nice to see a familiar face or read a familiar name. If you notice someone who deserves a shout out, please send the information to me at Tibby Middleton, [midken@comcast.net](mailto:midken@comcast.net).

"Our own Phyllis Lidell recently spoke to representatives of a MD state commission focused on greater understanding of and assistance to people with disabilities. Phyllis, who is a volunteer at the local Arc, which serves people with disabilities, told the commission about her son [who had cystic fibrosis before he died] and other people whose disabilities may not be evident to law enforcement and other public officials.

Phyllis and others who testified made clear to the commission the need for pertinent policies and training, and for greater general understanding of people with a variety of often-hidden disabilities.

Way to Go, Phyllis!"

Submitted by Bill Butler

# FISCAL NOTES Through January, 2014

General Operating Fund	Month of January 2014	Fiscal Year To Date July, through January 31 , 2014	% of Annual Budget – 58% through the year
Contributions:	\$18,899.95	\$196,182.49	66%
All Other Income:	\$3,282.64	\$57,376.93	
<b>Total Income:</b>	<b>\$22,182.59</b>	<b>\$253,559.42</b>	<b>63%</b>
Employee/Staff Expense:	\$19,636.52	\$112,503.76	61%
Facilities Expense:	\$14,168.63	\$93,202.33	56%
All other Expenses:	\$4,746.06	\$24,913.35	40%
<b>Total Expenses</b>	<b>\$38,551.21</b>	<b>\$230,619.44</b>	<b>57%</b>
<b>Difference (Net):</b>	<b>(\$16,368.62)</b>	<b>\$ 22,939.98</b>	

## Did you know?

As of January, 31, 2014, we were 58% of the way through our fiscal year and at that point we had taken in \$22,939.98 more that we spent for the year. We dipped into our positive Income flow by \$16,368.62 last month. Snow, frozen pipes in the building and 3 payrolls in January contributed. I am ready for the snow to go away!!!!

Our available cash in the General (Operating) Fund is \$93,202.33.

Did you know that we reduced our mortgage interest rate in January? After applying \$30,000 of gifts to our principal owed, we now owe \$1,030,928.07 on our beautiful building. Frederick County Bank reduced our rate from 5.25% to 5% at the end of January. For the remainder of this fiscal year we will keep our payment level at the bank and use the reduction in our monthly payment to further reduce the principal. Every little bit helps. Won't it be nice someday to say we owe less than a million dollars on the building? In 2016 we refinance the entire loan. Just a fun fact.

Stay warm.  
Janice

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## PLEASE GIVE US YOUR VIEWS

On February 19, UUCF President Carl Kruhm sent the congregation ([http://www.frederickuu.org/about/Strategic\\_Plan](http://www.frederickuu.org/about/Strategic_Plan)) a proposed new five-year strategic plan for our congregation. Because it is likely that a final version of this plan will be presented for a formal vote of approval by the congregation at our annual meeting in June, the Board of Trustees needs to hear your views. **Comments are due by March 31. Please e-mail your comments to [CPC@frederickuu.org](mailto:CPC@frederickuu.org).**

In addition to this invitation for you to submit your individual comments, there will be a **congregational conversation after the service on Sunday, April 13, to answer any questions** you may have and to discuss the proposed plan. It is very important that we identify as many questions as possible now, so that we will not have to spend more time than is necessary at the annual meeting.

**What is a strategic plan?** A strategic plan does not include everything that a congregation does or even everything important that we are doing. Instead, it is a statement of, and a commitment to, several broad goals that the congregation decides are the most important to address over the next five years in order to live out our values and to fulfill UUCF's purpose for being. In this plan we refer to these goals as "destinations," because they reflect our aspirations of where we want to arrive after a five-year journey. To know our most hoped-for destinations helps us to plan that journey and choose the most likely ways to get there.

We are already getting good feedback from some members of UUCF, but we would like to hear from **you**. Thank you for participating in this important endeavor.



# Social Action Committee



**JUSTice + ACTION = JustAct**

<http://uusocialjustice.org>

## SAC News Brief

Recent Posts at <http://uusocialjustice.org/news>

- “Why We Are UUs,” a poem inspired by Dorothea Mordan
- Oltorotua Prepares for Water from Wells!
- Super Size SAC News
- Social Action Work Works: The wells are coming! The wells are coming!

### March Focus on Mental Health

- Friendly Forum, Sunday, March 9, 10-10:50am: "NAMI's Role in Our Mental Health Journeys," Susan TenDyke Holt and Mike Neely
- Mental Health Resources Evening, Thursday, March 13, 7:00-8:30pm. Open to public; more info. below.
- Video, “People Say I’m Crazy,” Sunday, March 16, 12:30pm; also open to public.

**MENTAL HEALTH RESOURCES EVENING**  
**Thursday, March 13, 2014, 7:00-8:30pm**  
**UUCF Sanctuary & Atrium**

**Good mental health is crucial to solving most all other social problems.** The Social Action Committee wants to provide an awareness of local resources and needs your help. **This is our big social action annual outreach to the community—we need you to attend and, if you can, help!**

The evening will begin with music by Sea Raven and Stephen Darnell. Then you’ll view segments of the video “People Say I’m Crazy,” hear a short presentation by Gerry Blessing, president of Frederick County National Alliance on Mental Illness (NAMI), learn about the Recovery International cognitive-behavioral, peer-to-peer, self-help training system, and enjoy light refreshments while talking to mental health practitioners and representatives of major local mental health organizations (NAMI, Way Station, Clearview, Mental Health Association of Frederick County, On Our Own, and The Arc of Frederick County).

This event will also pay tribute to long-time UUCF members Carol and Jim Howe. They were amongst the founding members of NAMI – a grass-roots organization that is now nationwide, providing education and advocacy to support the mentally ill and their families and friends.

We need help setting up and taking down tables in the atrium, serving refreshments, welcoming guests, and cleaning up. Contact a planning committee member (Mary Bowman-Kruhm, Phyllis Liddell, Susan Holt, or Monica Greene) to volunteer or e-mail [SAC@frederickuu.org](mailto:SAC@frederickuu.org) for more information or to offer help.



What do we live for if not to make life less difficult for each other?  
 George Eliot

## FRESH WATER AND LATRINES COMING TO VILLAGE OF 1,000

Posted by Tibby Middleton

The Kenyan government designated Oltorotua as a home for some Massai people. This occurred as an effort to preserve open lands for African wildlife. The main problem is that the people were placed there with no running water or sanitation.

One member of our church, Mary Bowman-Kruhm, our Social Action Committee chair and dedicated activist, could not see this inequity with her own eyes and not do something about it.

For years and years she has fought to raise interest in the plight of these people and to raise money to dig wells, to deal with environmental and governmental concerns and to partner with organizations that could make a real difference.

She brought UUCF on board and connected with the Rotary, an international club that accomplishes massive projects world-wide.

And she wept when word reached her that the first well was being dug.

See some pictures and read Mary’s commentary at <http://uusocialjustice.org/news>.

## UNRAVELING THE WEEK



Bring yourself and, if you wish, a cuppa and a craft item you’re working on this Sunday (and every first and third Sunday), room 125, 12:30-1:30. Good conversation and a relaxing time while we unravel last week and renew ourselves for the week ahead.

**JOIN US at the Next Social Action Committee Meeting, Thursday, March 6 at UUCF**

**1 pm Brown bag lunch (and conversation—no decisions)  
 2pm Meeting**



# SPLIT PLATE RECIPIENT MARCH 16

## THANKFUL

by Susan Holt

Now that I've completed four years of night school, I find myself back on the *National Alliance on Mental Illness* (NAMI), Frederick County, Board of Directors. I sneaked my way onto the board, cleverly expressing three purported reasons for my return. First, I sneakily told them I felt I belonged there. Second, I cleverly described that I feel they are a Sangha, a group of like-minded individuals with whom I shared beliefs and experiences. Finally, I deceptively explained to them that this was an ongoing opportunity to serve the greater good and grow my skills and talents in a forward-moving community that achieves good works in my town of residence. Whoops! All of those reasons were completely legitimate. Maybe they did the right thing voting me on the Board the night of November 14, 2013, after all.

Looking back, I wish NAMI had been present where I grew up in New York, so that my parents had such a supportive organization to turn to when I began to fall apart at 16. It would have helped them to have someone who could supply resources, education, and support. They perhaps would have felt sustained by the organization's many forms of advocacy. They might even have become involved. A Sangha would have done my family good.

The Frederick NAMI affiliate, the March 16 split-plate recipient, is working to support anyone with any need to improve the mental health of the person and their family (as do NAMI Maryland and NAMI National; however, the s-p will go directly to Frederick NAMI).

I am grateful to stalwart NAMI for being there for me. I enjoy attending and contributing to meetings, sharing thoughts through writing, and working on the affiliate website. I am deeply appreciative of the friends I've made through the resulting relationships, and they have since proved to be long-term associations. The great thing is that they accept Susan H. with her diagnosis. Even beyond accept, they *respect* her. I, feeling respected, pass that along to others.

NAMI brings us together to serve, and those who are supported often find opportunities to give back as well. As a result, I would say that efforts in the name of NAMI, while, like any organization, are not perfect, they are a worthwhile endeavor. Working with NAMI, more people accomplish more good in supporting those with mental illness and their families than they could on their own. For that I am thankful.

## THOREAU VISITS THE BLANCHE AMES GALLERY

Our Gallery's exhibit each March features art by UUCF children and youth. It's been a tradition ever since our first year. For the 2014 exhibit, we asked our youngsters to "Go Go Thoreau".

Thoreau had a way of being in the world simply. He learned from nature, said wildness was "a tonic." He asked us to consider this: "If a man does not keep pace with his companions, perhaps it is because he hears a different drummer." And about children, he said, "Children, who play life, discern its true law and relations more clearly than men, who fail to live it worthily...."

So what do our UUCF children think of Thoreau? We asked them to bring in their art with titles that say something about Thoreau -- his writings, his philosophy, how he speaks to them. Thoreau said, "Every generation laughs at the old fashion, but follows religiously the new." Will this young generation think Thoreau "old fashioned" and laugh? Or will they see him as new?

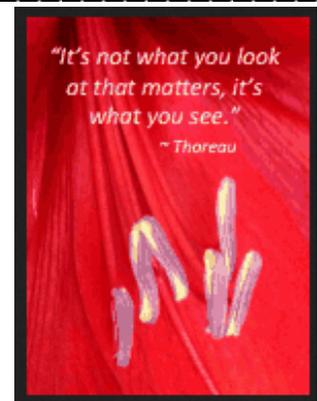
Blanche Ames Gallery invites all friends and members to see our children's art during March.

Reception Sunday, March 2 from 12:30 to 2pm.

This show is an opportunity for members and friends to see the impressive talent that these youngsters possess and to purchase their work to support them.

The show will run from March 2nd to March 30th.

A reception will be held March 2nd from 12:30 - 2:00 p.m.



# Why I Ate Meat Most of My Life

## Culture or “Herd” Mentality

Denise McIntyre-Workman

When faced with the options my doctor presented to me, choosing to change my diet was a no-brainer. Option A- take a statin for the rest of my life or Option B- stop eating all animal products. When I told Kathy she was also interested in taking the plunge. Her mother died from ovarian cancer and she had learned from her research that the National Cancer Society recommends a vegan diet as the best way to avoid most cancers. We ordered several books from the Physicians Committee for Responsible Medicine on how to make the vegan transition. When we shared what we were up to with friends and family there were many questions. The #1 question, “Where will you get your protein and calcium from?” Our answer, “The same place that cows, horses, elephants and woolly mammoths do—from plants.”

That got me thinking about why I ever ate meat in the first place. At first I ate meat because like most people, my mom told me to. She followed the USDA Guidelines for healthy eating. (The Physicians Committee for Responsible Medicine has sued [and won] the USDA several times over conflict of interest by dietary guidelines committee members.) I also have many positive associations of eating meat at family cookouts, that special cut of roast beef, the traditional turkey at Thanksgiving and ham for Easter. Food can have so many positive connotations that are connected to our family of origin.

Then there are the jingles: *Two all beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame seed bun*” (McDonald’s Big Mac jingle). *“Oh I’d love to be an Oscar Mayer Weiner”* (the kid that doesn’t want to be a Weiner is pressured into joining in). The beef industry put out this meme: *“Beef—It’s What’s for Dinner.”* The California Milk Processor Board came up with: *“Got Milk?”* The National Pork Board’s slogan is: *“Pork. The Other White Meat.”* And the American Egg Board came up with: *“The Incredible Edible Egg.”* These slogans and many more are part of the cultural meme surrounding our food choices. Dinner is supposed to be some sort of meat, combined with a vegetable, starch and a glass of milk. It is expected that people will eat their meat. After all, “How can you have any pudding if you don’t eat your meat?” (Pink Floyd)

One in four Americans over the age of 45 currently takes a statin drug, despite the fact that there are over 900 studies proving their adverse effects that run the gamut from muscle problems to increased cancer risk. Drugs are not the answer unless you happen to be a drug company.

Since becoming vegans we’ve both lowered our blood pressure and cholesterol without taking a single pill. So I’m thinking this is great, but I ask myself, “Why don’t more people do this?”

## UUCF coffee boutique now offering K-cups



You need your morning java in a rush with push button convenience – the UUCF Coffee Boutique, in the Atrium every Sunday, has the answer.

You can feed you Keurig coffee machine ReCups from Dean’s Beans. They contain organic, shade grown, fair trade coffee in #5 recyclable cups (just put the used cup in your recycle bin).

Have a cup of great coffee, feel good about it supporting coffee grown with a conscience, and add nothing to the non-recyclable waste stream.

If you want a more relaxed cup, the Coffee Boutique also has ground coffee and beans in several different roasts and blends – and how about some chocolate to go with that?

All profits go to the UUCF general fund.

Full  
for  
the  
Fall!



Circle of Life Cooperative is proud to announce a full enrollment for the upcoming 2014-2015 school year! This is thanks in part to the congregation that has gotten word out about our fantastic program here at Circle of Life. We are still accepting students on our wait list for 2014. Our next **open house** will be **April 12th from 10-1pm** in the classroom with Miss Sue! We have revamped our website and would love for you to check it out at <http://www.frederickuu.org/circleoflife/index.html>.

We are looking to increase our Facebook presence so that we can become less of a secret in Frederick County - so feel free to follow us today and share with others! Circle of Life is also in the running for the 2014 Peacemaker's award for the second time! This would make this a double award year for CLC, and we are very grateful to have our program acknowledged for the good work we do teaching children in line with the UU principles.

# THANK YOU UUCF FREEZE CONTROL VOLUNTEERS

Feb 18, 2014



*Ice and snow packed a wallop in February and created some genuine heroes at UUCF.*



*The first water pipe break wreaked havoc in room 115. The next ceiling to fall from a burst pipe was in room 113.*



*Newly insulated pipes in the ceiling of room 113.*



*Stan's shop-vac could suck up water and debris.*



*The dedicated choir practiced in the dark, using the lights from cell phones, iPads and battery-operated lights to see the music. But no matter, they were ready for the Sunday service. (How in the world did they see anything!)*

As most of you are aware, we have had our challenges this winter from the extreme cold, snow and ice. I couldn't have done it without the help and support of so many people.

The first challenge of 2014 was on Jan 7<sup>th</sup>, when water from frozen sprinkler heads flooded rooms 113, 115 and the men's room and the children's bathroom had frozen pipes, again. You may have noticed the missing ceiling tiles and large fans in the building as a result. Our insurance company authorized Service Master to assist and they came promptly with their large fans to prevent any mold and mildew from developing as a result. Guardian Services fixed the pipes for the sprinkler system and will replace the sprinkler heads soon. Church Mutual Insurance Company will cover most of the cost of the damages, but, after analyzing the situation, we determined that the insulation in the building was woefully inadequate and that corrective action was needed immediately or we could have a repeat of this in the future. None of us want that!

Now that I have had a chance to sit down for a few moments (and Tibby's deadline is approaching), I want to thank those volunteers who provided urgently needed assistance to the insulation and repair crew (Stan Schlepp and Ed Mordan).

To Scott Norris, Andy Celmer, Patricia Cronin, Bob Ladner, Jane Ladner, Mike Neely, Jeff Wilson, and Ray Murray, many thanks for lifting and moving drop ceiling panels to look for insulation concerns and damage...and a very special thank you for vacuuming up the accumulation of debris and rodent litter lying on top of those ceiling panels. This was a huge help and it greatly sped up the process of finding and correcting the areas that needed attention.

Special thanks to Nancy Lohrey for the extra cleaning effort required when a sprinkler head and panel fell out of the closet ceiling in room 113. Most of the contents had to be removed and cleaned or disposed of. Also, thanks for researching cleaning and replacement options for the rug in room 115. Further, for superior "go-fer" duty, fetching supplies and items that facilitated the insulation and cleaning crews and for the photos of the mess. Thanks Nancy.

To Emily Mordan, with great appreciation, for several days of vacuuming and cleaning up after the insulation crew...and for the excellent job she did in cleaning the men's and women's rooms, and rooms 113 and 115 so they could be used for planned meetings and a scheduled rental. Well done!

To Dave Hutchins, many thanks for providing background information for us, communications, and for assistance in gathering the information necessary to purchase the damaged ceiling panels ... and, for many other details needed to resolve problems including a method of heating the building in the absence of power (was this a premonition for February's power loss??) Good thing we had that conversation because we did lose power for 3 days in February. Dave helped monitor the portable propane heaters we rented to keep the building from freezing again and the CO2 monitors to make sure the building remained safe. Thanks to Todd Remaley for helping Dave and me monitor the building while using the portable heaters.

To Ed Mordan (EJM Services), thank you so much for your prompt and diligent service. Who else could we go to and be confident that the desired result would be achieved? I worked with Ed for the two weeks that it took to complete the work on the insulation and repairs. The goal was to ensure the building would not be damaged any more when freezing weather occurred. I believe that goal has been nearly met. There is more to do, but my anxiety level is much lower now. Many thanks Ed for your expertise! Last but not least, to all those who helped move snow during our many snow falls, thank you, thank you!

Reverend Carl was there each time with shovel in hand and even ran the snow blower to make sure the building was safe and open for Sundays! Magin Gregg came and helped shovel one of those snowy days in January which was much appreciated! What would we do without Dave Hutchins as the "Kubota Man" and his favorite man-toy? The morning after this last heavy snowfall, Dave had already cut a path to the building and the sheds before I arrived. Wow! Oops, almost forgot to mention that Rick Mead loaned his tractor and fuel so that we could clear the parking lot. Thanks Rick, we could not have met the goal without your timely loan of your Kubota. What could have been better, Stan and Dave on Kubotas! One more thank you, to all those who were not able to lend a physical hand, but who made a financial donation toward the cause, we really, really appreciate that as well. Janice and Meg keep telling me how expensive this has all been! None of the insulation improvements is covered by insurance, it is our insurance against future issues and reduced electric and propane bills.

If I missed anyone that helped during these times, please accept my sincere gratitude for all you did! It has been an exciting and trying winter to say the least and I am looking forward to Spring!

Stan Schlepp, your tired, ever busy Facilities Manager

Nearby Activity from Channing Memorial Church



### What We Choose – Ethics for Our Time

- What:** A guided conversation. How do you integrate your spirituality with your ethics? How does this help you navigate life? How can values-based ethics help us contribute toward a better world – Beloved Community? Listen, think, reflect, share!
- Where:** Channing Memorial Church, Unitarian Universalist  
3230 Bethany Lane, Suites 3 & 4  
Ellicott City MD 21042  
Led by Rev. Susan LaMar and Director of Lifespan Religious Education Starbuck Hinzman.
- When:** 6 bi-weekly sessions, 7-9 p.m. Wednesdays  
March 12, 26; April 9, 23; May 14, 28
- Admission:** Free. All welcome.
- Registration:** Required. To register or for any questions:  
410-203-0474 or [minister@channingmc.org](mailto:minister@channingmc.org)

Kiss me  
**It's Me  
Birthday**

## March BIRTHDAYS

3<sup>rd</sup> – Phillip Kolb; 5<sup>th</sup> – Laurel Ady; 6<sup>th</sup> –David Hutchins; 8<sup>th</sup> – Jasmine Whims; 11<sup>th</sup> – Kathy Sargent, Peter Singley; 12<sup>th</sup> – Rick Mead; 17<sup>th</sup> – Ivy O'Keefe; 18<sup>th</sup> – Michael Askounes; 20<sup>th</sup> – Elaine Lynch; 21<sup>st</sup> – Gary Hays; 23<sup>rd</sup> – Karen Butler, Lila Grace; 24<sup>th</sup> – Megan John; 27<sup>th</sup> – Jim Bryant, Alexa Gleaton, Nadia Remaley, Ed Sorensen; 28<sup>th</sup> – Patricia Spicer; and 29<sup>th</sup> – Sam Norris.

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## Publications

**Unison Deadline:** submissions by the 24th; web posting on the 28th  
**Mid-Week Announcements:** submissions by Wednesday, noon; e-mailed on Thursdays  
**Submission address:** <[announcements@frederickuu.org](mailto:announcements@frederickuu.org)>  
Indicate publication on the subject line.

# March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 10a.m. Servetus Society, UU Christians (Chapel) 10 a.m. Friendly Forum (113) <b>11a.m. Worship Service</b> 12:30 p.m. Art Reception 12:15p.m. AHA Discussion 12:30p.m. Unraveling the Week (Craft Group)	3	4 10a.m. Staff Meeting  1p.m. Visual Arts Meeting  7p.m. "Lost Christianities and Banned Books of the Bible"	5   7:30p.m. Choir Rehearsal	6  2p.m. Social and Environmental Justice Meeting  7p.m. Chalice Community Group	7	8 9a.m. to 3p.m. Water System Maintenance (no running water during this time)
9 9a.m. Membership/Committee Mtg. 9:30a.m. Buddhist Service (Chapel) 9:45a.m, Chalice Facilitators Mtg. 10a.m. Friendly Forum (113) <b>11a.m. Worship Service</b> 12:15p.m. Chalice Community Group 12:15p.m. Environmental Justice/Green Sanctuary	10  7:30p.m. Finance Committee Meeting	11	12 10a.m. Chalice Community Group  7:30p.m. Choir Rehearsal	13 10a.m. Chalice Community Group  <b>7p.m. Mental Health Resources Evening</b>	14	15 <b>9a.m. Adopt-a-Road Project</b>
16 9a.m. Membership/Minister Committee Mtg. 10a.m. Earth Centered Service (Chapel) 10a.m. Friendly Forum (113) <b>11a.m. Worship Service</b> 12:15p.m. Chalice Community Group 12:15p.m. AHA Discussion 12:15p.m. <b>Social Action Committee Film: <i>People Say I'm Crazy</i></b> 12:30p.m. Unraveling the Week (Craft Group) <b>7p.m. Third Millennium Ensemble Concert</b>	17	18	19  7:30p.m. Choir Rehearsal	20 9:30a.m. Yoga Class  7p.m. Board of Trustees Meeting 7p.m. Chalice Community Group 7:30p.m. Spring Equinox (CUUPS)	21	22  2:30p.m. Sheryl Dean/Jessica Turner Wedding
23 9:30a.m. Buddhist Service (Chapel) 10a.m. Friendly Forum (113) <b>11a.m. Worship Service</b> 12:15p.m. Chalice Community Group	24	25	26 10a.m. Chalice Community Group  7:30p.m. Choir Rehearsal	27 9:30a.m. Yoga Class 10a.m. Chalice Community Group	28	29  <b>1p.m. Creative Spiritual Mini-Retreat: <i>Falling Asleep</i> (led by Lisa Solomon)</b>
30 10a.m. Friendly Forum (113) <b>11a.m. Worship Service</b>	31	<b>** This calendar is not all-inclusive of UUCF's building use. Please go to <a href="http://www.Frederickuu.org">www.Frederickuu.org</a> for a complete schedule.</b>				