

UNISON



Published by the UU Congregation of Frederick, MD (www.frederickuu.org) ◇ **October, 2015**

A Welcoming Congregation

UUCF AUCTION — SATURDAY OCTOBER 24

MARDI GRAS

DONATE NOW! MAKE THE FUN!

Meals, goods, services, vacations, items, events, trips, food, family activities, get creative. Many of us plan our yearly social calendar on Auction Day! Our church is greatly aided by the money that our major fund-raiser for the year generates. **DONATE! COME TO THE AUCTION! BID!!!**

[Make your donations here](#)

HERE IS THE SCHEDULE OF THE DAY and INFORMATION ON COST!

- **4:00 - 6:00 p.m. Silent Auction**
- **5:00 - 6:00 p.m. Dinner** (tickets and masks on sale in atrium): \$15 for ages 15 and over, \$5 for ages 14 and younger
 - **Menu:** All homemade dishes: creole veggies, shrimp (or marinara) pasta; cajun peach and toasted-pecan salad, green salad, garlic bread, mint juleps.
 - **Dinner music:** Marguerite and Jeff Wilson
- **6:00 - 6:30 p.m. Musical Entertainment** by Nick Int Veldt, Danielle Grace, and Calvert Thompson
- **6:30 p.m. - 8:30 p.m. Live Auction**



MORE INFORMATION ABOUT THE EVENING

- **Auctioneers** are Sabrina Smith, Linda Lufkin, and Jerry Hutton!
- **Door Prizes** with lots of winners!
- **50/50 Raffle**

IF YOU WOULD LIKE TO HELP — BEFORE, DURING, OR AFTER

Live Auction
Text or call: 301-606-4282.
Nancy C Lohrey

Silent Auction
Email: 1senorris@comcast.net
Scott Norris

Dear UUCF Members and Friends,

Thank you to everyone who helped make our first annual Pagan Pride Day a success. We had a total of 361 people attend (who collectively contributed 331 pounds of food to the local food bank), which is a strong demonstration of local interest in our UU Sixth Source: "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." I'm writing this column prior to our "Food-Family-Fun Fair," but I am grateful as well to everyone's collective efforts to make that congregation-wide event possible.

CARL'S COLUMN

Rev. Carl Gregg



Thank you as well to our outstanding — and growing! — UUCF Adult Choir for generously agreeing to sing at both the Early and the Late Services this year. Having both Sunday services be identical will hopefully allow us to continue to grow the Early Service to balance out the "good problem" of high attendance at the Late Service. On the Sunday after Labor Day, we had 96 people at the Early Service (including the choir) and 97 people at the Late Service (not including the choir), which is a good start toward a more balanced attendance. Please also continue to invite friends and family members who might find UUCF to be a good fit. We don't want to be the best kept secret in Frederick! Spread the word and bring a friend to an upcoming Sunday morning!

Looking a few months ahead, on Sunday, April 3, I'll be preaching a sermon based on this year's UUA Common Read (see: uua.org/read/adults/read): *The New York Times* recommended book *Just Mercy* by Bryan Stevenson, who "has dedicated his legal career to defending those who are trapped by an often capricious, political, and willfully unjust criminal justice system." I'm letting you know about this topic both as advance notice for those who may be interested in reading this excellent book, and because Stevenson will be speaking at the Weinberg in downtown Frederick on Thursday, April 14, 2016, at 7:30 p.m. For more information or to buy tickets, visit weinbergcenter.org/frederick-speaker-series-2.

Thank you for your ongoing support of all that we do at UUCF, and I'm grateful to be with you on this journey.

Peace to you,

Carl
minister@frederickuu.org

ADULT SPIRITUAL ENRICHMENT

*Healing with the Feldenkrais Method® - Chair Class

Wednesdays, Noon - 1pm in the UUCF Chapel, starting October 7 (8 sessions; no class on 11/25)

Hannah Vo-Dinh of Mind-Body Sense, LLC

Fee: \$120 (limited space, register early!)

For more information, visit mindbodysense.com or call Hannah Vo-Dinh at 301-401-3213 or see p. 11.

*Tangle, breathe, settle in, repeat (Meditative drawing for everyone)

A drawing Workshop at UUCF - 1-3pm Wednesday October 14, 2015

Instructor: Mary Klotz, owner@forestheart.com or see p. 8.

***What Does It Mean to Live Ethically? with Rev. Carl (Tuesdays, 7:00pm - 8:15pm, starting September 15).** The textbook (recommended, not required reading) is Princeton professor Peter Singer's *"Practical Ethics"* (3rd edition), the classic introduction to applied ethics for 30 years. Is it ethical to buy luxuries when others do not have enough to eat? Should we buy meat from intensively reared animals? Am I doing something wrong if my carbon footprint is above the global average? Details online www.frederickuu.org/PeterSinger.

*** Prana Flow Yoga with Irene Glasse: Fridays, 12:30pm, in the Chapel.** For more information, contact Irene, Irene.glasse@gmail.com.

For information and/or to register for all ASE classes:

- 1) Go online www.frederickuu.org/ase/register
- 2) Sign up in the notebook at the Religious Education cabinet in the Atrium.
- 3) Call the church office at 301-473-7680.
- 4) Suggested donation is \$5/class, unless otherwise noted.
- 5) Childcare is usually available with 72-hour notice to education@frederickuu.org.

SUNDAYS AT UUCF

Sunday Services

9:30 and 11:30am

Oct. 4: *Misquoting Muhammad: The Challenge and Choices of Interpreting the Prophet's Legacy*, the Rev. Dr. Carl Gregg

Oct. 11: *An Indigenous Peoples' History of the United States*, the Rev. Dr. Carl Gregg and Charles Haney

Oct. 18: *Death with Dignity*, Dr. Alexa Frazier [information p.8]

Oct. 25: *The Legacy of Margot Adler*, the Rev. Carl Gregg

Friendly Forum, in room 113

10:30am

Each Sunday the Friendly Forum meets for 50 minutes to discuss Congregational and/or Current Events.

Weekly topics are listed in the Mid-week Announcements.

Our tradition of discussion is long-lived and much loved. Join in!

For more information or to suggest topics for upcoming discussions, contact Phyllis Liddell:

<Phyllis.elaine@comcast.net> or 240-586-4554



UU PROGRESSIVE CHRISTIAN FELLOWSHIP

UU Progressive Christian Fellowship
First Sundays throughout the Year

UU Progressive Christians are followers, not worshipers, of Jesus; we explore in worship the meaning of a Cosmic Christ that embodies the UU principles and respects the fourth source of Unitarian Universalism.

Our Fall/Winter schedule begins Sunday October 4 from 10:30 to 11:15 a.m. in the Chapel. The topic is "Equinox & the Kingdom of God."

Communion will be served. All are welcome.

~~Sea Raven, D. Min.



EARTH-CENTERED SPIRITUALITY WITH FREDERICK CUUPS

Earth Centered Spirituality Service with Frederick CUUPS

Sunday, October 18 at 10:30am

Our Earth-centered Spirituality Group meets on the 3rd Sunday of each month in the Chapel. 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." Join us for our October meeting as we honor the turn of the Wheel toward the inward spiral of the year.

Frederick CUUPS Samhain Ritual

Friday, October 30 at 7:00pm

Join Frederick CUUPS for an open, family-friendly Samhain Ritual! Samhain falls at the time of year the light noticeably fades. Pagans reflect on and review the past year and welcome the Celtic New Year. In this season, Pagans also honor death as a part of the sacred circle of life and remember those who have died. We will share a Samhain celebration (led by Irene Glasse). Potluck to follow, please clearly LABEL any offerings with the ingredients included. For more information, contact chazhaney@yahoo.com



UUCF BUDDHIST FELLOWSHIP

Currently, our discussions are based on *Buddhism without Beliefs* by Stephen Batchelor. From the book jacket: "Stephen Batchelor reminds us that the Buddha was not a mystic, who claimed privileged, esoteric knowledge of the universe, but a man who challenged us to understand the nature of anguish, let go of its origins, and bring into being a way of life that is available to us all. What the Buddha taught, says Batchelor, is not something to believe but something to do...."

On the 2nd and 4th Sundays of each month, we meet for meditation at 10am, break briefly, then share and discuss insights or questions raised in the reading from 10:35 – 11:20. October 11 the meditation and discussion around the 5th and 6th chapters will be facilitated by Wendy Duke, and on October 25, Ann Andrex will facilitate discussion of chapters 7 and 8.

All are welcome whether or not you have had time to read ahead. You may attend either or both parts of the morning's program. Newcomers encouraged.

buddhist@frederickuu.org



ATHEISTS, HUMANISTS, AGNOSTICS

AHA meets the first and third Sundays of the month at 12:45pm

Oct. 4: Why Embrace China (Nancy Pace)

Oct. 18: And You Thought They Were Fables! (Dick Menzer)

Phyllis Liddell at phyllis.elaine@comcast.net

FISCAL NOTES as of August 31, 2015

General Operating Fund	Month of August	Fiscal Year To Date July	% of Annual Budget – 16
Contributions:	\$28,640.07	\$128,903.02	34%
All Other Income:	\$ 4,309.53	\$ 7,221.33	8%
Total Income:	\$32,949.60	\$136,124.35	29%
Employee/Staff Expense:	\$16,503.59	\$ 30,989.41	14%
Facilities Expense:	\$13,084.69	\$ 34,637.44	20%
All other Expenses:	\$ 1,157.88	\$ 5,365.21	8%
Total Expenses	\$30,746.16	\$ 70,992.06	15%
Difference(Net):	\$2,203.44	\$ 65,132.29	

Did you know?

For the month of August, we took in \$2,203.44 more than we spent. We like keeping things on the positive side! For the fiscal year, we are ahead by \$65,132.29, which will help through the lean months, and when we hire our new facilities manager.

Our available cash in the General (Operating) Fund is **\$143,330.12** as of August 31, 2015, less the \$60,000 reserve leaves us \$83,330.12.

Did you know that Irene Glasse teaches Yoga every week at UUCF and donates all money collected to the congregation? I say a big “Thank you”... and she managed to put together the first Pagan Pride Day at UUCF.

Did you know that there are at least 7 people that help with the treasurer’s work every week? The ushers, the treasurer, the assistant treasurer, the bookkeeper, the audit review team and the bank deposit transport! We couldn’t do without any of them! Each one contributes to keeping track of every penny that goes through UUCF.

Until next month,
Janice



RE World

Lora Powell-Haney
Director of Religious Education



Our new religious education year is off to a great start, thanks to our dedicated volunteers and families committed to regular attendance. Please do remember to register your young people so we can get them nametags, keep you updated on events and Taking It Home activities, and are aware of allergies or special needs. You can find registration forms in each classroom, in the RE cabinet in the atrium, or online (frederickuu.org/re/20152016RegForm.pdf).

New parent resource this year: An RE Parents Facebook page. It's a closed group, perfect for sharing triumphs and trials of being a UU parent, ways to explore and enhance faith development at home, and safely share photos of what we do in RE on Sunday mornings! This is a **closed** group; please request an invitation if you are on Facebook. Our open Facebook page can be found at facebook.com/REUUCFrederick

Our Whole Lives Sexuality Education program (for 8th-10th grades). We have 17 young people participating! They come from UUCF, Sugarloaf Unitarian Universalist Congregation in Germantown, MD, Unity of Frederick, and from local homeschooling families. Please thank our fabulous facilitators (they will have bronze owl bling on their nametags!): Allison Butler, Charles Haney, Kevin Lynn, Tina Whims. This is a big commitment for them, for this congregation, for the families participating, and worth every hour and every resource we spend on the program.

Guest At Your Table returns. Shout with joy, the boxes are back! The Unitarian Universalist Service Committee's annual fund raising campaign returns to UUCF this year, and we're kicking it off early: *November 1*. Watch for more information in the November Unison and in the midweek announcements.



Kevin Brookes, Cathy Brookes,
Sali Dimond



Paul Woodward, Jacky Jones



Carol Rigby, San Rogers

Meet the new members who joined us in September

One only needs to look around the sanctuary on a Sunday morning to see that we are growing. To accommodate the numbers of people considering joining our congregation, we offer a class every quarter called *UUCF 101: Pathways to Membership*. In one intense Saturday morning session we provide some UU and UUCF history, explore the principles and sources, discuss various ways to get involved in and support the congregation, and share the spiritual journeys that have brought us together.

On Saturday, September 12th, eight dedicated people took the class and signed the membership book. They will be recognized during services on September 27th and celebrated at a reception immediately following the late service.

Our newest members include: **Cathy and Kevin Brookes**. Cathy has a degree in fashion design with a minor in art. She currently works as a computer programmer at the National Endowment for the Arts. Kevin is a design engineer and project manager as well as an amateur brewer, photographer and furniture maker. Both are involved in social justice issues.

Sali Dimond lives in Harper's Ferry and is interested in film, photography, song & dance, and art. She reports that her greatest passion is her four children. She also loves watching birds. At UUCF she expects to get involved with chalice communities, AHA, CUUPS, Friendly Forum, and the Buddhist Fellowship.

Paul Woodward is a student at Hood College, currently interning at the Humane Society of the United States. He is interested in animal welfare, Buddhism, CUUPS, and journalism. At UUCF he also plans to explore book club, chalice communities, environmental justice, and Friendly Forum.

Jacquelyn Jones recently graduated from Hood College. Her interests include animal rights, human rights, literature, and vegan outreach. At UUCF she hopes to involve herself in Environmental Justice, CUUPS, and Pastoral Care. She is also considering becoming a greeter and welcome ambassador.

Carol Rigby was born in Seattle and joined a UU church in high school, but admits she "lapsed" for a few years before finding our congregation. She also lived in England for 17 years. Her primary interests are in home, health, and her children. At UUCF she is interested in the book club, choir, and chalice communities.

Sandra (San) Rogers comes to us from Boonsboro. She taught English in middle school for 4 years, but spent most of her professional life as an addiction counselor. She holds a Masters of Divinity degree and is an ordained interfaith minister. At UUCF she is interested in religious education, pastoral care, chalice communities, and worship associates.

Join us for a Welcome Reception to greet our new members September 27 at 12:30pm

Social Action Committee

JUSTice + ACTION = JustAct

<http://uusocialjustice.org/nws>

Mary Kruhm, Chair

On September 15 The Social Action Committee kicked off the year. Fifteen members, liaisons and visitors attended. Below is a brief overview.

See further information on our blog at <http://uusocialjustice.org/great-sac-meeting>

ANNOUNCEMENTS;

Bin in Atrium for Homeless, October. (See p.10 for more information.)

Next Meeting: October 20, 2015, 5:30-6:55pm. Brown bag meal at 5 pm.

DISCUSSION ITEMS;

* **Social Action Banner in Atrium:** Agreed in theory on a banner of some type that reflects our goals of diversity and inclusion, and encouraged the Visual Arts Committee to move forward.

* **UUSC/Guest at your Table:** Betsy Bainbridge volunteered to be liaison with congregation. (See article by Bill Butler)

* **Partner Congregation in Kenya:** Mary Fletcher, Mary Kruhm and Rev Carl will have an October 1 conference call with Rev. Steve Dick, International Council of Unitarians and Universalists, about joining a coalition of partnering congregations.

* **SAC Report on Family Emergency Shelter:** Patricia Cronin reported that in the first year 29 families participated, and 20 of those are now adequately housed. In addition to providing shelter, the participants commit to skills training in financial management, parenting, job preparation, and more. A dedicated day site for the families will be ready in 2016. Laundry and cooking facilities will be available there so families will be able to prepare their own evening meals. In the interim, Patricia is requesting help from groups such as Chalice Communities. Please help. Patricia will post time slots which need to be filled by our congregation. The Religious Coalition is currently providing staff.

* **Initial Meeting Frederick Chapter of Compassion and Choices.** Pat Skidmore, liaison, attended. As we gear up to work for this legislation in Maryland, she ask that we not use the word *suicide*. Proposed legislation now being worked on by study groups in Annapolis is to us "planned aid in dying" rather than "suicide."

* **Student Peace Awards (Mary).** SAC approved \$200 donation to be a sponsor for these awards coordinated by the Friend Meeting School.

* **Used Book Sale 2016.** Phyllis will chair but we need additional committee volunteers to help. Set up date: Friday, March 18. Sale: Saturday and Sunday, March 19 and 20. Contact SAC@frederickuu.org if you can offer a place to store books remaining from last year's sale

* **Split- Plate Representative as speakers at 2nd Sunday Friendly Forum:** Phyllis would like to have a presentation by new spilt-plate recipients on second Sundays.

* **Next Meeting Agenda Ideas**

Discuss SAC project for 2015-16. Criterion for selection include: 1. One with which the majority of SAC members feel an investment; 2. One in which the broader UUCF members and friends will join us. 3. One which, to be successful, does not depend on a specific proportion of UUCF members and friends.

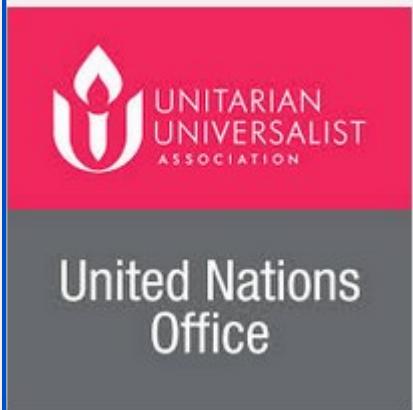
There are several options for working with worthy groups who are not currently split plate recipients. Some examples include *Advocates for Homeless* and *Student Homelessness Initiative Project*. Both are local NGOs.

Other possibilities include UU Partner Congregation in Kenya; Tutoring or homework help at the Emergency Family Shelter; Helping parents; Tutoring in the community which has been eliminated in the FCPS budget. We will consider other ideas from the handout Dick Roblin shared, "Escalating Inequality."

SPLIT-PLATE COLLECTION

OCTOBER, 18

Unitarians and Universalists have been influential at the United Nations for nearly 70 years. Through education, international advocacy and direct action, the UU United Nations Office speaks for our values, promoting peace and human rights in the world community. Major current programs include Climate Change, LGBTQ/SOGI human rights, and Women: sexual and reproductive health and rights.



The UU-UNO has increased progress towards the UN Millennium Development Goals in the African country of Ghana with the "Every Child Is Our Child" program. The program funds education and health care for vulnerable children orphaned in the AIDS pandemic. The resulting benefits help to eradicate extreme poverty and to promote gender equality and sustainable development.

Every spring, the UU-UNO hosts an intensive educational seminar in New York City at the UN Church Center. Experts speak for three days on an issue of global importance. The theme of this year's seminar was International Criminal Justice: From Punitive to Restorative.

The UU-UNO appreciates the past support of UUCF, and has awarded us the title of Blue Ribbon Congregation. We hope that this support will continue.

UUCF members Ben Gaffigan and Monica Greene have been volunteer Envoys to the UU-UNO, and more people are welcome to become involved.

For more information, please visit:

<http://www.uua.org/international/un>.



UUSC: What the Initials Mean & Why Contribute

The Unitarian Universalist Service Committee is the social action wing of UUA, much as our Social Action Committee is the social action wing of UUCF. Charity Navigator (America's largest charity evaluator) has awarded UUSC its top rating as a 4-star charity.

When a horrific disaster happens anywhere in the world, many non-profits leap into action. In many cases, they provide immediate help and soon leave, sort of a band-aid approach. UUSC's approach is to remain. An example: Four months after the Nepal earthquake, UUSC is working with community-led organizations, such as those which follow below, in a number of ways:

With Tewa, supporting local women who are still clearing out their severely-damaged homes in 112 small communities.
With Chetana, setting up classrooms and providing school supplies to c. 2,300 children.

With Trauma Resources Institute, training 92 service providers using culturally adapted skills to help survivors overcome the traumatic effects of the earthquake.

Thanks to our financial support, UUSC continues to provide unique services in more than a dozen countries. More details at <http://www.uusc.org> or <info@UUSC.org>. UUSC is a wonderful organization to join and contribute to.

Submitted by Bill Butler

Blanche Ames Gallery Presents

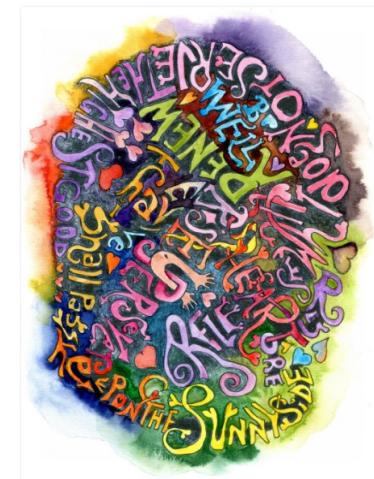
MARY KLOTZ

The Blanche Ames Gallery will be exhibiting the art of Mary Klotz October 11-25, 2015. Mary works in many media, rotating and hybridizing: a perennial scholar and teacher. She states she is "multi-mused", which for her is a blessing and affliction. While she has taken many classes, most of her work comes from self-study and talent. A watercolorist, who also paints in acrylic, she has learned and produced many other art forms including; seed beading, pyrography, basketry, dye painted silk, triaxial weaving to mention a few. She teaches classes, writes articles for many publications and shows her work in numerous venues.

OPENING RECEPTION OCTOBER 11th

The opening reception for the show will be held at the gallery from 12:30 until 2pm.

The Art Exhibit is up until October 25.



HERE COMES THE MRF!

MRF?? That's shorthand for "mortgage reduction fund," an opportunity coming to you soon to join the the wonderful pioneers who began UUCF and dreamed what we might be. Our beautiful church did not just appear out of nowhere; it was planned, built and paid for by our members. Ah, but not totally: our congregation still owes about \$900K on the building. Our mortgage has a 30 year horizon, with the interest rate re-set every five years. The next renewal is very early spring 2016, so this is when we accumulate our next Mortgage Reduction Fund, cash to take to the bank to aid that rate negotiations. Our goal is \$100K before Dec 31—that'll get the attention of the bank!!

Look for more details in October/November. Think about it: this is a very real way for you, especially newer members of the congregation, to join the inspiring parade of pioneers who got us here.

For advance details contact John or Meg Menke.

"Tangle, breathe, settle in, repeat" (Meditative drawing for everyone)

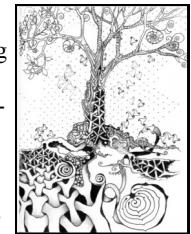
A drawing Workshop at UUCF - 1-3pm Wednesday October 14, 2015

Instructor: Mary Klotz

Presented by the Blanche Ames Gallery

Please pre-register via email - owner@foresthart.com, sign up in ASE notebook in the Atrium, or on-line www.frederickuu.org/ase/register.

Description: "Tangle" is a way of drawing, featuring black and white lines and filled areas. Using repeat patterns to fill spaces is a wonderful way to approach drawing, whether you are uncertain, inexperienced or a practiced artist. It can become quite meditative. You'll see examples exhibited in the Gallery during October.



GUEST SPEAKER on *Death with Dignity*

We are pleased that Dr. Alexa Fraser will preach on *Death with Dignity* at the Unitarian Universalist Congregation of Frederick, 4880 Elmer Derr Road on **Sunday, October 18, 2015, at both the 9:30am and 11:30am services.**

Bio: Dr. Alexa Fraser is a passionate believer that those with a terminal condition, with less than 6 months to live and who wish to receive medical aid in dying should be given that opportunity. She is currently a Unitarian Universalist Seminarian at the Starr King School for Ministry in Berkeley, CA. Previously Alexa spent nearly three decades researching the health effects of environmental exposures on workers, citizens and children. She spent those years managing large research projects as a consultant to the U.S. Environmental Protection Agency, Centers for Disease Control and Prevention and National Institutes of Health. She holds degrees in Environmental Studies from University of Wisconsin, Madison and International Economic Development from Columbia University School of International Affairs. Alexa has spoken on the Diane Rehm Show, appeared on NPR, been interviewed for international media, and testified on this issue in both legislative houses of Maryland. Alexa serves as a community mediator where she lives in Rockville, Maryland. She and her husband, Ken Iobst, are proud parents of a wonderful 16-year-old son, Nathan Fraser.

Find out how it was developed and how it works while you make a few sample pieces. We will explore a variety of patterns and how to draw them. Embellishing with color will be shown. Fair warning - you will probably get hooked!

Class fee \$12 (Note: this workshop usually costs more, but for UUCF, Mary is offering a deeply discounted fee; also 25% of your fee goes to UUCF)
Materials fee \$8 or \$4. (when you sign up, also state the fee you choose, see below)

\$8/person - (participants keep the core tools and have use of supplementary items to try during class)

\$4/person - (participants use tools during class; keep only the drawings you make and the handout)

For 15 people maximum.
Please pay fee at the class, check payable to UUCF or cash.

AN EMPHATIC YES!

The Family - Fun - Food Fair was filled with acres of excitement and conviviality for all our families. Even the adults had to get into the sack races! Let's do it again next year!



Thank you, Social Committee, you said it would be family (whatever the size), fun, and food and that's what it was. At left is chair Nancy Roblin, still organizing even as the day came to a close.



W E B P A G E

Y E A R S

I N C O M M

C O M M

C O M M

Two Split-Plate Recipients Plan Fund-raisers at UUCF



Blessings in a Backpack presents a concert featuring professional classical guitarist

Charles Mokotoff

Saturday, October 10 at 7:00pm in the UUCF Sanctuary.

Suggested donation of \$10 with 100% to support *Blessings in a Backpack*, which provides elementary schoolchildren who are on the federal Free/Reduced Meal Program with a backpack of food for 38 weekends during the school year.

Mr. Mokotoff has served on the faculties of numerous colleges and universities in New York and the New England area as a lecturer in classical guitar and lute. Prior to settling in the Washington, DC area, his career culminated with two Far East tours and a well-received New York City debut at Carnegie Hall. Solo and ensemble recitals over the past few seasons have centered around the Mid-Atlantic states, but include performances in Chicago, Boston, and most recently two performances at the Lincoln Center Performing Arts Library in New York City. More information online <www.charlesmokotoff.com>.



Advocates for Homeless Families is not a split-plate recipient this year, but the Social Action Committee is impressed with the work they do to provide homes and help families become active community members. To help these families, we will have a bin in the atrium during the month of October for you to contribute new toiletry items and personal products and also cleaning supplies. Partially used bottles of cleaning supplies are acceptable (other items unopened).

ADOPT A ROAD? YES!

Adopt A Road? Why that would be Elmer Derr Road, our UUCF address. Years ago we contracted with the County to periodically pick up the trash. This bimonthly event will soon be Saturday October 3. We meet at 9:00am in our parking lot. Come early and get one of the better looking safety vests. Children 14 and older are welcome. Come with them and set a good example.

Questions? Dave Hutchins text/call 301-667-4267

OCTOBER BOOK CLUB

The UUCF book club will meet on Friday, Oct. 30th, at 7:30. Please note: this is the fifth Friday of the month instead of our regular fourth Friday of the month, due to a needed schedule change. We will be discussing books by George Orwell. They are *1984* and *Animal Farm*. You may want to read both books or only one. Whatever you choose to do, we will have a lively discussion at the home of Zakir and Kathleen Bengali. If you need instructions to the Bengalis' home, you can reach them at kathleen_bengali@comcast.net or zakirbengali@hotmail.com. Zakir's cell phone is 301-874-2519. Hope you can join us for a fun meeting.

IN OUR HEARTS



What joy to see **Susan Haney** back with us. She is now in remission after having endured months of treatments for cancer. Welcome back to her and her husband Kevin, who has lovingly cared for Susan. We have missed you.

And good wishes go to **Turner Stokes**, who is mending some bones out in Leesburg. Get well! Get back!

Also, **Darold Silkwood**, in Bethlehem, PA, is recovering from heart surgery. Ouch. We send love and healing and strength to you and Carol.

CLASSIFIEDS



For Sale:

- Glass top contemporary coffee table (50"x28"), \$100.
- Classic teak steamer lounge chair, \$75.
- Wrought iron base suitable for table top or large potted plant, \$75.
- Antique brass bucket 16.75" diameter, \$75

Diane Shuey <dbshuey@gmail.com>



For Sale: SnowJoe Snow Thrower, model 622UI (used only twice), \$125.

- Ryobi 20", 48v Self-propelled Cordless Lawn Mower with battery and charger, \$200.
- OrgoCart Garden & Home Organizer, \$15.
- Stihl Weed Cutter, FSE 60 with 200' extra trimmer line, \$20.
- Scotts Standard Broadcast Spreader, \$25

Mary Kruhm, <writer@markbk.com>





Healing with the Feldenkrais Method® - Chair Class

Many of us are stuck in patterns of motion and behavior that over time cause inflammation, pain and a decline in function. The Feldenkrais Method helps us discover new ways of moving, feeling and even thinking that improves not only physical, but also psychological and cognitive states. It does this by accessing the sensory-motor centers of the nervous system through mindful movement and visualization. Students will experience greater mobility, flexibility, balance and enhanced well-being. All lessons will be taught in a chair and no special clothing or equipment is required. Though this class is geared towards the needs of those recovering from illness and injury, all are welcome and will benefit.

Taught by Hannah Vo-Dinh of Mind-Body Sense, LLC
8 sessions on Wednesdays from 12 - 1 from 10/7 - 12/2 (no class on 11/25)

Held in the Chapel of Unitarian Universalist Congregation of Frederick at 4880 Elmer Derr Rd. Frederick, MD

Fee: \$120 Limited Space, Register Early! To register, visit
<http://frederickuu.org/ase/register.php>

For more information, visit <http://www.mindbodysense.com/> or call Hannah Vo-Dinh at 301.401.3213.

In case you shop early!

Apparently, Christmas is already coming in all the big stores.
[If Christmas is coming, can Hallowe'en be far behind?]



In case you do shop early, please consider using our Amazon link for your purchases:

<http://www.amazon.com/exec/obidos/redirect-home/uucf04-20>

You will be taken to your own account as usual, but a percentage of your purchases will go to UUFC!

OCTOBER BIRTHDAYS



5th – Derek Baker; 6th – Raina Nance; 10th – Merrill Ady;
12th – John Menke; 14th – Ann Nathan; 18th – Tobey Ellis;
20th – Brianna Buck; 23rd – Douglas Foard; 24th – Ken Bertram, Leander Kuske, Cody Stalzer; 26th – Hannah Gaffigan; and 28th – Jessica Turner.

The Unitarian Universalist Congregation of Frederick, MD
4880 Elmer Derr Road
Frederick, MD 21703
301-473-7680
www.frederickuu.org

Board of Trustees

President, Bob Ladner <board@frederickuu.org>
Vice-President, Steve Berte <atnberte@gmail.com>
Secretary, Jan Fullerton <jannchuck@comcast.net>
Treasurer, Janice Schlepp <treasurer@frederickuu.org>
Geoff Coleman <gcsf57@gmail.com>
Beth Bryant <bryant.beth@yahoo.com>
Dave Lufkin <davelufkin@gmail.com>
Mike Morse <mike.morse@comcast.net>
Bobbi Mead <robme@comcast.net>

Minister and Staff

Minister, The Rev. Dr. Carl Gregg
<minister@frederickuu.org>
Congregational Administrator Dottie Hall
(301-473-7680) <office@frederickuu.org>
Director of Religious Education, Lora Powell-Haney
<education@frederickuu.org>
Music Director, Deborah Int Veldt
<musicdirector@frederickuu.org>
Choral Accompanist, Nick Int Veldt
<accompanist@frederickuu.org>
Bookkeeper, Nita Stone <bookkeeper@frederickuu.org>

Pastoral Care Team

Hannah Gaffigan, <hmgaffigan@msn.com>
Lisa Solomon, <lisa.solomon.252@comcast.net>
Geoff Coleman, <gcsf57@gmail.com>
Gail Padgett, <gapap1@aol.com>
Lynne Wolf

Foods for Friends, Dorothea Mordan,
(443-980-9363) <mordanmailbox@gmail.com>

Administrative Volunteers

Information Technology, Turner Stokes
<infotech@frederickuu.org>
Unison Editor, Tibby Middleton <midken@comcast.net>
Assistant, Barbara Kenny; Proofreader, Mary Kruhm
Webmaster, Rick Holt <webmaster@frederickuu.org>

Publications

Unison Deadline: submissions by the 20th; web posting on the 28th
CLASSIFIEDS: 100 words; no business cards or display ads. Submissions due 20th.
Mid-Week Announcements: submissions by Wednesday, noon; e-mailed on Thursdays
Submission address: frederickuu.org/announce