

U N I S N



Published by the UU Congregation of Frederick, MD (www.frederickuu.org) ♦ **March, 2017**

A Welcoming Congregation



WINE, CHEESE, AND DESSERT GALA

Saturday, March 25, 7-9pm

Join us for good food, good friends, good music, and an opportunity to hear about plans at UUCF for 2017 and beyond.

Free tickets to this Stewardship event will be available in the atrium — so we know how many to plan for. (Childcare is available if requested no later than Sunday, March 19 to education@frederickuu.org.)

The Particulars

The Stewardship Committee will provide wine and cheeses. The Circle of Life Cooperative will offer a Bake Sale to benefit the school while providing all of us with home-made desserts too. However, they need donations of additional desserts to provide enough for everyone and make their fundraiser a great success. We cannot offer desserts that must be kept cold, so no whipped cream or butter cream, no cold puddings, mousses, refrigerated pies, etc. And all major ingredients should be listed on a card accompanying your dessert. Cookies, cakes, bars, pies, sweet or savory breads, muffins, scones, etc. will all be welcome.

If you can make or bake a dessert for that event, please contact Nancy Roblin at 301 662 8506, or at nancy.roblin@gmail.com.

THANK YOU AND SEE YOU THERE!

We've Invited Some Friends over for Lunch!

Islamic Society of Frederick & Unitarian Universalist Congregation of Frederick Potluck

Sunday, March 19, 2017, 1:30 p.m.
4880 Elmer Derr Rd.
Frederick, MD



You must RSVP by March 7 at ISF or UUCF—space limited; reservations in order of sign-up! Please bring a dish to serve 6-8; no pork or alcoholic ingredients.

Questions? Contact writer@marybk.com or AroosaK_31@hotmail.com

Are you able to help make this event a success? If so, please go to p. 6 to see where you can best be of service.



Circle of Life Cooperative Preschool

"Life is a succession of lessons, which must be lived to be understood."

- Ralph Waldo Emerson



Circle of Life Cooperative Preschool is hosting a Dance Fusion Workshop at UUCF on Saturday, March 4, from 4:30 to 6:00pm! The workshop will be led by Jannon Baer and features live percussion from Robert Strasser, Chris Ousse, and Eric Lofhjelm. Please join us! There's a suggested donation of \$25.00, and all proceeds benefit CLC. To register, email circleoflifefundraising@gmail.com by Friday, March 3. Perfect for ages 7 and older.



THE UUCF COFFEEHOUSE

Open Mic Night

SATURDAY, MARCH 18, 7-9:30 PM
MUSICIANS AND POETS WELCOME!

Share your talents with an appreciative crowd. Performers can do two pieces (around 6 - 8 minutes total) and maybe more, if there is time. Sign up in person no later than 7:15 pm.

BYOB. And, if you aren't up to taking the stage, remember that every performer LOVES an audience!

This event is free, but donations are gratefully accepted. For more information or to help with set up, email

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

Recurring: Monthly thru June, on 3rd Saturday



March Indoor Full Moon Labyrinth Walk

Come enjoy the beauty and peace of the Labyrinth. During the cooler part of the year, we take our Labyrinth practice indoors. We'll be rolling out a beautiful Classical pattern canvas Labyrinth in the Chapel of the UUCF. The labyrinth will be illuminated from 7:30 to 9:30pm.

The Labyrinth is very sensitive to soot and moisture, so please either plan to go barefoot or bring socks or clean slippers to wear while walking.

Everyone is welcome.

March 10, 7:30-9:30pm

Adult Spiritual Enrichment

Banned Questions about the Bible with Rev. Carl

Tuesdays, starting March 7 (6 sessions)
7:00 - 8:15pm in Room 113/115

Explore the questions mainstream scholars ask about the Bible that aren't always asked in religious communities. Feel more equipped to read the Bible for yourself: basic biblical background and history, diverse methods of biblical interpretation, major content and themes. Compare modern readings with those of the Bible's earliest interpreters. There are no reading assignments for this course. However, if you particularly want a textbook to supplement this class, I recommend "The Bible: A Historical & Literary Introduction" by Bart Ehrman (Oxford University Press) and/or The New Interpreter's Study Bible (Abingdon Press). Suggested Donation to UUCF: \$5/session ("requested, not required") Childcare available with 72 hours notice to education@frederickuu.org.

Highlights from UU General Assembly with Rev. Carl

Tuesdays, starting May 2 (3 sessions)
7:00 - 8:15pm in Room 113/115

Watch clips from three major presentations at the 2016 UUA GA in Columbus and discuss the takeaways for ourselves, UUCF, and the larger UU movement: Sermon from the Service of the Living Tradition: "Love Calls Us On" //Ware Lecture: Krista Tippett// Sermon from Sunday worship: "In All Thy Getting, Get Understanding"

Suggested Donation to UUCF: \$5/session Childcare available with 72 hours notice to education@frederickuu.org.

LOOKING AHEAD

UU General Assembly: Wednesday, June 21 - Sunday, June 25, 2017 in New Orleans, LA. Registration and Housing open March 1. (If you are interested in attending, please let Rev. Carl know at minister@frederickuu.org.) More info at uua.org/ga.



CARL'S COLUMN

Rev. Carl Gregg

We are now over two months into the year 2017. Around this time each year, I try to pause and reflect on how my New Year's resolutions are going. Angela Duckworth, in her book [Grit](#), describes her family's "Hard Thing Rule." Everyone—not only her children, but also she and her husband—maintain a commitment to one hard thing that requires "daily deliberate practice." The corollary is that, "You can quit. But you can't quit until the season is over, the tuition payment is up, or some other natural stopping point has arrived." (Starting in high school, her children have to commit to their hard thing for at least two years.) The point is to cultivate *perseverance* in pursuing goals. Duckworth convincingly makes the case in her book that "grit" is almost always much more important than talent in long-term success.

If you are curious, Duckworth's "hard thing" is psychological research (professionally) and yoga (personally). Her husband's "hard thing" is "real estate development" (professionally) and running (personally). For one of her daughters, their hard thing is ballet—for the other, piano. For each of them, pursuing a "hard thing" means *not* "naïve practice" that merely accumulates hours at a plateaued level, but a daily, deliberate practice of focus, feedback, and fix it—that is, making adjustment accordingly.

Starting last year, my current "hard thing" is recommitting to a meditation practice. I was at a plateau in my meditation practice for many years. Then this past summer, I went on an eight-day meditation retreat, I am meeting monthly with a meditation teacher for feedback, and I am meditating in a more focused way with new techniques I had not tried previously. At the same time that I am committing more fully to that "one hard thing," there are many other hard things that I would like to do, but don't currently have the bandwidth for: I'm not training for a triathlon. I'm not currently working on publishing my dissertation—although I hope to get to that one day soon! But I am committed to the "hard thing" of getting increasingly skilled at being a UU minister (professionally) and at my meditation practice (personally).

What are the parallels in your life? Two months into this new year, what are you feeling called to focus on with a more deliberate practice—or what distraction do you feel led to increasingly let go of? An under-appreciated part of achieving goals is not only taking on something new, but also letting go of one or more other things to give yourself time and energy for what is most important to you. I'm grateful to be with you on this journey.

Peace to you,

Carl

minister@frederickuu.org



SUNDAY SERVICES

9:30 and 11:30am

- March 5:** *Capitalizing Religion: The Market as God*, the Rev. Dr. Carl Gregg
- March 12:** *Youth Sunday*, Lora Powell-Haney, Director of Religious Education
- March 19:** *Oliver Wendell Holmes*, the Rev. Dr. Carl Gregg
- March 26:** *Race, Eugenics, and Economics*, the Rev. Dr. Carl Gregg

UUCF GROUPS



EARTH-CENTERED SPIRITUALITY

Facebook link: [CUUPS](#)

3rd Sunday, March 19, 10:30—11:30am

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." Our February meeting will be led by Irene, Diana, Lorinda and Emily. Ashley will be leading an outdoor Pagan-themed children's activity during the service; please dress kids according to weather prediction.

FRIENDLY FORUM

10:30-11:20am every Sunday

Each Sunday the Friendly Forum meets in room 113 for 50 minutes to discuss Congregational and/or Current Events. FF has welcomed participants for decades and remains a primary gathering for those wanting to learn and discuss in a presentation/discussion context.

Come join us!

frederickuu.org/FriendlyForum
for topic information



UUCF BUDDHIST FELLOWSHIP

March 5, 12 and 26
Chapel, 10:30 am – 11:20 am

On Sunday, March 5, we are adding a session devoted to meditation practice, led by Keola Raiser. The group will begin with a meditation, followed by time for sharing or reflecting on the experience. The session will end with another period of meditation. Our group is experimenting with having some additional sessions devoted just to meditation. New-comers are most welcome.

On the second and fourth Sundays, 10:30 – 11:20 am, we will continue with our usual program of opening with a brief meditation followed by discussions based around the current book we are reading. We are reading *The Heart of the Revolution* by Noah Levine.

For questions or to be added to the Buddhist Fellowship email list, please contact Nancy Hutchins at nhutchins471.comcast.net.

UU PROGRESSIVE CHRISTIAN FELLOWSHIP

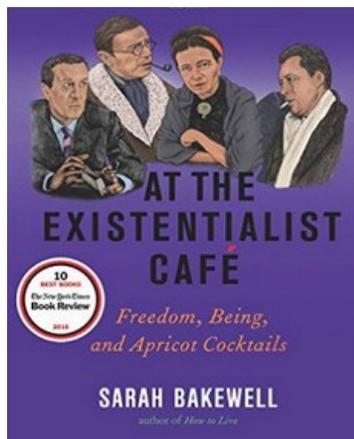
We will attend Carl's class, "Banned Questions of the Bible," which runs from March 7 through April 11. We will then re-start our afternoon discussions of Progressive Christian thought on Tuesday April 18, 1 pm. Our topic will be "Do we need Religion – if we define religion as an organized system of belief?" We will use Karen Armstrong's books as fodder for discussion, keeping in mind progressive Christian thought with particular emphasis on what the Revised Common Lectionary will be doing after Easter (April 16).

All are welcome. Please contact Sea Raven (searaven.morse@gmail.com).

AHA ATHEISTS, HUMANISTS, AGNOSTICS

March 5 and 19 at 12:30pm in the Chapel

Sunday, March 19th we will discuss one of *The New York Times* 10 best books of 2016. Don't miss this fascinating discussion!



OPEN CIRCLE

Second and Fourth Sundays 12:45-2pm, Room 124

Open Circle is a friendly, welcoming drop-in group offering an ever-changing variety of topics for dialogue. Bring coffee and snacks if you wish. If you come in late or leave early that is OK.

Nancy Pace, facilitator



RE World

Lora Powell-Haney
Director of Religious
Education



A UU PRACTICE OF LENT

The season of Lent, a 40-day time of reflection and preparation before the Christian celebration of Easter, begins March 1.

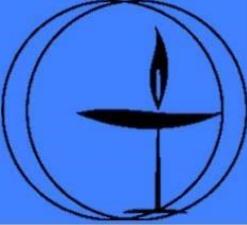
I invite families to participate in one of my favorite annual practices, taking a photo a day using the words in the graphic below as inspiration. I have found it a profound spiritual practice to ponder the word and reflect on it's meaning to me, and especially to find something around me that symbolizes that meaning.

Over the years that Mr. Barb Greve, a UU minister and religious educator, has put this list together, I find myself more aware of the coming of spring, of the wonders of the world around me, and the holiness of the everyday, if you let yourself pay attention to the extraordinary in the ordinary.

Please share your images and reflections on our public UUFrederick Religious Education Facebook page (facebook.com/REUUCFrederick) or on the RE Parents Facebook page!

2017 PHOTO A DAY

#UULent



Join a Unitarian Universalist practice of Lent! Each day, Unitarian Universalists and our friends and family will intentionally reflect on a daily word, carry our awareness throughout the day, and capture an image that represents the word for us. We'll share our reflections and images on social media with the hashtag #UULent. On Sundays, we challenge each other to reflect on the daily word and also embody and enact it in our lives. (Created by Mr. Barb Greve; designed by Alex Kapitan.)

S	M	T	W	T	F	S
MARCH			1 quiet	2 surrender	3 courage	4 love
5 partnership	6 rest	7 creativity	8 vulnerability	9 prayer	10 persistence	11 music
12 resilience	13 friendship	14 play	15 fear	16 passion	17 strength	18 wonder
19 sanctuary	20 solitude	21 curiosity	22 suffering	23 engagement	24 ally	25 blessing
26 mercy	27 dreams	28 beauty	29 mistakes	30 dance	31 memory	
S	M	T	W	T	F	S
APRIL						1 freedom
2 understanding	3 inspiration	4 sacred	5 loneliness	6 help	7 support	8 awe
9 hospitality	10 heart	11 art	12 doubt	13 worship	14 peace	15 faith
16 rejoice						

NURTURE Your Spirit. Help HEAL Our World.

SPLIT-PLATE OFFERING MARCH 19



ALTERNATIVES TO VIOLENCE PROJECT, MARYLAND (AVP-MD)

The split plate collection for March 19 will benefit the Alternatives to Violence Project - Maryland (www.avpmd.org). AVP provides experiential workshops in conflict resolution and personal transformation in eight prisons in Maryland. All work is done by volunteers, including four members of this congregation. We work in teams which include inmates who are also trained AVP facilitators. The following is an excerpt from an article by an inmate facilitator that appeared in our quarterly publication, *The Transformer*, winter 2016:

“I have been an AVP facilitator for nearly four years. Over this time I have been amazed by the countless transformations I witness taking place in fellow inmates during our workshops. It is remarkable. It’s as if, with each new discussion and activity the group leads, I witness pieces of armor fall off. I can almost hear the chain-mail, helmets and breast plates clanging to the floor as the true, kind men beneath are revealed—men who have been there all along, but who only needed a safe environment to show themselves.”

Funds donated to AVP-MD are used to assist local programs with purchase of materials and manuals. Funds also help some Maryland facilitators-- the formerly incarcerated and those with limited income-- to attend the annual national AVP Conference, where facilitators network and learn new skills. Please see www.avpusa.org for more information about the program, or ask facilitators Emma Lou Comstock, Nancy Hutchins, David Hutchins, or Mary Fletcher.

Nancy Hutchins



Stand up for Justice in Washington, DC

Monday, April 3-Wednesday, April 5

St. Mark’s Episcopal Church, 301 A St SE, Washington, DC

For registration information, visit: uujec.com/

[ReversingInequality
Conference flyer](#)

The rising tide of inequality, intolerance and racism makes it critical for UUs to stand up for their values. UUs for a Just Economic Community (UUJEC) and **UUs for Social Justice (UUSJ)** are organizing a spring conference in Washington DC to give UUs an opportunity to advocate for a vision of a fair and compassionate society directly to decision makers on Capitol Hill. We cannot take a step back on progress in equality and human rights. Now more than ever we must act...

We will be joined by several of our justice allies, including Sister Simone Campbell and Chuck Collins, to learn the issues, build advocacy skills and spend time on Capitol Hill talking with decision makers. This is an exciting and important time to be in our nation’s capital.

UUSJ Contact: Elizabeth, info@uusj.org or 202-600-9132



Death With Dignity Update

Many in our congregation are interested in and supportive of legislation in both the Maryland House and Senate for *Death with Dignity*. The [legislation](#) is entitled: Richard E. Israel and Roger “Pip” Moyer End of Life Option Act. The Health and Government Operations Committee in the House had its hearing on February 16. We await the hearing in the Senate, which will be on March 7th. Senator Ron Young, in a conversation last Saturday, seemed to think the legislation has a better chance than before of passing.

A quick summary of the legislation “authorizes an individual to request aid in dying by making specified requests; prohibiting another individual from requesting aid in dying on behalf of an individual; requiring a written request for aid in dying to meet specified requirements; establishing specified requirements for witnesses to a written request for aid in dying; requiring a written request for aid in dying to be in a specified form, etc.”

People wanting more information here at UUCF can talk to Gary Magnuson or Mike Morse, both of whom are on the Social Action Committee.



Every day, Black-led organizations like the Lincoln Alumni Association, AARCH (African-American Resources, Cultural and Heritage), the NAACP, Black churches, fraternities and sororities and the Negro Business and Professional Women's Club work toward racial justice and stronger communities for all.

Recently, several members of UUCF participated in an anti-racism workshop led by faculty and staff from Mount St. Mary's College, co-sponsored by the Frederick County Human Relations Commission and several Thurmont-area churches. Along with members of the Asian American Center, Black and White attendees discussed varying experiences, perspectives and opportunities for action.

Some key points:

- Racism is much more than individual acts of prejudice or discrimination. *Racism is a system that encompasses economic, political, social and cultural structures, actions and beliefs that institutionalize and perpetuate an unequal distribution of privileges, resources and power between white people and people of color. This system is historic, normalized, taken for granted, deeply embedded and works to the benefit of whites and to the disadvantage of people of color. (Hillard, 1992)*
- When white folks are given feedback about racism and respond from a mainstream framework, they may feel insulted, shamed or guilty, leading to actions like avoiding, arguing or denying.
- When white folks respond from an anti-racism framework, there may be feelings of guilt or discomfort, but there is also compassion, curiosity and motivation. There is more listening, reflecting, processing, seeking further understanding. [Robin Di Angelo, 2015]
- Racism is not either/or. Most people are on a spectrum from actively participating in racist behavior, to recognizing racism exists but taking no action, to educating oneself and others about the dynamics of oppression and privilege, to working to change institutions and policies that harm targeted groups, making sure that members of historically marginalized groups are the major decision makers.

If you would like to learn more about the Dismantling Racism Team at UUCF, contact Karen Reilly reilly.klr@gmail.com or Carol Antoniewicz ecacres@comcast.net 301-606- 9235.

RESERVE YOUR SEAT BY MARCH 11

BRING THE BUSES

(1) **March for Science on Earth Day: Saturday, April 22** - a celebration of passion for science and a call to support and safeguard the scientific community (marchforscience.com)

(2) **People's Climate March: Saturday, April 29** - a march for jobs, justice, and the climate (peoplesclimate.org)

The costs would likely be approximately the same (around \$35/person), but we will know more when we have a better idea of interest.

(a) If you-or people you know-are interested in attending the #ScienceMarch, please reply with the first and last name, best email, and best phone number of each person potentially interested in a bus from UUCF to the Science March. Please indicate in that reply that the names are for the *Science March*. Send to Nick at n.intveldt@myactv.net.

(b) If you-or people you know-are interested in attending the #ClimateMarch, please contact Nick at n.intveldt@myactv.net with the first and last name, best email, and best phone number of each person potentially interested in a bus from UUCF to the Climate March. Please indicate in that reply that the names are for the *Climate March*.

(c) If you want to attend both marches, please send two separate replies-one for each march-giving the personal information for attendees to the respective marches. (Receiving the emails separately will help us keep information sorted organizationally.)



Spread the word to others who may be interested!

Get to know some of our new members



1st Row: Tara Adams, Kat Gray

2nd Row: Ben Schuman, Dani Schuman, Chris Younger, Roxanne Younger

Our membership continues to grow! Some of those who were welcomed into our congregation on February 19th include:

Coral Cruvey (not shown) identifies as a life-long learner and is interested in environmental justice.

Kat Gray is raising her family on South Mountain and is interested in music, education, natural childbirth and sustainable living.

Rene Lederer (not shown) has lived in many places and pursues many interests, including death with dignity, pastoral care, physical fitness, fashion and home design.

Ben Schuman is a lawyer and former professional musician. He is also interested in religious history and philosophy and his family.

Dani Schuman is a singer, actress, doula, childbirth educator and Wiccan high priestess. She pursues paganism, meditation and the environment.

Chris Younger is an aviation tax attorney, mountain biker, and aspiring naturalist who is also interested in German history and culture.

Roxanne Younger is currently a stay-at-home mom, but thinking about returning to her career as a paralegal. She is interested in psychology, learning disabilities, and holistic medicine.

Please welcome these newest members into our compassionate community.

Blanche Ames Gallery Presents

One World-Two Visions Priya Saraf and Margaret Huddy

SUNDAY, MARCH 5, 12:30pm



Mirror Lake



Shades of Green

Priya Saraf grew up in Mumbai, India. Despite living in the midst of the clamor in one of the world's most populous cities, she has always been attracted to the serenity of the countryside. It is therefore no surprise that her favorite subjects to paint are landscapes, seascapes and flowers. She passionately follows the modern impressionistic style of painting, using vibrant colors and textures to create a fantasy rather than a realistic picture. Priya was never formally trained in art. Instead she got her bachelors degree in Pharmacy from the University of Mumbai and then went to work in IT and insurance companies. Her passion for art was rekindled after moving to the US in 2012, and she has been painting actively ever since.

Margaret Huddy AWS, NWS is an award winning landscape painter and teacher. She has taught workshops around the US and Europe. Her work can be found in public and private collections worldwide including the Supreme Court of the US, National Park Service, Carnegie Museum of Art, the US Department of State, US Embassies in Beijing, Botswana and Paraguay. Margaret authored articles that appeared in The Artist's Magazine and Watercolor Magic. She wrote and illustrated a book of State Flowers for the Credit Union National Association. She is a signature member of the American and National Watercolor Societies and Watercolor USA Honor Society.

Huddy's perfect day starts by experiencing the outdoor noise of bird song, buzzing bees and rustling grass. Oblivious to any discomfort of weather, she sets to work painting plein air to capture those same feelings for the viewer of her watercolor and acrylic paintings. Her perfect day is best followed, if possible, by an ice cream cone!



Springhouse Farm, Summer



Abandoned

Opening Reception, Sunday, March 5 at 12:30pm

Reception preceded by an artist talk that is open to the general public. The show runs through March 26.
Please call 301-473-7680 if planning to visit the gallery at times other than the opening.

FISCAL NOTES as of JANUARY 31, 2017

General Operating Fund	YTD through January (58% of year)	% of Budget	Annual UUCF Operating Budget
Contributions:	\$306,928		\$405,419
All Other Income:	\$71,415		\$89,891
Total Income:	\$378,343	76%	\$495,310
Employee/Staff Expense:	\$145,447		\$251,186
Facilities Expense:	\$95,378		\$176,144
All other Expenses:	\$ 40,553		\$67,980
Total Expenses:	\$281,378	55%	\$495,310
Difference (Net):	\$96,965		

Split Plate donations – January, February: UUCF members and friends donated \$791 in mid-January to promote the work of our statewide UU Legislative Ministry, which is working right now to advocate UU values to Maryland Legislators during their annual legislative session in Annapolis. Later, on January 29, we shared funds with The Sanctuaries (\$1474). And February’s split plate for NAMI brought in \$925.

Funding the Buses to Washington for the Women’s March, January 21: UUCF organized a caravan of four buses to transport 224 marchers to the Mall the day after the U.S. Presidential Inauguration. (A fifth bus, privately organized, also met its riders at UUCF that same morning.) Here’s how the finances worked: we fronted funds to pay the bus charter company (approximately \$8000) and each person reserving a seat paid a fee to cover a share of the rental plus credit card fees and a tip for each driver. Carl Gregg handled all communication to riders using email and a special “bus info” page on our website. Riders made their payments through our frederickuu.org “Donate” page. We’ve wrapped up this effort with no net financial cost to the Congregation. Also, after the event, because the transportation we arranged provided such a valuable service, people donated extra funds to support future social justice activities at UUCF. Stay tuned for what those opportunities might be....

Thank you! Meg Menke, Treasurer

Help the Social Action Committee find 12 deserving charities to be split-plate recipients in 2017-18.

You can nominate a non-profit--big or small--to receive half of the offerings on the third Sunday of the month. This year our charities are receiving, on average, about \$1000 and are promoted through our outreach efforts.

You can nominate an organization by completing the nomination form and submitting it to the church office or emailing a copy to betsybainbridge@yahoo.com. Forms are available on the UUCF website (see [Application](#)), in the church office, in the SAC cabinet, and Sundays on the table with copies of the Order of Service. The deadline for submission is April 16th.

Please contact Betsy Bainbridge if you have questions.

Welcome to the Neighborhood, Friend

Marguerite was walking in our neighborhood, and she spotted the sign in the attached photo. There is a Facebook page called Welcome Your Neighbors. You can download a pdf of this sign to have your own made, or there is a link to one company that is selling them. You are also allowed to use the graphic for t-shirts, bumper stickers, etc. I thought members of UUCF would be interested in knowing about this, if they haven't heard about it already. Please note that this originated with a Mennonite congregation in Harrisonburg, VA.



Jeff Wilson

<https://www.facebook.com/welcomeyourneighbors>

MARCH BIRTHDAYS

2nd– Keith Low; 3rd – Phillip Kolb; 5th – Laurel Ady; 6th Dave Hutchins; 7th – Ned Collins-Chase; 8th – Jasmine Whims; 9th – Karen Reilly; 11th – Kathy Sargent, Peter Singley; 12th – Rick Mead; 14th - San Rogers 17th – Ivy O’Keefe; 18th – Michael Askounes; 19th – Sandy LeMessurier 20th – Elaine Lynch; 21st – Gary Hayes; 22nd – Bridget Macusi; 23rd – Karen Butler, Lila Grace; 24th Haven Silvio, Megan John; 25th – Tom Simpson; 26th Susan Brousseau; 27th – Jim Bryant, Alexa Gleaton, Nadia Remaley, Ed Sorensen; 28th – Patricia Spicer; 29th Sam Norris

UUCF BOOK CLUB March 10 at 7:30pm

We will discuss *Fair and Tender Ladies* by Lee Smith. Smith is a native of the hills in Grundy, VA and she infuses her main character Ivy Rowe with all the dialect, difficulty, despair and deliverance that women in the mountains, coal towns and small cities endured from the early nineteen hundreds on.

We will meet at the home of Diana Pitcher. To contact Diana call 719-633-3264.

Contact Fanny Johnsson at fjohnsson@comcast.net or call her at [301-644-5907](tel:301-644-5907) for more book club information.

**ROAD PICKUP
MARCH 4, 9am**
Regular Elmer Derr Road grooming. Many hands make quick the work and beautiful the vista.
Bring gloves and a grabber if you have one. Meet in UUCF parking lot. All else is provided.
Contact Dave Hutchins, dhutchins471@comcast.net, 301-667-4267.



Is that Carl on a stick? Facsimile shared by Liam Grogam

Retired UU Men Eating Out (RUUMEO)
1st and 3rd Wednesday Every Month!!
8:00am at Barbara Fritchee’s on Rte. 40.

Sip’nStitch Change in Meeting Day
Sip’nStitch meets the second Thursday evening of each month. The next meeting is **Thursday, March 9, 2017, 6pm.**
Please join us at Mary Kruhm’s, 2602 Pearson Drive, Frederick, to sip, stitch, eat, and enjoy each other’s company.

Retired UU Ladies Eating Out (RUULEO)
RUULEO (UU Ladies and friends) will meet at Wegman’s lounge on Tuesday, March 14 at 11:30 for lunch. Come join us. Being late is perfectly acceptable. There is pizza, sushi, a very large buffet of the food of many nationalities. Come see old friends and make new ones. We love to have new comers. Call Marj Mansfield 301-693-6195 if you have any questions.

See below for an impressive list of regional UUA events to keep you busy through the spring.

March 11-12 – Courage for Racial Justice with Chris Crass, Anti-Racism Movement Builder

- Deepening our commitment to work for racial justice
- Reflecting on our particular roles, responsibilities, and opportunities as white people. Event open to everyone.
- Finding the emotional and spiritual resources to sustain our action
- Register now at <https://www.uua.org/central-east/events/region/courage-racial-justice-0317?month=2017-03>

April 1 - Better Together: Central East Region Leadership Day and UUA Presidential Candidates Forum – Cedar Lane

- Morning forum; afternoon workshops with Carey McDonald, Rev. David Pyle, and Bill Clontz.
- Register Now! <https://www.uua.org/central-east/programs/better-together-central-east-region-leadership-day-and-uua-presidential>
- Want to ask the Candidates a Question? Submit here (one question per submission): <https://uua.wufoo.com/forms/p8ip0gd1r6kfr/>
- TipSheet for Receiving Streaming Video at your Congregation https://docs.google.com/document/d/19BBKOFMteQCcjTPbpEo3uOEBf71D_fbM4rYrshWjrg/edit

April 15 – Building Authentic Diversity with Revs. Rob Keithan and Rebekah Montgomery - Fairfax

- An analytic framework and concrete skills for effectively developing relationships across differences
- Focus on change in a congregational context
- Participation is open to everyone regardless of previous experience with this kind of work.
- Register now at <https://www.uua.org/central-east/events/region/building-authentic-diversity?month=2017-04>

April 28-30 – Revolutionary Love Conference with the Rev. Dr. Jacqui Lewis – Middle Collegiate Church, NYC – more information at <http://revolutionaryloveconference.com/#revolutionary-love-2017>

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

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Vice-President, Jerry Hutton <ejerryh@gmail.com>
Secretary, Donna Williamson <donna.wmson@gmail.com>
Treasurer, Meg Menke <meg@menkescientific.com>
Geoff Coleman <gcsf57@gmail.com>
Bobbi Mead <robme@comcast.net>
Dave Lufkin <davelufkin@gmail.com>
Alice Wong <ajwong@earthlink.net>
Scott Hull <sthull1@comcast.net>

Minister and Staff

Minister, The Rev. Dr. Carl Gregg
<minister@frederickuu.org>
Director of Religious Education, Lora Powell-Haney
<education@frederickuu.org>
Office Administrator, Karen Reilly
(301-473-7680) <office@frederickuu.org>
Music Director, Deborah Int Veldt
<musicdirector@frederickuu.org>
Choral Accompanist, Nick Int Veldt
<accompanist@frederickuu.org>
Facilities Manager, Rick Anderson
<Facilities@frederickuu.org>
Bookkeeper, Wendy Smith
<bookkeeper@frederickuu.org>

Pastoral Care Team

Hannah Gaffigan, <hmgaffigan@msn.com>
Lisa Solomon, <lsolomon252@comcast.net>
Geoff Coleman, <gcsf57@gmail.com>
Gail Padgett, <Gapapl@aol.com>
Lynne Wolf 301-694-7177
Julie Hanson <hanson.julie@gmail.com>
Bob Clegg bclegg729@gmail.com
Helen Dickison hedickison@msn.com
Foods for Friends, Julie Hanson
<hanson.julie@gmail.com>

Administrative Volunteers

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

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