



www.frederickuu.org – November 21, 2010

Unison

Weekly Announcements
Unitarian Universalist Congregation of Frederick
4880 Elmer Derr Road
Frederick, Maryland 21703
301-473-7680

**Two Sunday Services – 9am and 11am
Childcare at Both Services**

Sunday, November 21 – *Evangelical UUs?* – Lay Speaker Turner Stokes

Congregational Life

THANKSGIVING DINNER!

There will be a potluck Thanksgiving dinner at the church on Sunday, November 28 following the service. Signup sheet is in the Narthex, or call the office.

LABYRINTH NEWS

Hi there,

This is Irene, the “labyrinth lady”: The forecast is calling for a clear night this Sunday and I'd like to offer a Full Moon Labyrinth Walk to anyone who's interested with a start time of 8:00pm. I'll bring my little votives to illuminate the labyrinth. Anyone interested should be sure to wear very warm clothing – it's going to be quite chilly.

Thanks,

Irene Jericho

UUCF OFFICE

Dottie Hall, Congregational Administrator, will not be in the office on Sunday, November 21st.

Also, the UUCF office will be closed November 25 and 26, 2010, for the Thanksgiving holiday

Please Note: The UUCF front door lock box has been rescheduled to be changed on December 3, 2010. If you have a need to enter the building at non-office hours, please email Dottie Hall, Congregational Administrator, at office@frederickuu.org providing her with your email address and reason for entrance into the facility. You may also call Dottie at 301-473-7680.

The office door lock box will also be changed this date and is for those who need access to the office during non-office hours. This access will need written approval from the Board of Trustees' President.

Also, if you are now in possession of a key that is not needed and/or you prefer to use the combination system, please contact Dottie.

AHA (ATHEISTS, HUMANISTS, AGNOSTICS)

The AHA (Atheists, Humanists, Agnostics) discussion group will not meet on its regularly scheduled date Sunday, November 28th. The AHA will meet next on December 5th after the 11:00 a.m. service, and will discuss George Bernard Shaw's play "Pygmalion." All are welcome to attend. The group normally meets on the 4th Sunday of the month, but will not do so in November and December due to holiday travel and family concerns. The group will return to its regular schedule in January.

FRIENDLY FORUM meets on Sundays between services (10:00 AM) in Room 113
November 21 - "East Frederick Rising" (Alan Feinberg, architect and planner)
November 28 - How to Grow our Church by Retaining our Young People (Bill Sydnor)

THE MICE ARE BACK....

With the return of colder weather, mice are once again finding their way into our building. For example, we found one sunning itself in the gallery on Monday morning. Please increase your vigilance: leave no food in any classroom or in trashcans. Store any nesting materials (soft stuff that mice like to use) in closed containers. If you happen to drop some food, please pick it up and clean the floor, leave nothing appetizing to attract a mouse. Only YOU can prevent a mouse invasion.

UUCF HOLIDAY GIFT PROGRAM

The Holiday Gift Program is a way to honor, gift, or memorialize a significant person in your life this Holiday season with an ornament displayed at UUCF and a beautiful card.

If you are the person who would appreciate a gift to this community and want to add it to your "wish list" for friends or relatives, please pick up a flyer that you can send your friend or relative at UUCF or email David Hutchins dhutchins471@comcast.net for an electronic version you can forward.

Donation forms for UUCF Holiday Gifts will be available in the Narthex over the next several Sundays. Donations in multiples of \$50 will be gratefully accepted.

FIRST AID AND CPR TRAINING CLASS

Are you interested in getting certified or re-certified to perform First Aid and CPR? HealthFirst is coming to UUCF on January 22nd to give a five-hour training in adult, child and infant CPR, adult and child AED, and standard first aid. You will learn how to prevent, recognize and provide basic care for breathing and cardiac emergencies as well as how to perform CPR; how to use an automated external defibrillator (AED) on adult and child victims of cardiac arrest; and first aid skills for treating a variety of injuries such as burns, wounds, head, neck and back injuries, and heat and cold-related emergencies. Participants will also learn to manage sudden illnesses, strokes, seizures, bites and poisoning. The cost per person is only \$60 and everyone who successfully completes the course receives a First Aid certification card and a CPR certification card at the end. For more information about HealthFirst, you can visit their website at store.healthfirstcpr.com. To participate, please RSVP by January 1st to Lora Powell at education@frederickuu.org, or leave a message with Dottie at 301-473-7680.

THE UUCF BOOK CLUB will not meet during the month of November due to the Thanksgiving holiday. We will meet the first Friday in December, December 3, at the home of Kathleen and Zakir Bengali. The book we will be discussing is *Charles and Emma* by Deborah Heiligman. The meeting begins at 7:30pm. This book is about Charles and Emma Darwin and their life together. Hope to see you there.

WINTER SOLSTICE VESPERS SERVICE

The winter solstice marks the longest night of the year and the start of the lengthening days. Come join a vespers celebration with music, accompanied by readings of the mystery of darkness and the joy of light.

Following the service, seasonal refreshments will be served. (No dinner).

Sunday, December 19th, 5:00pm

Cedar Lane Unitarian Universalist Church

9601 Cedar Lane

Bethesda, Maryland 20814-4099

301-493-8300

<http://cedarlane.org/>

Social and Environmental Justice

EXTREMELY ETHICAL & ECO-CHIC RUNWAY FASHION SHOW, SATURDAY DECEMBER 4 - TICKETS AVAILABLE NOW!

The first shipment of showcase fashions for UUCF's 3rd annual Fair Trade Fashion Show is on its way to Frederick, with more to follow in quick succession, and you're going to love them! There will be something for everyone in the family, modeled by over 30 members and friends of our congregation. Vegan shoes? You bet, from Autonomie Project. Comfortable and attractive organic cotton garments for the whole family, from Deva Lifewear. Eco-friendly and eco-chic togs and jewelry from FairTribe. And hand-batiked, fashionable women's wear made by women's cooperatives for Marketplace:Handworks of India.

Tickets for the show can be ordered now at \$5 each (with discounts for multiple purchases - bring your friends!) on-line at www.uufairtrade.org/store, and can also be purchased in the Narthex for the next 2 Sundays (Admission will be priced slightly higher at the door if the tickets have not been preordered.). You can also order an optional lunch, catered by Moxie Bakery & Cafe, to enjoy before the show, with a choice of 4 entrees (including vegetarian & vegan), accompanied by hand-baked treats from the CLC Bake Table (to eat there, or to go). All lunches must be pre-ordered by Sunday, November 28.

Join the fun and work behind the scenes - we need volunteers for lots of jobs! Sign-up sheets are available on the poster in the Narthex.

Childcare will be available; please let us know if you need childcare at fashionshow@frederickuu.org.

FAIR TRADE HOLIDAY BOUTIQUE & TRUNK SHOW, DECEMBER 4, 5, & 12.

Make this a Fair Trade Holiday, and give a gift that gives twice! Our annual Holiday Boutique will be set up again in the Chapel, and we will again have a Holiday Tree decorated with fairly traded ornaments. On Saturday, December 4 (immediately following the runway show) and on Sunday, December 5, a trunk show in the Narthex will feature all the showcased fashions from the runway show, plus additional merchandise from the same merchants. The Boutique will continue the following Sunday, December 12, featuring a smaller trunk show, plus items handcrafted by UUCF members and friends.

If you are interested in having a table at the December 12 show, please e-mail fashionshow@frederickuu.org - all artisans will be required to fill out a standard UUCF vendors agreement, and to be present at the event. We also need volunteers to set up the Boutique, and to write sales tickets during the sale - please sign up on the poster in the Narthex.

FOOD DRIVE (Yes, we collect food year round, but we're, "Kicking it up a notch," during November.)

The Intergenerational Service on October 31st kicked off UUCF's annual food drive. Raid your cupboards and add a little extra to your shopping cart during November. If you'd rather not haul all that around, a grocery card from the SCRIP table would be heartily appreciated. The non-perishable food items that you bring in will be delivered to the Frederick Food Bank, while your SCRIP donations will go to the Religious Coalition for Emergency Human Needs main office to be distributed to needy families over the holidays.

Adult Spiritual Enrichment

BOOKS FOR ALL SEASONS In keeping with Rev. Hughes' sermons on the sources of Unitarian Universalism, the Fall selection for this series is *Jesus: Uncovering the Life, Teachings, and Relevance of a Religious Revolutionary*, by Marcus Borg. Sea Raven will lead a discussion of this book on Sunday, November 21st from 12:15pm - 2:00pm. Feel free to attend whether you have pre-registered or not.

WHAT ARE YOUR IDEAS FOR CLASSES, WORKSHOPS AND ADULT PROGRAMS FOR THE NEW YEAR? Please fill out a proposal form on the web at www.frederiUU.org/proposal_form.html or send your suggestion to enrichment@frederickuu.org. Talk to Ann Foard, Nancy Hutchins. Drafts and ideas would be appreciated by the end of November. All details must be final by January 2nd.

Visual Arts

FROM THE BLANCHE AMES GALLERY

Barbara's back! We are pleased to present a solo show by one of our congregation's most talented artists, Barbara Kenny. Since she moved here from Fredericksburg, VA, five years ago, Kenny has become well known in the local art world, winning awards wherever her work appears. The current show of 40 oil paintings includes many colorful fall landscapes, as well as abstract compositions that provoke the imagination. The artist tells us her great joy is painting, expressing whatever her muse directs, leaving interpretation to the viewer. We expect you'll be delighted and want to visit the paintings several times. Come! Bring your friends.

Children and Youth

ALLERGY ALERT

Please be aware that there is a child in the Circle of Life Cooperative with a life-threatening allergy to peanuts (and other nuts). This child is extremely sensitive: even touching a book cover that's been touched by someone who has eaten peanut butter crackers could send the child to the emergency room. Please do not bring nuts or items containing peanuts or tree nuts into any of the religious education classrooms (we have RE participants with the same allergies); if you or your child have eaten anything containing even traces of peanuts before you arrived in the building, please wash your hands in the kitchen sink before proceeding further. Thank you!

HELP SUPPORT YOUR CLC

Dancing Bear Toys from November 19th - 27th, mention "CLC Preschool" or bring our coupon when shopping at Dancing Bear Toys, and we will also receive 15% of your sale. Coupons are available for pickup on the windowsill in the preschool hallway. Help support your CLC and a locally owned toy store when doing your holiday shopping this season!

Fiscal Matters

REMEMBER "THE BIG SWEEP?"

Last summer, UUCF members participated in a countywide volunteer project called "The Big Sweep." Our assignment was cleaning up a county park. This project was also a fundraiser for Volunteer Frederick (25% of the proceeds) with the remainder of UUCF donations to be shared between our congregation and the UU Service Committee Haiti Project. At long last, the money has come back to our treasury, so we are pleased to report that UUCF's Big Sweep donors generated \$387 for the UUCF operations and \$404 for relief work in Haiti.

HAPPY NOVEMBER BIRTHDAYS

1st – Lars Eklund; 2nd – Yoon Sook Stephens; 4th – Hannah Perez; 5th – Anne Kelly; 7th – Jaden Holt, Lisa Minichiello, Caitlyn Puppos, Lily Simmons; 11th – Nancy Hutchins; 12th – Jonas Chalkley, Amy Kloc; 13th – Brendan Feifer; 14th – Zachary Askounes, Dee Dee Klipp; 15th – Adam Perez; 16th – Elizabeth Jenkins; 19th – Ryan Flint, Dylan Hadfield; 21st – Quinn Law-Knotts, Casey Shattuck, Roger Smith; 23rd – Nancy Chu, Julia Ditman; 25th – Patricia Cronin, Charles N. Mason, Jr.; 26th – William Edwards, Philip Watts; 27th – Emily Cleaveland; 28th – Steven Wattenberg; 30th – Julia Evans, Grace Everett, and Noah Simmons.

Pastoral Care

THE PASTORAL CARE ASSOCIATES stand ready to be of service to each of our members and friends when illness, death or family difficulties arise. We count on hearing from you in time of need so that we might be useful in caring. No one need cope alone. We honor your privacy with utmost respect. Please call or write any of the Pastoral Care Associates listed below.

Fanny Johnsson – fjohnsson@comcast.net – 301-694-5474
Carol Silkwood – crsilk@comcast.net – 301-663-5674
Maida Wright – maida2@netzero.net – 301-694-6518
Diane Shuey – dbshuey@comcast.net – 301-865-6023
Deborah Calhoun – deborahcalhoun@comcast.net – 301-865-0249
Julie Ebersole – julie.ebersole@gmail.com – 240-329-7266
Hannah Gaffigan – hmgaffigan@msn.com – 301-845-0478

IT IS ALWAYS BEST TO CALL AHEAD IF YOU WISH TO MEET WITH REV. HUGHES OR ANY STAFF MEMBER.

REV. ROBERT HUGHES' CURRENT WORK SCHEDULE

Thursdays:

9:00 am – 12:00 Noon
2:00 pm – 5:00 pm
6:00 pm – 7:30 pm

Fridays:

10:00 am – 12:00 Noon
1:00 pm – 4:00 pm

Sundays – 8:30 am – 2:00 pm

The minister will preach two Sundays each month and will usually be present on the other Sundays.

When there are committee meetings or board meetings on a Thursday night, the minister will stay later. The two hours on Thursday from 12:00 Noon until 2:00 pm are for lunch and any needed hospital visitation

Ms. Dottie Hall, the church administrator, has access to the minister's calendar. Should the minister not be available, you may talk with her regarding scheduling a meeting. Please reserve any free Thursday evenings for people who have day jobs.

Should there be needs outside of the available times allotted, please let the minister know.

DIRECTOR OF RELIGIOUS EDUCATION – LORA POWELL'S OFFICE HOURS

Sunday – 8:30 am – 1:30 pm	Wednesday – Day Off
Monday – 9:15 am – 2:30 pm	Thursday – 9:15 am – 2:30 pm
Tuesday – 9:15 am – 2:30 pm	Friday – 9:15 am – 2:30 pm

THE UUCF STAFF meets regularly. There is a "staff suggestion" box in the Narthex. Please either contact the staff directly or through the box. If you would like a response, please include a name and phone number and/or an email address.

Rev. Robert Hughes – minister@frederickuu.org

Dottie Hall – office@frederickuu.org

Lora Powell – education@frederickuu.org

Sue Singley – circleoflife@frederickuu.org

Carrie Bagwill – clcadmin@frederickuu.org

Turner Stokes – infotech@frederickuu.org

Rick Holt – webmaster@frederickuu.org

Alice Kleinfeld – calendar@frederickuu.org

Dottie Hall's Office Hours

Sunday – 9:00 am – 1:00 pm

Wednesday – 9:00 am – 5:00 pm

Thursday – 9:00 am – 5:00 pm

Friday – 9:00 am – 5:00 pm

REMINDER: In order to schedule a room for meetings, etc., please complete a "Calendar Reservation Form" located in the office (and next to the drinking fountains by the office door) or reserve space online at www.frederickuu.org/space_reserve.html. Changes should be forwarded to calendar@frederickuu.org. As a scheduling aid, you may refer to the UUCF 3 Year Schedule of Events at www.frederickuu.org/uucf_schedule_3yr.html.

REMINDER: When you are planning to use the office facilities either for equipment use (i.e., computer or copier) or for office support (i.e., bulk mailing or copying), please coordinate this through the Office Administrator, Dottie Hall. Dottie can be reached at 301-473-7680 or office@frederickuu.org.

REMINDER: Please send all submissions to our weekly newsletter, The Unison, to announcements@frederickuu.org – Deadline is Noon on Wednesday. Please specify in the subject line either "Unison" or "Mid-Week Announcements".

UUCF Activities – Week of November 21, 2010

Sunday, November 21

8:30 am – Nursery (0–5 years)
9:00 am – Early Worship Service – Sanctuary
9:00 am – Membership Committee Meeting – Room 113
10:00 am – Friendly Forum – Rooms 113/115
10:30 am – Set-up of RE Classrooms
11:00 am – Late Worship Service – Sanctuary
11:00 am – Children’s Religious Education in the Classrooms
12:00 Noon – Cleanup of RE Classrooms
12:30 pm – “Books for all Seasons” Discussion – Rooms 113/115
12:30 pm – Social & Environmental Justice Meeting – Room 124
8:00 pm – (Full-Moon Labyrinth Walk with Irene Jericho)

Monday, November 22

1:00 pm – Facilities Mgmt. Committee Meeting – Room 124

Tuesday, November 23

9:00 am – CLC Preschool – Nursery/Room 119
1:00 pm – Facilities Mgmt. Committee Meeting – Room 124
7:00 pm – Chalice Community Meeting – Room 125
7:00 pm – Tai Chi Class – Chapel

Wednesday, November 24

10:00 am – Chalice Community Meeting – Group A – Room 125
10:00 am – Chalice Community Meeting – Group B – Room 113
7:30 pm – Choir Rehearsal – Sanctuary

Thursday, November 25 - HAPPY THANKSGIVING DAY

Friday, November 26

Saturday, November 27

7:00 pm – YRUU Movie Night – Room 125

Sunday, November 28

8:30 am – Nursery (0-5 years)
9:00 am – Early Worship Service – Sanctuary
10:00 am – Friendly Forum – Rooms 113/115
10:30 am – Set-up of RE Classrooms
11:00 am – Late Worship Service – Sanctuary
11:00 am – Children’s Religious Education in the Classrooms
11:00 am – Set-up Thanksgiving Fellowship Dinner – Sanctuary,
Narthex, and Kitchen
12:00 Noon – Cleanup of RE Classrooms
12:30 pm – Thanksgiving Fellowship Dinner – Sanctuary,
Narthex, and Kitchen
2:00 pm – Thanksgiving Fellowship Dinner Cleanup – Entire Building

(Parenthesis denotes an outside rental guest)

WELCOME A “GUEST AT YOUR TABLE”, NOVEMBER 21, 2010



Welcome your guest

You can help make the Unitarian Universalist Service Committee’s 70th anniversary a banner year for global human rights. By welcoming a “Guest at Your Table”, you are helping nurture a spirit of gratitude and the UU values of justice, equity, and compassion in human relations. “Guest at Your Table” fosters understanding and awareness of UUSC’s human-rights work and our shared belief in

social justice.

Participate together

Place your “Guest at Your Table” box where you share your meals and keep it there for several weeks. When enjoying meals with family and friends, read a story or two from the booklet *Stories of Hope*. These stories will connect you to real people who are involved in the daily struggle for human rights. Telling the stories of their hopes and dreams is a meaningful way to bring these special guests into your home. Copies of the *Stories of Hope* booklets and collection boxes will be distributed on November 21, and will be available until UUCF’s collection date, January 9, 2011.

Share your blessings

At mealtimes, insert coins or bills into your “Guest” box, as if sharing with your guests. Here’s your chance to find out what a homemade meal truly costs per serving!

On the closing date (January 9, 2011), bring your box to the worship service, where all the boxes and envelopes from our congregation will be gathered, and then forwarded to UUSC. If your final gift totals \$100 or more, it will be eligible to be matched dollar for dollar through a grant from the UU Congregation at Shelter Rock in Manhasset, N.Y.

More information and action projects can be found at www.uusc.org or contact Lora Powell, Director of Religious Education at UUCF (education@frederickuu.org or 301-473-7680