



# UNITARIAN UNIVERSALIST

CONGREGATION OF FREDERICK  
Spirituality · Community · Justice

**“Travel as a Spiritual Practice: Lessons from Our National Parks”**

Sunday, August 7, 2022 at 10:30 a.m.

<b>Prelude</b>	“Adventure” - Matthew Parker	Steve Buckingham, guitar
<b>Welcome</b>		Steve Buckingham
<b>Introit</b>	“The Flower That Shattered the Stone” - John Denver Steve Buckingham, vocals and guitar; Cheryl O’Brien, vocals	
<b>Chalice Lighting</b>	Words of John Muir	Cheryl O’Brien, liturgist
<b>*Hymn no. 298</b>	“Wake Now My Senses”	

Wake, now, my senses, and hear the earth call; feel the deep power of being in all;  
keep, with the web of creation your vow, giving, receiving as love shows us how.

*Wake, now, my reason, reach out to the new; join with each pilgrim who quests for the  
true; honor the beauty & wisdom of time; suffer thy limit, & praise the sublime.*

*Wake, now, compassion, give heed to the cry; voices of suffering fill the wide sky; take  
as your neighbor both stranger and friend, praying and striving their hardship to end.*

*Wake, now, my conscience, with justice thy guide; join with all people whose rights are  
denied; take not for granted a privileged place; God's love embraces the whole human  
race.*

*Wake, now, my vision of ministry clear; brighten my pathway with radiance here; mingle  
my calling with all who will share; work toward a planet transformed by our care.*

**Story for All Ages**

“Hello National Parks!”

Melissa Rosenberger, Director of Religious Education

**Go Now in Peace no. 413** (PreK - 5th grade to “Arts & Exploration”): *Go now in peace (x2),  
May the Power of Love surround you. Everywhere, everywhere, you may go.*

## Joys and Sorrows

Steve Buckingham

### Spirit of Life no. 123

*Spirit of Life, come unto me. Sing in my heart all the stirrings of compassion.  
Blow in the wind, rise in the sea; move in the hand, giving life the shape of justice.  
Roots hold me close; wings set me free; Spirit of Life, come to me, come to me.*

*Fuente de Amor, ven hacia mí. Y al corazón, cántale tu compasión.  
Sopla al volar, sube en la mar, hasta moldear la justicia de la vida.  
Arráigame, libérame, Fuente de Amor, ven a mí, ven a mí.*

### Meditation

Spoken	“Little Rock Central High School National Monument”	Cheryl O’Brien
Silent		
Musical	“Blackbird” - Paul McCartney	Steve Buckingham

### Sermon

“Travel as a Spiritual Practice”

Steve Buckingham

Archive of *audio, text, & video of sermons* available at [frederickuu.org/sermons](http://frederickuu.org/sermons).

### \*Hymn no. 100

“I’ve Got Peace Like a River”

1. I've got peace like a river (x3)...in my soul. I've got peace like a river (x3)...in my soul.
2. joy like a fountain, 3. love like an ocean, 4. pain like an arrow,
5. tears like the raindrops, 6. strength like a mountain

### Offering

Cheryl O’Brien

You may also make a one-time or recurring donation at [frederickuu.org/give](http://frederickuu.org/give).

### Anthem

“We Americans” - Avett Brothers

Steve Buckingham

### Chalice Extinguishing

Words of Rev. Peter Lanzillotta

Cheryl O’Brien

### Benediction

Steve Buckingham

### Postlude

“Swimming to the Other Side” - Pat Humphries

(If you are able, please stack the hymnals on a chair at the end of each aisle. Thank you to anyone who is able to help further transfer them from onto the storage cart.)

There are regular weekly opportunities for  
advocacy, meditation, & more  
listed on the right hand side of our homepage: [frederickuu.org](http://frederickuu.org)

## Today

(Zoom links available on right-hand side of [frederickuu.org](http://frederickuu.org))

9:00 a.m. UU Buddhist Fellowship: Group Meditation & Discussion (Zoom)

**10:30 a.m. Sunday Service** (In-person & Zoom)

11:45 a.m. **Friendly Forum: “Tempestry Climate Project”** (Sanctuary/Zoom)

<https://zoom.us/j/95531719685?pwd=TnN4clJaYWtJTE9Wejkwkdys1dTNRdz09>

3:00 p.m. Agnostic/Humanist/Atheist (AHA) Group Discussion (Zoom)

<https://zoom.us/j/95648996114?pwd=L0ZFZjhhvYnhvZWFObkFHK08zQ1kzZz09>

## Joys & Sorrows

**Sue Thomson**, after being hospitalized following a fall, is at Citizens Care and Rehabilitation Center of Frederick (920 Rosemont Ave, Frederick), Sue welcomes visitors, and can also be reached by text or phone at 240-818-8899.

## Ongoing Classes & Upcoming Events

- **Connecting through Poetry Group:** Wednesdays, 12:30 p.m. Weekly exploring a poem together, & open conversation: <https://us02web.zoom.us/j/6354394421> (password: poetry).
- **Retired UU Ladies Eating Out (RUULEO):** 2nd Tuesdays (August 9) at 11:30 a.m.: Enjoy a monthly lunch and conversation at Wegman’s Food Court. Contact: Marj Mansfield, Marge21774@comcast.net, 301-693-6195
- **UUCF Book Club** will read and discuss the following books on these dates: Aug. 19: *The Lincoln Highway* by Amor Towles; NO SEPTEMBER BOOK CLUB MEETING; Oct. 21: *The Child is the Teacher: A Life of Marie Montessori* by Cristina DeStefano. Meetings start at 7:30pm on Zoom: <https://zoom.us/j/98767736843?pwd=djZyS0dRTUhhvSUJIN25HU2wvcytlQT09> If you would like to receive the link via email, contact Diana Pitcher at [djpitcher4@gmail.com](mailto:djpitcher4@gmail.com). A reminder email with the link will be sent out on the Wednesday before the meeting. All are welcome, whether you have read the book or not.
- **“Ask Me Anything” with Rev. Carl:** Sunday, August 21 at Noon in UUCF Sanctuary – limited to 20 people (12 spots remaining). Your chance to ask Carl about anything you've ever wanted to hear him preach, teach, or speak about. Each person will get to ask at least one question. You will also get to hear the responses to everyone else's questions. Feel free to bring a bagged lunch and beverage of your choice. Cost: \$20 (100% of proceeds go to UUCF This event is part of our recent Auction fundraiser.) To sign-up for one of the remaining spots, email [minister@frederickuu.org](mailto:minister@frederickuu.org).

**"UUCF 101: Pathways to Membership"**: Saturday, August 27, 10am-1pm (Zoom). Are you considering becoming a member of UUCF? Join us for an exploration of UU history and principles, sharing of our individual spiritual journeys, and learning more about our congregation. Limited to 15 participants. To register, email [minister@frederickuu.org](mailto:minister@frederickuu.org) with (1) the first & last name of each person signing-up, (2) preferred phone number for receiving a text reminder about the class. Note that with our increasing options for digital accessibility (live-streaming Sunday Services and joining meetings/classes via Zoom, you do not have to live near UUCF geographically to become a UUCF Member. You only need to be committed to participating regularly (either online or in-person) and supporting the congregation.

**Rev. Carl Teaching "Comparing Religions: Coming to Terms" at Frederick Community College's "Institute for Learning in Retirement"**: Tuesdays, 10:00 - 11:30am (6 sessions, starting September 6). Description: Explore the promises and perils of different comparative practices in the history of the world's religions and how they can help us navigate and understand our globalized, pluralistic, postmodern world. During the course, we highly recommend that you read the *second* half (chapters 7-12) of *Comparing Religions* by Jeffrey Kripal, available in both print and e-reader forms. Although this course is a continuation of a previous class, newcomers are most welcome. This class is offered in a "flex" format with an "in-person option" and an "online option." For more details or to register go to [ilratfcc.com](http://ilratfcc.com).

**Used Bicycles Needed**: The Refugee Welcoming Committee(RWC) of Frederick is preparing to sponsor a ninth Afghan refugee family in the next few weeks. Individuals and congregations have been extremely generous in donating household goods and furniture to help us prepare apartments for incoming families, and now we're learning that bikes are needed to help with transportation. We have a volunteer who provides tune-ups and repairs of used bicycles, and the RWC provides new helmets and bike locks. If you have a used bike you would like to donate, please send an email to [info@rwc.frederick.org](mailto:info@rwc.frederick.org) and let us know where and when we can pick it up. Many thanks for your generosity!

**Job Opening--Facilities Manager**: 25 hours/week, \$23/hour (\$29,900 annually). Responsibilities: Maintenance of building (10,000 sq ft) & grounds (6 acres). Full job description at [frederickuu.org/facilities](http://frederickuu.org/facilities). Email: a letter of interest and resume with three references to [minister@frederickuu.org](mailto:minister@frederickuu.org). Deadline: Sunday, August 21, 2022 (or until position is filled). Please spread the word to anyone who may be interested & qualified in being our next Facilities Manager.

## Highlights of This Week at UUCF

(For a more complete list, and for Zoom links, visit [frederickuu.org](http://frederickuu.org))

### Monday, August 8

7:30 p.m. UU Buddhist Fellowship: 30-minute Meditation (Zoom)

### Wednesday, August 10

12:30 p.m. Connecting through Poetry (Zoom)

### Thursday, August 11

7:00 p.m. UU Buddhist Meditation & Discussion Group (Zoom)

### Saturday, August 6

7:00 p.m. Lughnasadh with UU Pagans (Sanctuary/Grounds)

### Sunday, August 14

**10:30 a.m. Sunday Service** (In-person & Zoom)

11:45 a.m. Friendly Forum: Empowering Community Leaders Network, August split-plate (113/Zoom)

3:00 p.m. Agnostic/Humanist/Atheist (AHA) Group Discussion (Zoom)

## Invite a friend, family member, or colleague to UUCF

Join us next Sunday, August 14, when our special guest Dr. Terry Ann Scott will speak on “For Such a Time as This: How Do We Sustain Our Attempts to Change the World?” with Rev. Carl as liturgist. Special Music will be provided by Danielle Grace and Sarah Diaz. **Spread the word, and bring a friend, especially to anyone who may particularly appreciate this topic or theme!**

### Special Thanks Today

- Flowers: Barbara Schectman
- Sound Tech: Bill Bromfield; Live-streaming: Jude Oyler, Bill Bromfield
- Greeter: Kris Ginorio, Mark & Elaine Gleaton; Welcome Desk Host: Thia Wood
- Welcome Guides: Carolyn Judd, Alice Wong, Dick Roblin; Ushers: Kris Ginorio & Steve Ramberg
- Coffee: Sabrina Smith

## Unitarian Universalist Principles and Sources

1. The inherent worth and dignity of every person;
2. Justice, equity and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.
8. Journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.\*

*\*The Unitarian Universalist Association is in the middle of a process to potentially incorporate some version of this statement into the UU Principles. During this interim period, UUCF is one among a growing number of UU congregations who have committed to living out this proposed 8th Principle at the congregational level. For more information, visit [8thprincipleuu.org](http://8thprincipleuu.org).*

The living tradition which we share draws from many sources:

1. Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life
2. Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
3. Wisdom from the world's religions which inspires us in our ethical and spiritual life;
4. Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
5. Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
6. 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.

Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.

### **Unitarian Universalist Congregation of Frederick**

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