UNITARIAN UNIVERSALIST
CONGREGATION OF FREDERICK
Spirituality · Community · Justice

"For Such a Time as This: How Do We Sustain Our Attempts to Change the World?"

Sunday, August 14, 2022 at 10:30 a.m.

Prelude "Blowin' in the Wind" - Bob Dylan Sarah Diaz, vocals; Danielle Grace, piano

Welcome The Rev. Dr. Carl Gregg, minister

Introit "Talkin' 'Bout a Revolution" - Tracy Chapman Sarah Diaz and Danielle Grace

Chalice Lighting Rev. Carl

***Hymn no. 155** "Circle 'Round for Freedom" (sing twice)

Circle 'round for freedom, circle 'round for peace, for all of us imprisoned, circle for release, circle for the planet, circle for each soul, for the children of our children, keep the circle whole.

Story for All Ages 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 Rev. Carl

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 — Rev. Carl

Silent

Musical — "What a Wonderful World" - Weiss & Thiele — Sarah Diaz and Danielle Grace

Sermon — Dr. Terry Anne Scott

"For Such a Time as This: How Do We Sustain Our Attempts to Change the World?"

Archive of audio, text, & video of sermons available at frederickuu.org/sermons.

***Hymn no. 1017** — "Building a New Way"

We are building a new way (x3). feeling stronger ev'ry day, We are building a new way.
We are working to be free (x3), hate and greed and jealousy. We are working to be free.
We can feed our every need(x3), Start with love, that is the seed.
Peace and freedom is our cry (x3), Without these this world will die.

Offering — Rev. Carl

You may also make a one-time or recurring donation at frederickuu.org/give.

Anthem — "You'll Never Walk Alone" from *Carousel* - Rodgers & Hammerstein

Sarah Diaz, vocals; Danielle Grace, piano

Chalice Extinguishing — Rev. Carl

Benediction — Rev. Carl

Postlude — "Someday" from *The Hunchback of Notre Dame* - Menken & Schwartz

Sarah Diaz, vocals; Danielle Grace, piano

(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.)

Today

(Zoom links available on right-hand side of frederickuu.org)

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

11:45 a.m. **Friendly Forum: August's Split-plate Recipient, Empowering Community Leaders Network** (Rooms 113/115/Zoom)
https://zoom.us/j/95531719685?pwd=TnN4clJaYWtJTE9Wejkwdys1dTNRdz09

12:00 p.m. Earth-centered Spirituality Service (Chapel)

3:00 p.m. Agnostic/Humanist/Atheist (AHA) Group Discussion (Zoom)
https://zoom.us/j/95648996114?pwd=L0ZFZjhvYnhvZWFoRkFHK08zQ1kzZz09

Joys & Sorrows

Sue Thomson returned home Wednesday (8/10) from rehab after breaking her arm and shoulder. She is still in a sling, so help with meals is very welcome support. **Sign-up to bring Sue a meal at mealtrain.com/trains/dykdzz**. Also **feel free to buy pre-prepared food, make a home-cooked meals, or have food delivered.** All methods of food preparation/delivery are welcome. Sue writes, "I would **love to have visitors,** cards, and calls. Please call or text prior to visiting to arrange a mutually convenient time: 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 Men Eating Out (RUUMEO): 3rd Wednesdays at 8am, Enjoy breakfast and conversation at the Airways Inn of Frederick (310 Aviation Way). All are welcome, retired or not. Contact: Steve Berté, atnberte@gmail.com

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=djZyS0dRTUhvSUJIN25HU2wvcytIQT09 If you would like to receive the link via email, contact Diana Pitcher at 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.

"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 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**.

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. Email: a letter of interest and resume with three references to 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.

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

Highlights of This Week at UUCF

(For a more complete list, and for Zoom links, visit frederickuu.org)

Monday, August 15

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

Wednesday, August 17

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

Sunday, August 21

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 (113/Zoom)
12:00 p.m. "Ask Me Anything" with Rev Carl (Sanctuary)
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 21, when Rev. Carl will present "Six Ways to Meditate & How Do You Know If You Are Making Progress in Meditation?". **Spread the word, and bring a friend, especially to anyone who may particularly appreciate this topic or theme!**

Special Thanks Today

- Flowers: Nancy Roblin
- Sound Tech: Steve Buckingham; Live-streaming: Daylynn Wright, Bill Bromfield
- Greeter: Mark Gaffigan; Welcome Desk Host: Thia Wood
- Welcome Desk Support: Steve Ramberg
- Welcome Guides: Bobbi Mead, Barbara Gordon, Dick Roblin
- Ushers: Hanna & Mark Gaffigan
- Coffee: Steve Ramberg, 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.*

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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