



# UNITARIAN UNIVERSALIST

CONGREGATION OF FREDERICK  
Spirituality · Community · Justice

"Poetry Sunday: The Transformations of John Donne"

April 14, 2024 at 10:30 a.m.

- Prelude** "La Mourisque" - Tielman Susato Nick Int Veldt, piano
- Welcome** The Rev. Dr. Carl Gregg, minister
- Introit** "Saltarello" - Vincenzo Galilei Nick Int Veldt, piano
- Chalice Lighting** Sabrina Smith, liturgist
- \*Hymn no. 396** "I Know This Rose Will Open" (sing twice)

*I know this rose will open. I know my fear will burn away. I know my soul will unfurl its wings. I know this rose will open.*

**Story for All Ages** Melissa Rosenberger, Director of Religious Education (DRE)

**Go Now in Peace no. 413:** *Go now in peace (x2), May the Power of Love surround you. Everywhere, everywhere, you may go.*

**Joys & 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 Sabrina Smith

Silent

Musical "Mrs. White's Nothing" - John Dowland Nick Int Veldt, piano

Sermon

"Poetry Sunday: The Transformations of John Donne"

Rev. Carl

\*Hymn no. 108

"My Life Flows On in Endless Song"

*My life flows on in endless song above earth's lamentation. I hear the real though far-off hymn that hails a new creation. Through all the tumult and the strife I hear the music ringing. It sounds an echo in my soul. How can I keep from singing!*

*What though the tempest 'round me roars, I know the truth, it liveth. What though the darkness 'round me close, songs in the night it giveth. No storm can shake my inmost calm while to that rock I'm clinging. Since love prevails in heav'n and earth, how can I keep from singing!*

*When tyrants tremble as they hear the bells of freedom ringing, when friends rejoice both far and near, how can I keep from singing! To prison cell and dungeon vile our thoughts to them are winging; when friends by shame are undefiled, how can I keep from singing!*

Testimony

Sabrina Smith

To support UUCF, you can make a one-time or recurring donation at [frederick.org/give](https://frederick.org/give).

Anthem

"Ballet des Coqs" - Michael Praetorius

Nick Int Veldt, piano

Chalice Extinguishing

Sabrina Smith

Benediction

Rev. Carl

Postlude

"Passa Measure Galliard" - Anon.

Nick Int Veldt, piano

### Today

10:20 a.m. - 11:30 a.m. **Nursery** available (infant - age 3)

10:40 a.m. - 12 p.m. **Religious Education** during the 10:30 a.m. Sunday Service after the Story for All Ages for PreK-8th grade

10:30 a.m. **Sunday Service** (Sanctuary)

12:00 p.m. UUCF Knitting Circle (Room 125)

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

12:00 p.m. UUCF 201: Pathways to Leadership and/or Greater Involvement (Sanctuary)

3:00 p.m. Atheists, Humanists, Agnostics (AHA) Group (Zoom)

### Ongoing Classes & Events

**Retired UU Men Eating Out (RUUMEO):** 3rd Wednesdays (April 17) 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](mailto:atnberte@gmail.com)

**Chair Yoga with Renée Wimer:** Wednesdays, 11:00 a.m. Reservations required (Chapel)

**Connecting through Poetry Group:** Thursdays at 1:00 p.m. on Zoom.

**UU Thursday Buddhist Meditation:** 7:00 p.m. Dharma talk or reading, meditation, discussion. Beginners welcome.

<https://us02web.zoom.us/j/2544372955?pwd=VVBUNEIZcWRMOG94dWhudnZDZyt6Zz09>.

**UUCF's Blanche Ames Art Gallery:** The Exhibit runs through **April 28**. To learn more about our artist, Mary Garwood, go to the UUCF home page, tap "Visit." Then tap painter's palette icon. You also may visit the show at UUCF on Tues., Wed., Thurs. mornings 10:00- 12:00 or by appointment at [BAGallery@gmail.com](mailto:BAGallery@gmail.com). Send name, phone #, date/time of desired appointment. Enjoy the show!

**IT'S BEAUTIFUL! IT'S ONLINE NOW!** Our Beloved Gardens **ONLINE PLANT SALE CATALOG** is Open! To see it, go to [www.frederickuu.org/plantsale](http://www.frederickuu.org/plantsale). Click on Shop Now or Shop All to peruse 100 different plants at amazingly low prices. Online ordering ends on April 21. Shop Early for the best selection!

**Our Plant Sale Needs Volunteers!** UUCF'S Beloved Gardens Plant Sale is coming up on Sat, April 27. This is a fund-raiser and a great opportunity for the congregation and visitors to obtain Natives, Perennials, Herb, Veggies and Flowers at remarkably low prices! We need VOLUNTEERS to make it happen! Some to help Set-Up on Wed and Thurs, April 24/25. Some to sort and move plants on Thurs and Fri, April 25/26. And MANY to help with multiple tasks on Plant Sale Day, starting by 8:30 am. If you are interested, contact Nancy Roblin: Ph: 301 662 8506 or Cell 703 346 2022. Or [nancy.roblin@gmail.com](mailto:nancy.roblin@gmail.com). We guarantee this will be FUN!

"Immerse yourself in a sensory journey at **"PAINTING GRATITUDE: A TEA EXPERIENCE,"** presented by Traveler's Teahouse and Flow Enterprise. Discover how tea, a timeless muse for artists, has infused inspiration into masterpieces throughout history. Engage your senses as you sip exquisite teas, allowing their flavors and aromas to awaken your creativity. Following the tasting, each attendee will be given a Chakra card and an Angel card. Then you'll be guided through a collaborative painting project, which you'll be able to take home with you! No artistic background is necessary to participate and enjoy this communal experience. UU Members get \$5 off the \$45 tickets! Go to [flowenterpriseteas.com](http://flowenterpriseteas.com) or scan the QR code to reserve your spot, and prepare to paint your gratitude like never before!"



April 21, 2024  
3:30-5:30pm

**Friendly Forum**, Sunday April 21, 11:45 to 1:00 Room 113: **"Shaping Frederick's Future"** presented by Alan Feinberg "Currently Frederick is facing a challenge, and it is critical for more residents to be engaged and fight for the kind of place we want it to be. After all, shaping Frederick is too important for just the community planners and the developers to determine what our future is. If you love a place, you must fight for it." Alan Feinberg Join us for this timely presentation and discussion to learn how you can help determine the future of Frederick.

**UUCF 2024 Frederick PRIDE Booth for June 22** We're looking for help with everything from logistics to setup, staffing the booth, and everything in between. Reach out to Willow (Laurie) if you're interested: [egbert.laurie+uu@gmail.com](mailto:egbert.laurie+uu@gmail.com) or 3016930680 (WhatsApp friendly/NO group SMS).

**Two UUCF Job Openings: American Sign Language (ASL) Interpreter:** (1) ASL Interpreter for the weekly Sunday Service and reception afterward, 10am-Noon. Each week in advance, we will provide as much as possible of the spoken words and lyrics to music. (2) ASL Interpreter for weekly Sunday Children's Religious Education (R.E.) and reception afterward. Pay: \$50/hour with two hour minimum. Requirements: Certification or proof of proficiency. Apply: Email a letter of interest, a recent video of you interpreting (if available), and a resume with three references to minister@frederickuu.org. (We will reply within 24 hours to confirm receipt.) Deadline: Tuesday, April 23, 2024 or until both positions are filled. Start date: ASAP. Details: [frederickuu.org/ASL](https://frederickuu.org/ASL). Please spread the word to anyone who may be interested and qualified for this position

**The UUCF Book Club** will be reading the following:

- April 19 - *Stolen* by Ann-Helen Laestadius via zoom using this link
- <https://zoom.us/j/98767736843?pwd=djZyS0dRTUhvSUJIN25HU2wvcytlQT09>
- May 17 - *Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, A Man Who Would Cure the World* by Tracy Kidder in person at UUCF
- June 21 - *The Heaven and Earth Grocery Store* by James McBride in person, location TBD
- July 19 - *Whiskey Tender* by Deborah Jackson Tafta in person, location TBD

Meetings begin at 7:00 PM. For more information contact Diana Pitcher - [djpitcher4@gmail.com](mailto:djpitcher4@gmail.com).

**Antiracist Book Group**, Tuesdays, through April 16 at 7:00 PM. [\*The Hidden Roots of White Supremacy and the Path to a Shared American Future\* by Robert P. Jones](#). Jones examines how the Christian 'Doctrine of Discovery' has shaped America's history for 500 years, and examines contemporary communities in Mississippi, Minnesota, and Oklahoma for models of racial repair. March 26 we will discuss "Part One: The Delta" and [this related resource](#). For more information, contact Barbara Schectman or email [barbschgma@gmail.com](mailto:barbschgma@gmail.com). All are welcome on Zoom at: <https://us02web.zoom.us/j/2544372955?pwd=VVBUNEIZcWRMOG94dWhudnZDZyt6Zz09>.

**Split-plate Nominations!** It's time to make your nominations for the UUCF's **Split Plate for 2024-25**. Nomination forms can be found on our website at [frederickuu.org/splitplate](https://frederickuu.org/splitplate). Please complete and return your nomination by **April 30, 2024**; selection of the recipients for 24-25 will be made at the May Social Action Committee meeting, May 7, 2024.

### **Highlights of This Week at UUCF**

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

#### **Monday, April 15**

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

#### **Wednesday, April 17**

8:00 a.m. Retired UU Men Eating Out (RUUMEO) Airways Inn

11:00 a.m. Chair & Accessible Yoga (Chapel) Reservations Required

#### **Thursday, April 18**

1:00 p.m. Connecting through Poetry (Zoom)

7:00 p.m. UU Buddhist Fellowship (Zoom)

### **Saturday, April 20**

7:00 p.m. FCUUPS Masquerade Ball (entire building/grounds)

### **Sunday, April 21**

9:00 a.m. UU Buddhist Fellowship Group Meditation (zoom)

**10:20 a.m.** - 11:30 a.m. **Nursery** available (infant - age 3)

**10:40 a.m.** - 12 p.m. **Religious Education** during the 10:30 a.m. Sunday Service after the Story for All Ages for PreK-8th grade

**10:30 a.m. Sunday Service** (Sanctuary)

12:00 p.m. UUCF Knitting Circle (Room 123)

Atheists, Humanists, Agnostics (AHA) Group (Room 120)

RE Committee (Room Chapel)

UU Progressive Christian Fellowship (Room 125)

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

Join us next Sunday, April 14 at 10:30 a.m., when Rev. Carl will preach on **"To What Do We Owe the Future?"** with Nancy Dowdy as liturgist, along with music by our Choir! **Spread the word, and bring a friend, especially to anyone who may particularly appreciate this topic or theme!**

### **Special Thanks Today**

- **Audio Tech:** Von Hansche; **Video:** Jude Oyler
- **Greeters:** Mya Murphy & Kate Franklin
- **Ushers:** Dianne Shannon & Mya Murphy
- **Welcome Desk:** Bobbi Mead
- **Welcome Guides:** Barbara Gordon, Dick Roblin, Gary Magnuson
- **Coffee:** Iryna Lytvynets & 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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