



News & Notes

The UU Women's Group will meet for casual conversation on Monday, February 15 at 7:00 p.m. at the Otter House (formerly Fredericks), 1005 Princess Anne Street, across from Hyperion. No commitments necessary, and there's never an action item. This is a great way to get to know people, so newcomers are especially welcome.

The Religious Education students are collecting Pennies for Peace, a spare change project that supports the creation of schools in Pakistan and Afghanistan, as part of an effort to do good and better understand our connectedness to others around the world. Please drop some change in the change jar (in the RE wing each Sunday) when you can! You can learn more about the project at www.penniesforpeace.org.

A Course in Miracles Study Group meets weekly on Tuesday evenings from 7:00-9:00. Please call Marcia Grimsley for more information. New students are always welcome.

The Lost and Found bin is overflowing! It is usually located near the mailboxes, but will be available in the kitchen between services for the next few weeks. Please stop by and see if you have forgotten anything and it ended up in the bin. We will take all items that are unclaimed to Goodwill on February 8.

The UU bed and breakfast directory UU're Home offers a network of hosts in the U.S. and abroad who enjoy meeting new friends and are happy to open their homes to like-minded people. Travel to different cities and stay in reasonably priced accommodations or become a host and enjoy meeting new friends. For more information, visit www.UUreHome.com or write to info@uurehome.com.

To see if services or events have been cancelled due to inclement weather, call the Fellowship at 548-1301, visit www.uuffva.org, listen to radio station B101.5, or check www.b1015.com. If we hold only one service due to weather conditions, there will be no Religious Education classes that Sunday.

Enriching our Tapestry

2010 STEWARDSHIP GALA

We are so excited that our annual Stewardship Gala will take place on Saturday, February 27. If you have not already been called with a personal invitation, rest assured we want to see everyone there! Although the dinner kicks off our annual fundraising campaign, you do not need to be a member to attend. Friends of the Fellowship are encouraged to attend if possible.

The evening will be a celebration of our community and our shared values. Our theme is "Enriching our Tapestry," and your table host is busily preparing for a fun evening. The celebration will start at 6:30 p.m. at the Dorothy Hart Community Center (408 Canal St.), and will feature great food, friends and music!

With so much change on the horizon, the Stewardship Gala will provide an evening for the Fellowship to come together and honor all that our UU family represents. So mark your calendars for the 27th of February as the Fellowship prepares for our exciting future. If you have any questions about the dinner or the Stewardship Campaign, please feel free to call Chris Lillis.

-2010 Stewardship Team

New Building Update

Mission: Create a new building where UUFF can flourish.

(Within our budget, low risk, with enough space, green principles, etc.)

This is the mission that we have been keeping in the front of our minds throughout this process.

This is only our second monthly update from the Board of Trustees on progress on the new building construction phase. The past month has been filled with holidays and trying to wedge progress in between holiday gatherings. We have made progress, although never as much as we would like.

I'll keep it quick and simple here. We are working on a contract with the architect who created our current design (Owens Architects) to complete and compete this design with local builders. We are also doing our 'due diligence' by

checking references, and viewing another building he designed.

We are also beginning to talk to local builders to prepare us for what lies ahead.

One of these days I'll be telling you that dirt is moving on our land with a grand purpose. Believe me, I am as anxious for this as anyone. We're doing our best to be thoughtful and cautious with making commitments with our building funds. We want to make sure we keep the risks as low as possible, while still getting us the building that we need.

Once we have the contracts in place, we will still have to make our way through any design tweaks and through the county permitting process. But rest assured, we are marching intentionally on this path to our new building!

-Suzanne Logan, New Building Liaison



MINISTER'S MEDITATION

Rev. Jennie Barrington
INTERIM MINISTER

"Bezalel and Oholiab received from Moses all the offerings the Israelites had brought to carry out the work of constructing the sanctuary. And the people continued to bring freewill offerings morning after morning. So all the people who wrought the work on the sanctuary left their work and said to Moses, 'The people are bringing more than enough for doing the work Adonai commanded to be done.' ... What they already had was more than enough." [Exodus 36: 4-7]

Dear Members and Friends,

Our Christmas Eve service was the prettiest I have ever experienced. This is somewhat ironic since our Fellowship home is currently in a strip mall, adjoining a Fas-Mart, a pizza place, a Chinese restaurant, a hair salon, a pawn shop, and a pet grooming service. And, because of the mess candle wax would make in our carpeted rented space, the Board also decided against the hand-held candles traditionally lit as we sing "Silent Night." But two of our members created displays of so many lovely candles on tables all around all sides of the sanctuary (Martha Stewart herself could not have done it better). And many members and friends of all ages sang and played. The evening took our breath away. I am sorry some of you missed it. But I understand that holiday schedules take people hither and yon.

To write my Christmas Eve homily, I thought back on all that our Fellowship has been through in the past calendar year. And I realized that you've been through quite a lot of upheaval. A list came to my mind that you've all probably

heard of – it's a list of events that cause stress in the life of a couple, or family, or congregation. On that list are: loss of a family member or divorce, integrating a new family member, selling a home, moving, building a house together, and change in financial situation. I would add that most of the Fellowship's belongings are in storage. And there have been legal issues with our former builder, which are unusual.

All this is to say that I see this as a time of very high stress for our Fellowship, for several concrete reasons. I think that a lot of things are going a lot more smoothly lately than they were a few months ago. But any extent to which members have felt unable to make decisions or act on them is understandable due to all that stress. That having been said, I feel the Fellowship is right on the brink of a breakthrough in several positive ways. It will do us all a world of good to see concrete evidence of the new building going up. I look forward to seeing those happy days with you.

Between now and then, the Board and I would like you all to have the opportunity to talk about the changes that have occurred in the last year, the strengths and "growing edges" of our Fellowship, and your hopes for its future. Events like the loss of a long-time minister and the move from Caroline Street affect each member differently. You need some time and space to express your perspectives, and you deserve the chance to express yourselves and feel you've been truly heard. To that end, the Board is setting up Listening Circles that will take place in members' homes, in small groups, structured like Community Circles or covenant groups. The Board and I hope that at least forty percent of the congregation will take part.

We have materials developed by the Rev. Deborah Cayer, who serves the Eno River UU Fellowship, in Durham, North

Carolina. The topics for the Listening Circles are: "Spirit," "Right-Relationship," and "Authority." (A fourth set on "Covenant" is almost finished.) The materials include a variety of quotations to stimulate discussion. The quotations cover a wide range of theologies and philosophies. Those topics are broad enough to allow room for your specific joys and concerns about our Fellowship during this time of many transitions.

Reverend Cayer wrote, "Within the respect and trust of the small groups, I hope people will be able to consider other important (and difficult) topics." That circle of respect and trust is what "sanctuary" really means – the atmosphere of honor and care you create through so many aspects of the life of our Fellowship. My definition of "sanctuary" is "a safe space." UUFF is a sanctuary every time such a wide range of beliefs and practices are held together in a safe space. One of the most important ways we can make the "hall" of our "temporary digs," or any place we gather, into a "sanctuary" is to provide a safe space for people to name what they really mean by what they say, so they feel their experiences are honored. If you look the word "worship" up in a dictionary, it says, "to extend love and devotion." I would like our Listening Circles to be settings where people can name the things they feel love and devotion for.

Though our "temporary digs" are not the shelter we once had, nor the walls and roof we long for, external things are not what make a place our Fellowship home – the love and devotion you extend to each other and out into the world are what you will be remembered for. You already have everything you need to make wherever you gather a sanctuary – just like you did on Christmas Eve.

With love and devotion,
Rev. Jennie



Welcome to new members **Danette Davis** and **Denise Moll**, who both signed the membership book in January. We're glad to have you with us!

HAITI RELIEF FUND

The Unitarian Universalist Service Committee and the UUA have created a fund to support Haiti relief efforts following the January 12 earthquake. Plans for fund distribution will appear on the website as they evolve, but the goal is to help those least likely to have access to aid and at the greatest risk of being overlooked. For information on contributing, visit www.uusc.org/haitiearthquake, or send donations by mail to UUSC/UUA Haiti Earthquake Fund, PO Box 844001, Boston, MA 02284-4001.

THOUGHTS from THE BOARD

"The world is round and the place which may seem like the end may also be the beginning." (Baker Priest)

Are you still feeling the loss of our Caroline Street Building? Did losing our full-time minister of nine years create sadness for you? Have our temporary facilities caused you angst every Sunday morning? If we all think about it, our UUFF family has experienced several significant changes over the past year, events that typically create considerable stress in a family. We have experienced the loss of a family member with the parting of Rev. Jeff Jones. We have experienced the loss of our home with the sale of the Caroline Street property. Even with our dreams, the construction of a new home, we have experienced recent delays as the result of contractual issues.

In the face of these significant events, we continue, both as a board and a Fellowship, to stretch forward. We have this sense that we must continue to strive towards our goals of a new building and a called minister. Is it true that if we slow down at all, our dreams will be lost, will vaporize? Or are we simply keeping ourselves so busy chasing our dreams that the healing that occurs through open and heart-felt discussion cannot occur – a common strategy for individuals in denial? Are we in denial of the grief that we must be feeling from all these changes?

In the Buddhist tradition, the practice of loving kindness (metta) begins with oneself. Holding the events in one's life with an open sense of compassion is the foundation for being able to open to others with kindness. If we cannot hold ourselves with love, how can we hold another with love? If the UUFF is not ministering to its own losses and needs, how can we minister to the losses and needs of the broader community? Perhaps our UUFF family would benefit from taking some time to simply breathe deeply and

embrace ourselves in the warmth of an open heart, to show a bit of kindness to ourselves.

It is for this reason that the Board is continuing to initiate a journey for all of us to travel. Listening Circles are being established to help us be the best we can be. Using healthy listening skills and honest communication strategies, the circles will give us *time* to reflect, heal and strengthen for the challenges ahead. They will give us *time* to acknowledge and embrace our changes and to open ourselves to the possibilities in front of us. They will give us *time* to figure out who we are and what we want to do next. Will you join us in this discovery? Please sign up to attend a Listening Circle. The sign-up poster is in the kitchen. Dates, times and places, are still being planned. They will vary to accommodate as many people as would like to attend. The first one will be in February. Won't you give two hours of your time to discover and strengthen our vision?

–UUFF Board of Trustees

Sunday Discussion Group

The Sunday Discussion Group meets after services on most first, third, and fifth Sundays from 1:00-2:00 p.m. in the Fellowship kitchen. If you are not on the discussion group email distribution and wish to be informed of the meetings, please email xxx@infionline.net. All are welcome to participate or just sit in on discussions of interest. The topics scheduled for the near future are:

- Feb. 7:** *Are there any valid reasons why multiple marriages should be prohibited?*
- Feb. 21:** *Has the n-word lost its power to shock and wound?*
- Mar. 7:** *Is tort reform a good idea for the United States?*
- Mar. 21:** *Should newspapers be kept from dying?*
- Apr. 4:** *What causes human aggression and what should we do about it?*
- Apr. 18:** *Are user fees fairer than other taxes?*
- May 2:** *Should roads be privatized?*
- May 16:** *How should social justice be defined?*

–Stew Engel

COMMUNITY ACTION CORNER

Ever wonder about homeless children? They are perhaps only on the periphery of our concerns, but largely due to abuse or neglect, they exist.

United Methodist Family Services (UMFS) has been meeting the needs of such children and their families since 1900. Terry Martin, a recruiter and trainer for UMFS, met with the UUFF's Community Action Committee at their January 11 meeting to explain the organization's services in addressing the emotional, psychological and behavioral issues of these children. UMFS programs range from mentoring to intensive 24-hour treatment. Outcomes include family reunification or adoption.

Ms. Martin explained that UMFS is looking for therapeutic foster or adoptive homes and mentors. Please look on the table in the rear of the Fellowship hall for information about the requirements, the training and the rewards for working with these children.

–Sheila Clark

IN OUR HEARTS

Pat Wall is recuperating following hospitalization in late January for cardiac concerns. We send Pat our best wishes for renewed good health.

Ray Pollock was diagnosed with lung cancer in mid-December, and was scheduled for surgery on January 28. We wish Ray smooth sailing through the procedure, and send our get well wishes for his full recovery.

Jim Yeatts is on the mend following prostate surgery. We will keep Jim in our thoughts, and wish him all the best for continued recovery.

Valerie Setzer is recovering at home from recent colon surgery. We send Val our love, and wish a healthy 2010 to both Val and her husband Bill.

Christie Johns has healed fully from an accident that seriously injured her liver, but now is hobbling around in a walking boot following a stress fracture to her foot. We wish Christie a smooth recovery...now knock it off!

Rebuilding Together

Brrrrr, I know it's late January, it's cold, it's dreary, and we're only in the middle of it! But, take hope, we are now halfway to springtime! In the next month flowers will start to grow and color will return to the world! Spring is coming!



The most important event that I look forward to during the spring is *Rebuilding Together*. *Rebuilding Together* is a city-supported activity that repairs houses of less fortunate individuals without the means and/or physical abilities to maintain their homes.

The Fellowship has supported this project for many years. In so doing we have earned the respect and gratitude of the entire community.

Our own Ralph Phipps is on the Board of *Rebuilding Together*. He has been working throughout the winter in reviewing qualifications of applicants, and narrowing down the house selection process. The date for this year's *Rebuilding Together* has been set as April 24.

As more information is obtained, I will be sending out additional articles and announcements. If you have any questions, please contact Heather Sinclair (xxxxxxx@hotmail.com). Thank you.

—Heather Sinclair

Second Fridays Book Group

Join your fellow UUs for lively book-based discussions. We meet the second Friday of each month from 7:00-8:00 p.m. Call Susan Park at xxx-xxxx or email xxxxxxxx@yahoo.com for location.

Feb. 12: *Born Fighting: How the Scots-Irish Shaped America*, by Jim Webb

Mar. 12: *The State of Jones*, by Sally Jenkins & John Stauffer (1st half)

Apr. 9: *The State of Jones* (2nd half)

—Susan Park

AT YOUR SERVICE AUCTION

Auction time will be here before you know it! Our Seventeenth Annual *At Your Service Auction* will be held (appropriately) on April 17, and will give the congregation an opportunity to bid on a variety of donated items and services. The evening is one of our most popular and well-attended events, with wonderful refreshments, entertaining auctioneers, and a lively atmosphere. You definitely won't want to miss out on a minute of the fun!

As always, the success of this event depends largely on the donations we receive, so start putting your imagination to work, and come up with some practical, whimsical, tasty, entertaining, time-saving, handy, and creative ideas. Our categories include:

Recreation, Tours & Excursions; Services & Instruction; Dinners & Parties; Gastronomic Delights; Arts & Crafts; and Miscellaneous Items. Auction forms will be available in March, and we'll have sample catalogs from past auctions on display for those unfamiliar with this event.



If you offered a service or event at our last auction that hasn't been scheduled yet, now is the time to start making some plans to follow through. We look forward to a whirlwind of activity in the next couple of months!

—Maryann Brown

TREASURER'S NOTE

December 2009 was an exceptionally good financial month for the Fellowship. Pledges that had been lagging a little in the fall came rolling in to the tune of \$30,000. January 2010 is looking pretty good too—not as good as December, but few months are that good. Let's keep it up!

It's happened to most of us at one time or another. We forget to enter a debit card purchase or an ATM withdrawal. The next thing we know, a check is returned marked ISF (insufficient funds)—it's only one check, if we're lucky. Then, the bank charges an ISF fee and the business that got the check charges an ISF fee. If you write an insufficient funds check to the Fellowship, it costs us \$25.00. So, please be careful. If you do happen to write an ISF check to the Fellowship, it would be nice if you sent in an extra \$25.00 with the replacement check.

You should have received your calendar year 2009 donation statements in mid-January. If not, contact treasurer Ron Wasem at xxx-xxxx or email xxxxxxxx@cox.net.

—Ron Wasem

JUN	
MAY	
APR	
MAR	
FEB	
JAN	\$88,335
DEC	
NOV	
OCT	
SEP	
AUG	
JUL	

Pledge Income Through December 2009

Pledge income is right on track for the year so far. Through the end of December, we have received \$88,335 in pledge income, while the budget calls for \$86,851.



BILL'S SMILE of the MONTH

Randy: George Washington threw a silver dollar across the Rappahannock River.

Andy: I bet he couldn't do that today.

Randy: And why not?

Andy: A buck just doesn't go as far these days.

Dad: Son, when Abraham Lincoln was your age, he walked miles to school every day.

Son: Yeah? Well, when Lincoln was your age, Dad, he was president!

—From the humor archives of Bill Pinschmidt

Takin' Care of Business

Membership, Contributions, and Waivers

If you are a member of the UUFF, then you know that to be a member in good standing, a minimum financial contribution (\$100) of record in the past 13 months is required. In reviewing the membership list for Membership Certification for the UUA, it has been determined that there are members who have not met this requirement. In mid January, the Treasurer mailed all contributors a Contribution Statement. This statement provides information as to when a contribution was made, the amount, and the total given in 2009. Take a look and make sure you have made the required contribution.

In these current economic times, it is understood that making a financial contribution may be very difficult. A member may request a waiver if there are financial difficulties. A waiver allows you to remain a member in good standing until the end of the fiscal year, which is June 30. Please contact Rev. Jennie Barrington (548-1301) to request a waiver. This information is kept confidential.

If it just slipped your mind to make

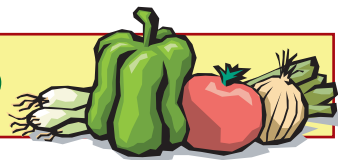
your contribution, there are four ways to remedy that. Put your check (made out to the UUFF) in the Sunday basket; mail it to the UUFF (c/o Treasurer); or deposit it in the metal treasurer's box above the light switch in the office. If you choose to use cash, be sure it is in an envelope with your name on it. Loose cash in the Sunday basket cannot be attributed to any one individual. Option 4 is to get the form that allows for automatic payments. These forms are on a table near the visitor's table.

If you have questions about your membership status, contact Nancy Krause (xxx-xxxx or xxxxxx@yahoo.com). For questions regarding your contributions, contact Ron Wasem (xxxxxxx@cox.net).

If you are contacted about your membership status, please understand it is being done with concern for you. While money is important for conducting church business, it is more important to this Fellowship that we reach out and help our members stay active and involved.

Nancy Krause, Membership Chair

Vegetarian Group



Ever wondered how stores like Costco, Wegmans, and Ukrop's come up with such great carryout food and baked goods? Well, their recipes are part of the equation, of course, but so are their chefs! These days, with so many people having special dietary requirements, from gluten-free to vegan to low-salt, grocery stores are answering with delicious meals and menu ideas!

Many members of the Fellowship, and those of the Vegetarian Group, have these concerns. So, at this month's meeting, Hannah Hadaway, a food demonstrator at Wegmans, will teach us her own tricks of the trade to make a delicious vegan and gluten-free dish. The Vegetarian Group welcomes you to join us for this presentation on **Saturday, February 6, 11:30-1:00** at the Fellowship. We will also have time to discuss the film

Food Inc. (shown at our January meeting). If you have not had the opportunity to view the film, come hear the discussion and it may motivate you to watch it. The Vegetarian Group owns the DVD and you are welcome to borrow it!

As usual, we will begin our monthly meeting with "the best meal in town"—our potluck lunch! Please bring a vegetarian or vegan dish to share (or small donation) and your own place setting (cup, plate, silverware). Gluten-free or raw dishes are always welcome. We always have extras to share! All are welcome—you do not need to be a vegetarian to enjoy the good food and fellowship. We also offer support, a lending library of books and videos, recipes and ideas! Questions? Contact Gloria Lloyd, xxxxxxxxxxx@msn.com, or Christine Carlson, xxx-xxxx.

—Christine Carlson

UUFF Meditation Group



The path of the Dharma is offered for the Fellowship each Thursday evening at the Massey Mediation Center (1119 Caroline St). Whether you are a novice or a master, feel free to join us for an evening of meditation starting at 7:00 p.m. Many practitioners in our sangha follow the Vipassana (Insight) tradition. Of course, we are open to all forms of practice. Come share yours with us!

On the second, fourth, and fifth Thursdays of the month, the evening is centered on our sitting and walking meditation practices. On the first and third Thursdays of the month, our practice is one of Mindful Listening. On these evenings, a spiritual topic is addressed with an emphasis on opening ourselves to others through mindful, nonjudgmental listening. In February, our Mindful Listening practice will continue a series of workshops focused on Eckhart Tolle's *A New Earth: Awakening to Your Life's Purpose*.

FEBRUARY SCHEDULE

- Feb. 4 *Mindful Listening:
Letting Go of Self-Definitions*
- Feb. 11 *Meditation: Sitting & Walking*
- Feb. 18 *Mindful Listening:
Carrying the Past*
- Feb. 25 *Meditation: Sitting & Walking*

—Bill Brooks

Coping with a Broken Heart

The Bereavement Coalition of Greater Fredericksburg will be sponsoring a program entitled *Coping with a Broken Heart* on Saturday, February 13, from 1:00 to 4:00 p.m. at the main branch of the Central Rappahannock Regional Library on Caroline Street. This program is offered for adults who have experienced the death of a loved one and will feature the film *Tear Soup*, followed by time for questions and discussion. A light lunch will be served prior to the film presentation. This program is offered free of charge but pre-registration is required. Those wishing to attend may contact Diane Ebenal at 741-2377.



SOCIAL JUSTICE ACTIVITIES

The worker bees on the Social Justice Committee never cease to amaze me. Their know-how and level of commitment deserve special recognition. For our health care access project – our priority project for the year – we have focused on dental care. We’ve done extensive research on the problem, found out what programs are available to help the needy, and have gathered a lengthy list of dentists in the region so that we can contact them about volunteering some time to provide services to folks with serious dental needs.

Special thanks to the core group that has done so much work and regularly attends meetings and work sessions: Karen Kallay, project manager; Vashtye Ferguson; Cris Groth; and Becky Reed. Paula Neustatter, who some time ago on her own started gathering information on doctors and dentists for a website she is putting together, has recently teamed up with our dental access group. Paula is taking the dental care provider list that the Social Justice Committee came up with and is merging it with information she has. Eventually we should have a complete, accurate list of practicing dentists in our region.

February is Dental Health Month. It’s a great time to make an appointment if you’ve been putting off your own dental needs. It’s also the perfect time to write a Letter to the Editor to draw attention to the dental care access problem. To submit a letter to the Free Lance-Star, send an email to letters@freelancestar.com or go to <http://fredericksburg.com/News/Feedback/sendLetterForm> (and “paste” your letter into the online form). To submit a letter to the Stafford County Sun, send an email to info@staffordcountysun.com. It’s particularly effective if you can tell the personal story of someone who needs dental care but can’t get it.

Here are a couple of points to make: The Moss Free Clinic is not able to serve all of the people needing dental care who have no insurance or means of paying. About 30 area dentists donate some time through the clinic but many more need to do so. The clinic does not serve patients who are covered by Medicaid, the state health care program for low income citizens, even though Medicaid in Virginia does not cover dental services. Medicaid patients can receive dental services at the Community Health Center of the Rappahannock Region, but the waiting time for dental services is five months!

Even health care reform efforts at the national level do not include dental care. The costs are so enormous, legislators are afraid to touch it. As you know, they are having trouble coming to consensus and figuring how to control costs just on medical care.

The Moss Free Clinic at this time seeks dentists who are willing to donate time in their own offices, since the clinic facility is booked with dentists who have already volunteered, or with Germanna Community College dental hygiene students who give free cleanings. The dentists receive Virginia tax credits for their donation of services.

The UUFF Social Justice Committee is currently considering how it can best get the word out about what services are available and why dentists should donate time. If you have ideas on this, please pass on your thoughts!

The next regular meeting of the Social Justice Committee is Thursday, February 18, at 10:00 a.m. at the Central Rappahannock Regional Library on Caroline Street in Fredericksburg. All are welcome.

May Justice Prevail,
Alane Callander, Chair



The Sweet Side of Life

Would you like a fun-filled evening with your Valentine or perhaps meet a Valentine and also support a local United Way agency in the process?

Enjoy an evening of dancing with hors d’oeuvres and decadent desserts on Friday, February 12, 8:00-11:00 p.m. at the Fredericksburg Hospitality House & Conference Center (formerly Sheraton and Holiday Inn). Tickets are \$50, which will support the Fredericksburg Counseling Services.

The Fredericksburg Big Band provides music for this black tie optional event. Singles and couples are welcome. Local restaurants, Mountain View High School, and Spotsylvania Culinary Arts programs are providing the hors d’oeuvres and desserts. Many area businesses are providing items for a silent auction.

The mission of this agency is to provide counseling and related services, without charge, to low income, uninsured people of our region. The agency’s goal is to help people work toward freedom from mental and emotional problems, family and marital conflicts, and various other situations that affect quality of life.

Call the Counseling Service at 373-2320 or contact Natalie Davis at xxx-xxxx. Tickets are also available on-line at www.fcsagency.org.

–Ray Davis

Mindful Ecotherapy Retreat

The Mountain ▪ Highlands, NC
April 3-4

Mindful Ecotherapy combines Mindfulness and Ecotherapy in a program to help practitioners achieve a less stressful, happier lifestyle. Join Chuck Hall, Director of the Mindful Ecotherapy Organization (www.mindfulecotherapy.org), for a weekend of reconnecting with nature, your family, and yourself.

The weekend is \$250 per person and includes room, meals, and two days of workshops. We’ll also have a drumming circle, so if you have a drum, feel free to bring it! Discounts available for groups.

Limited space left! Register by Jan. 31 at: www.mindfulecotherapy.org/Programs/TheMountain/MountainApril2010.htm.

FEBRUARY CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SAT.
<i>All activities subject to change.</i>	Mood Supporters 1 10 am, <i>Griffin</i>	Adult Choir 2 7 pm Men's Group 7:30 pm <i>Primavera</i>	Handchimes 3 7 pm	Council of Comms 4 7 pm Mindful Listening 7 pm <i>Massey Bldg.</i>	5	Hatha Yoga 6 8:45 Veg Group 11:30 am
Service 10 & 11:30 am 7 UUth Choir 12:45 pm Sun. Discussion 1 pm Teen Girls Group 1:30 pm	RE Comm. 8 6 pm Sunday Services Comm 7 pm <i>CRRL Rm 1</i>	Music Comm. 9 6 pm Adult Choir 7 pm	Handchimes 10 7 pm	Board of Trustees 11 7pm Great Books 7 pm Mindful Meditation 7 pm <i>Massey Bldg.</i>	Friendship Comm. 12 7 pm <i>Kit Carver's</i> Second Fridays Book Group 7 pm	Hatha Yoga 13 8:45 am
Service 10 & 11:30 am 14 UUth Choir 12:45 pm	Mood Supporters 15 10 am, <i>Griffin</i> Women's Group 7 pm <i>Otter House</i>	Adult Choir 16 7 pm Men's Group 7:30 pm <i>Primavera</i>	CUUPS 7 pm 17 Handchimes 7 pm Finance 7 pm <i>Erick Hagstrom's</i>	Social Justice 18 10 am <i>CRRL</i> Mindful Listening 7 pm <i>Massey Bldg.</i>	19	Hatha Yoga 20 8:45 am <i>Newsletter</i> Deadline 4 pm
Service 10 & 11:30 am 21 UUth Choir 12:45 pm Sun. Discussion 1 pm Teen Girls Group 1:30 pm	Transition Team 22 7 pm <i>Elsteins'</i>	Adult Choir 23 7 pm	Handchimes 24 7 pm	Great Books 25 7 pm Mindful Meditation 7 pm <i>Massey Bldg.</i>	26	Hatha Yoga 27 8:45 Stewardship Gala 6:30 pm <i>Hart Comm. Ctr.</i>
Service: 10 & 11:30 am 28 UUth Choir 12:45 pm	SAVE THE DATE: April 17: At Your Service Auction ▪ April 24: Rebuilding Together May 23: Annual Meeting					

SUNDAY SERVICES

SUN., FEB. 7, 10:00 & 11:30 am

Southern Baptist Ladies

Guest Speaker: Dr. Carolyn Pevey

Dr. Pevey will discuss the sometimes surprising findings of her case study into the attitudes and behavior of southern Baptist women about male god imagery and wifely obedience, and how these women deal with a tradition that promotes male dominance. Dr. Pevey was raised in southern Louisiana. She retains her southern accent but not her fundamentalist religious upbringing. She has her Masters and PhD degrees from the University of Texas, and is currently professor of sociology at Germanna Community College.

SUN., FEB. 14, 10:00 & 11:30 am

Passenger Pigeons and Black Swans

Rev. Jennie Barrington

Children's Story Sunday

SUN., FEB. 21, 10:00 & 11:30 am

Enriching Our Tapestry

Rev. Jennie Barrington

Stewardship Sunday

SUN., FEB. 28, 10:00 & 11:30 am

The Shakers

Rev. Jennie Barrington

Adult Choir and Handchime Choir will perform.

UNITARIAN UNIVERSALIST FELLOWSHIP OF FREDERICKSBURG

5044 Plank Rd. ▪ Fredericksburg, VA 22407



The Unitarian Universalist Fellowship of Fredericksburg fosters a welcoming and intentionally diverse community of those who seek philosophical, spiritual, intellectual or religious growth in a forum of mutual respect. Affirming the principles of the Unitarian Universalist Association, we value social justice, respect the interdependence of all life and are united by a desire to make ethical decisions on issues of mutual concern.

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OFFICE HOURS: Tues., Wed., Thurs., 10:00 -2:00.

Announcement deadline: Wednesday at Noon

REV. JENNIE'S OFFICE HOURS:

Mon., Wed., Thurs., 10:30 a.m.-2:30 p.m., and other times by appointment. Tuesday is Rev. Jennie's day off. Saturday is a Writing Day.

March Newsletter Deadline: SAT., FEB. 20, 4:00 pm

March Pub. Date: Feb. 24. Email articles to Maryann Brown at xxxxxxxx@comcast.net.