



## News & Notes

The UU Women's Group will meet on Monday, January 18 at 7:00 p.m. at Pho Saigon in the Breezewood Station Shopping Center on Rt. 208 (10705 Court-house Road). Enjoy tasty Vietnamese food and snappy conversation. Newcomers welcome!

**Donation Reminders:** If you want your Fellowship donation (General Fund or Building Fund) to count for 2009 tax purposes, please get it in to the office by December 31 by hand, mail, carrier pigeon, or any way you can. Also please note that the **Capital Campaign** (Building Fund) for our new building officially ends December 31. If you can complete your pledge by then, please do so. However, if you can't finish up by then, feel free to continue donating in 2010.

In case of inclement weather, call the Fellowship at 548-1301 to see if services or events have been cancelled, or visit our website, [www.uuffva.org](http://www.uuffva.org). You can also listen to radio station B101.5, or check [www.b1015.com](http://www.b1015.com). If we hold only one service due to weather conditions, there will be no Religious Education classes that Sunday.

## UUFF Singers Selected for UU Children's Choir

A huge congratulations goes out to our talented young singers, **Taylor Noll**, **Morgan Johns** and **Allison Slominski**, who auditioned for the UU Children's Choir and were all accepted into this very selective performing group. The choir consists of about 75 ten- to twelve-year-olds chosen from UU youth across the continent. All three will attend a week-long choir camp at Macalester College in St. Paul, Minnesota, and will perform at the UU General Assembly in Minneapolis, June 23-27. We are so proud of these accomplished young ladies!

## UUFF COFFEEHOUSE

PRESENTING AN EVENING OF MUSIC & THEATER

Join us on Saturday, January 9 at 8:00 p.m. for a very special evening of music and theater magic! This coffeehouse will feature Greg D'Amato in concert performing original piano compositions. If you've ever wished you could hear Greg play more than for just a short while on Sunday morning, this will be a can't-miss event.

Next up on the program will be a lively Reader's Theater, featuring a dramatic reading of George Bernard Shaw's *Don Juan in Hell*. This witty, perceptive and provocative play is as timely now as when it first shocked London's West End, and our presenters will bring the material alive for the audience.

This promises to be an event to remember, and one which we hope will be just the first offering of a continuing arts series. The evening's entertainment will appeal to adult interests, and is not appropriate for children. Light refreshments will be served; tickets will be \$5 each.

-Gae Pinschmidt

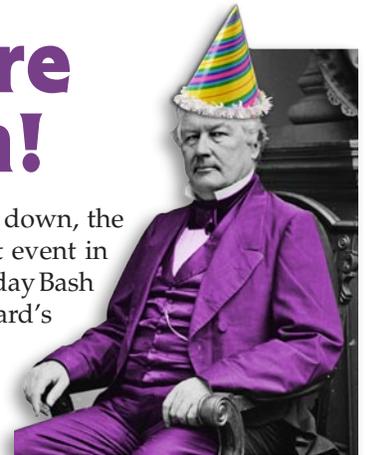
## Millard Fillmore Birthday Bash!

He's BACK! Because you can't keep a good man down, the Friendship Committee brings the return of that great event in honor of a famous Unitarian: The Millard Fillmore Potluck and Games Night. This year, we'll celebrate Millard's big day at the Fellowship on Saturday, January 23.

All ages are welcome to the potluck party, which will be held in the Fellowship hall from 6:00 to 9:00 p.m. Bring the whole family to this momentous occasion, plus a salad or pasta dish to share. After dinner, we'll enjoy a variety of board games, cards, charades, and trivia games. Join our youth at tables they'll be hosting! Yes, folks, the games are on the kids; they take charge of a table and decide on the games to be played. Get free tickets at the Fellowship to reserve your place at the table of your favorite young person!

Millard was actually born on January 7, 1800, and became our 13th president in 1850 upon the death of Zachary Taylor. He was a big loser in two subsequent attempts to become president. Historians have called him inept and uninspiring. Schoolchildren don't know his name. Dave Barry lists the most notable achievement of the Fillmore administration as "The Earth did not crash into the Sun." But we count him as one of ours, and we're throwing him a party. Be there.

-Friendship Committee



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.



## MINISTER'S MEDITATION

Rev. Jennie Barrington  
INTERIM MINISTER

*I pray to the birds.*

*I pray to the birds because I believe they will carry the messages of my heart upward.*

*I pray to them because I believe in their existence,*

*the way their songs begin and end each day—the invocations and benedictions of earth.*

*I pray to the birds because they remind me of what I love rather than what I fear.*

*And at the end of my prayers, they teach me how to listen.”*

—Terry Tempest Williams

Dear Members and Friends,

A few weeks ago, I put up a bird feeder. (I had to do something new to occupy myself, since the college football season is over – at least for The Irish and Charlie Weis it surely is...) Almost immediately, a wide variety of birds began fluttering outside my sliding glass doors, providing delightful entertainment. I'm learning to identify birds I never saw up close and personal before, since I've never lived this far south. Woodpeckers! Titmice! The cardinals never fail to take my breath away.

Watching the birds is both meditative and energizing for me (not to mention for my cat). Yet since no apartment dweller is an island, I then received a call from Nancy, the manager. My downstairs neighbor had complained that the bird-

seed was falling down from my balcony onto her balcony. What mixed emotions I felt! My neighbor is right, it isn't fair for the mess from something that's spiritually enriching for me to invade her space. Yet I didn't want to just take down the bird-feeder. And I was embarrassed to have been "called into the principal's office," as it were. And I felt a compulsion to do something to fix the problem.

So I drove to Walmart. I bought mats—six of them – to put on the balcony so the birdseed won't fall through the cracks. Yet I'm left with the question of why my neighbor didn't just come up and talk with me directly, instead of calling up the manager. And I've resolved to go down and meet my neighbor face-to-face, so I can hear what pastimes help her find delight and enrichment through the cold winter months.

As the December holidays are now behind us, January presents us with the chance to begin the new year with a fresh start, a clean slate, and some resolutions. Any resolutions you make are your own choice; some people don't make any at this time of year. But my birdwatching scenario suggests a couple things our Fellowship could try. I see many ways members are receiving what they need from the Fellowship, whether spiritually, intellectually, artistically, from friendships and religious education programs, or personal and family support. But there are also ways that more individuals and groups could extend themselves to try and understand where other individuals and groups are coming from.

I also hear many ways that members are communicating with each other di-

rectly, effectively, and compassionately. But we also need more times when people can express their thoughts and feelings, and feel they've been truly heard. To that end, the Board and the Transitions Team and I are setting up Listening Circles to give members a setting to express your perspectives, to respectfully disagree, and to realize our shared values. Please see the Board's article in this newsletter. And if you are interested in attending, please sign up on the sheet on the bulletin board in the kitchen.

The Board and I have found a model for the Listening Circles we could use. It has stimulating quotations for us to explore the themes of Authority, Spirit, Right-Relationship, and Covenant. Those four broad themes will allow for discussion of the specific joys and concerns in your minds and hearts in this time of so many transitions in the life of UUFF. We hope that at least forty percent of the membership will participate. We want to hear your voice! And we want concerns from recent years to be aired and honored. I feel confident that then we will be able to move forward in a spirit of openness to new possibilities and changes that will make UUFF's worthy goals and dreams a reality.

As the CUUPS group said in their Yule ritual: "We know that every seed, every grain, is a record of ancient times, and a promise to all of what shall be. So it is with us, as it is with all things-- within all forms is locked both a record of the past and a promise of the future."

All good blessings to you and yours this New Year,  
Rev. Jennie

## COMMUNITY ACTION CORNER

During the holiday season, we supported four families for Thanksgiving, provided Christmas gifts for eight children, and gave to the children of Hazel residents. A big thanks to all who helped.

For those who are interested in philanthropy, the American Institute of Philanthropy has published a list of reputable charities: [www.charitywatch.org/azlist.html](http://www.charitywatch.org/azlist.html).

—Curt Swinburne

## HATHA YOGA

Give your self, and your body, a treat in the New Year by joining us for some restorative yoga practice. Hatha yoga continues to be offered as part of the Adult RE program. On Saturday mornings from 8:45 a.m. to 10:15 a.m. at the Fellowship, Bill Brooks, who is an accredited yoga instructor, leads a beginner-level hatha yoga class. Please join us if you are interested in learning and practicing yoga. It would be best to wear comfortable loose clothing and please bring your mat. If you have questions or concerns, please contact Bill at xxxxxxxxxxxx@comcast.net.

—Bill Brooks

## Eighth Notes

Just a quick reminder from the Music Committee that we have an exciting year of music in store but we could really (really, really!) use some extra voices in the choir and really (really, really!) need members on the committee. Don't be shy! Call Cindy Ross (xxx-xxxx) or stop by the Fellowship Tuesdays at 7:00 p.m. and give it a try! No pressure! Can't sing (or think that you can't)? Why not stop by hand chime choir practice at 7:00 on Wednesday nights? Or are you more of a "behind-the-scenes" sort? Then come visit the Music Committee the second Tuesday of the month. We'd love to see you!

—Chris Johns



# ENRICHING OUR TAPESTRY



The Unitarian Universalist Fellowship of Fredericksburg is a diverse community, yet all of our seemingly different backgrounds have brought us to this family. Like different threads in a tapestry, once we are woven together by the strength of our bonds—our respect for one another, our shared compassion, and our shared search for truth and meaning—the end result is quite beautiful. We are all drawn together by our common values, mutual love and support, yet we all have the ability to maintain our independence and differences in an accepting community.

This community has thrived in Fredericksburg with the strength of all of our support. This year, I hope all of you will continue to give of your time, efforts and financial support in order to not only

maintain this wonderful place, but help it thrive and grow.

This year, our annual Stewardship Campaign will kick off on Saturday, February 27 at the Dorothy Hart Community Center once again with a Gala Dinner. The Annual Stewardship Campaign allows for the fundraising needed for our operating budget. Please be on the lookout for your invitations to the Dinner.

During this Stewardship Campaign, consider what this Fellowship and Unitarian Universalism mean to you. Consider what you were searching for as you arrived here. Consider what you found. And most of all, consider what keeps you coming back. This is a remarkable place, an amazing group of individuals,

who despite our myriad of differences, share in a living, breathing community that welcomes one and all.

Our Stewardship campaign begins on February 27 with a dinner bringing us all together to celebrate the richness of our community. We hope you all will attend and be a part of this event.

The Fellowship's financial viability depends on each and every one of us. We all have a stake in the fiscal health of this community. Some of us may be able to make large contributions, some small—but commitment and continuity are the keys. Please, give what you can.

We hope you will join us.

—Chris Lillis, Co-Chair  
The 2010 Stewardship Team

## THOUGHTS from THE BOARD

### LISTENING CIRCLES

*It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way.* —Dickens, 1859

As a community we have gone through changes that have brought joy and angst, confusion and resolve, acceptance and anger. To help us celebrate the joys of our current situation, while understanding and working together through

those situations that bring us angst, the Board of Trustees is forming Listening Circles beginning in the New Year.

Our hope is that the Listening Circles will facilitate our understanding of the diverse tapestry we call the UUFF. It will be a time to share your thoughts and feelings, to ask the hard questions, to respectfully disagree, to hear other perspectives, and to realize shared values. The Listening Circles are about dialogue, not debate.

The entire Board is working on organizing these Circles. Each circle will be unique unto itself with different topics and different members/friends participating. Each will be held in member's homes. There will be a time limit on each meeting. To facilitate discussion, we plan to limit the size of each Circle to from ten to twelve people. To help us hear different perspectives, we hope to create groups that are representative of the richness of the UUFF tapestry. We anticipate that

at least one board member will attend each circle.

On the first Sunday of January, the 3rd, there will be a sign up sheet in the back of the Fellowship hall. Our future depends on all of us. Please sign up if you are interested in the idea of the Listening Circles and would like to be contacted by the Board. The Board, the Transition Team, and Rev. Jennie encourage all to sign up, and hope 40% or more of the Fellowship will choose to participate. That level of participation would significantly deepen our understanding of who we are as a Fellowship in this time of transition.

If you have any questions or ideas the Board could use to develop these Circles, please contact any Board member: Connie Moore, Deb Brock, Suzanne Logan, Doug Wall, Heather Lowry, Bill Wood, Bill Brooks, Carl Little, or Reverend Jennie.

—UUFF Board of Trustees

## 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.

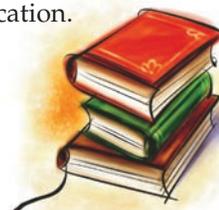
Jan. 8: *The Thirteenth Tale*, by Diane Setterfield

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



# 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:

- Jan 3:** *Should the United States (government) declare bankruptcy?*
- Jan. 17:** *Is the Slow Food Movement a step in the right direction?*
- Jan. 31:** *Is profiling moral and ethical?*
- 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:** *Has affirmative action outlived its purpose and usefulness?*
- Mar. 21:** *Should newspapers be kept from dying?*

—Stew Engel

## COFFEE TALK

Congratulations to **Selena Carlson-Hagstrom** and **Erick Hagstrom**, who were married on November 25 at the Fellowship. Selena's daughter **Anna** was the flower girl at the wedding. We send our best wishes to the newlyweds!

In December, *Party of Four*, a vocal quartet featuring UUFFers **Bill and Gae Pinschmidt**, **Maribeth Faivre** and **Ken Brown**, performed their holiday program at two area senior facilities. The appreciative residents enjoyed Bill's jokes and stories, and joined in singing traditional Christmas carols.

## IN OUR HEARTS

Our loving get well wishes go out to **Michaela Montgomery**, who broke her ankle in several places as the result of a bad fall, requiring surgery. We wish Mich a rapid recuperation, and hope to see her back to her usual activities as soon as possible.

We send healing thoughts to **Steve Watkins**, who had surgery in December to implant a pacemaker to resolve cardiac issues. We hope Steve has a smooth recovery and is back on his feet soon.

Our caring thoughts also go out to **Bill and Valerie Setzer**, who are getting back on their feet after some health concerns that arose in December. We wish them both a speedy return to good health.

# LIFE PRESERVERS



*Life Preservers* wants you aboard! Our newest circle welcomes UUs starting this month. Beleaguered caregivers in our midst have needs that only other caregivers can fill. Are you among them? If so, whatever your level of care, plan to give yourself a break! Life Preservers will meet monthly on the second Sunday of the month from 3:00-5:00 p.m. at Bill and Gae Pinschmidt's digs: 301 Camden Drive, in the Clearview Heights subdivision in Stafford. Call or e-mail for directions.

The trick here will be for caregivers to avail themselves of time to attend these meetings. Those of us caught in this bind are accustomed to having most of it commandeered in service to others. But that's the whole big reason for getting together. Caring and sharing as interactive processes have broad applications to anger, guilt, fear, loneliness and all the self-defeating anxieties attendant upon caregiving. DO NOT GO IT ALONE! Call or e-mail Rev. Jennie, or Bill and Gae, and let them know you plan to attend. Together we can make a difference.

—Gae Pinschmidt, Bill Pinschmidt, Rev. Jennie Barrington (548-1301)

## New Resource for People Struggling with Mood Disorders

Wherever we may be on the curve of emotional struggles, many of us struggle with mood disorders in silence. About a half dozen of us meet bi-monthly to support each other, share resources and ideas, and strengthen our mental health. It's on first and third Monday mornings, confidential, and open to new faces.

Now, there's more: a series of workshops called Wellness Recovery Action Program (WRAP) will be offered for free at the Regional Library in downtown Fredericksburg from 1:00-3:00 Wednesdays starting February 3. This program is offered throughout the country in churches, schools, libraries, and hospitals, but rarely in this area. This inter-

active 8-week program, sponsored by Mental Health America Fredericksburg and open to the public, guides participants to identify their unique mood triggers and their personal preemptive and counter strategies for more sustained mental health. It's very practical and effective. Sessions are stimulating, and it's so refreshing to be in such an open yet safe environment. You can visit the national WRAP website at [www.mentalhealthrecovery.com/aboutus.php](http://www.mentalhealthrecovery.com/aboutus.php). Space is limited and reservations are required.

For more information on either resource, contact Karen Kallay, xxx-xxxx, xxxxxxxx@cox.net. —Karen Kallay

## Catch Up with the UUFF Message Board

Have you checked out the UUFF Message Board, a new feature of the Fellowship's website? This is a great place to advertise goods and services for sale or trade, publicize an event, ask for information or assistance, or get a thought-provoking discussion going.

The message board is secure (password protected); open only to members and friends of the UUFF, plus visitors who have signed the guest register. To access the message board, go to the Fellowship website ([www.uuffva.org](http://www.uuffva.org)) and click on "Message Board" on the right. Next, click on "If you don't have a password Click Here," register and wait for a reply from Susan Calhoun-Sousie, the board manager.

For more info, you can contact Susan at xxx-xxxx or xxxxxxxx@fastmail.fm. Check out what you've been missing!

—Susan Calhoun-Sousie





## UUFF MEDITATION GROUP

The path of the Dharma is offered at the Massey Mediation Center on Caroline Street each Thursday evening. 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 January, our Mindful Listening practice will begin a series of workshops focused on Eckhart Tolle's *A New Earth: Awakening to Your Life's Purpose*.

### JANUARY SCHEDULE

- Jan. 7 *Mindful Listening: Content & Structure of the Ego*
- Jan. 14 *Meditation: Sitting & Walking*
- Jan. 21 *Mindful Listening: The Ego Is Not Personal*
- Jan. 28 *Meditation: Sitting & Walking*

—Bill Brooks

## A Word from the Transition Team

We appreciate those hosting the "Dinner with the new Rev." Hopefully, by now, most of us have gotten a personal glimpse of Rev. Jennie.

According to the Interim Ministries Handbook, the Transition Team serves as the "brain trust" for our interim minister. As such we are responsible for providing her with insight and background information on the Fellowship. In general, the Transition Team replaces the Committee on Ministry. We have been meeting regularly to provide the support and information Rev. Jennie needs to perform her duties. We read her monthly report, which is also posted on the kitchen bulletin board for you to read. We know that with change there will always be constructive criticism. If you have anything to share, we encourage you to talk directly to Rev. Jennie. The Transition Team members are also available to hear your comments.

In the course of time, the Board of Trustees will begin the process of finding a "called" or long-term minister. The membership will be involved in the process, which should start in February or March. This process will last approximately 14 months. Then, the candidate for called minister will be voted on by the membership. To learn more about the transition process go to [www.uua.org/transitions](http://www.uua.org/transitions) and click on "The Interim Opportunity" under Congregational Leaders. For information on calling a minister, click on "The Settlement Handbook." If you have questions about the process, you should direct them to the Board of Trustees.

The Transition Team is not part of the process to call a minister. But we will continue our job of providing the support Rev Jennie needs. Team members are: Steve Brown, Ray Davis, Diane Elstein, Maribeth Faivre, Leila Kilgore, Hugh Teller and Randy Walther.

Thanks to all of you participating in this complex process. We can do it!

—Ray Davis



## SOCIAL JUSTICE ACTIVITIES

The Social Justice Committee has been continuing work on its Dental Care Access project, gathering names and contact information for area dentists and creating a database that will be used to encourage dentists to each provide some free services to the needy.

In September the committee met with the director of the Moss Free Clinic, Karen Dulaney, and learned about their dental program and how we could help them recruit dentists. Research has also been done into the services provided by other local programs for the needy.

Regarding national health care reform, members of the Social Justice Committee have worked closely with the Virginia Organizing Project, a non-profit, non-partisan grassroots organization that focuses on social justice issues at the state and national level.

We had the pleasure of having their regional spokesperson, Kevin Simowitz, lead a seminar on the workings of the Virginia General Assembly at UUFF. Those of us who weathered a nasty wet snow learned what issues of interest, such as predatory lending and Medicaid spending, are likely to be the focus of legislation, and got pointers on how to be an effective lobbyist.

We learned that Virginia is 47th among the states in Medicaid funding and that some legislators would like to opt out of Medicaid altogether. Virginia Medicaid does not cover dental care for adults, as the Social Justice Committee learned in its dental care research. That's a huge problem for low income residents of our region exemplified by the fact that the Moss Free Clinic does not provide dental care to anyone on Medicaid.

Kevin is interested in doing another work session late in January when he will have a better idea of what legislation has a chance of passing. Check UUFF announcements for further details.

The next regular meeting of the Social Justice Committee is Thursday, January 21 at 10:00 a.m. at the Central Rappahannock Regional Library on Caroline Street in Fredericksburg.

One final note: If you signed up for the Social Justice Committee and have not been receiving emails, please email [xxxxxxxxxxxx@cox.net](mailto:xxxxxxxxxxxx@cox.net). Some emails have been bouncing back. If you email me I will definitely have your correct email! The same goes for those who would like to join our committee at this time...or you can give me a call at xxx-xxxx. Thanks!

May Justice Prevail,  
Alane Callander, Chair

# NEW BUILDING UPDATE



Greetings! I am Suzanne Logan, a member of the Board of Trustees and the new liaison between our Fellowship and Jeff Owens, architect of our future building.

The design phase of our new building is essentially completed, and now we are moving into the construction phase. We could not have gotten this far without the continued work of the entire New Building Committee. Thank you all. My responsibility now is to work closely with Mr. Owens and the construction manager, who will be hired by February, to construct the current design. At some time in the future, the Board of Trustees will establish a new ad hoc committee to complete the interior and the landscaping. This is an area where all of us will work together to develop the beauty of our new Fellowship. Our goal is to apply green principles whenever possible, within our financial capabilities. I will be drawing on the expertise of all Fellowship members and friends who hold the rich history of the hard work already completed.

The Board has a fiduciary and a legal responsibility to protect the Fellowship. We keep this in mind as we respond to every situation. If we have not given you enough information or you have not received it in a timely fashion, it is not because we don't want to share. Legal issues drive the timing and openness of each action.



I can be contacted at xxxxxxxx@gmail.com if you have questions or concerns. Thank you for your continued support of our new building efforts.

—Suzanne Logan, New Building Liaison

## Twin Oaks Intentional Community

Sunday Service, Dec. 27 at 11:00 a.m (One Service Only)

Our Sunday service on December 27 will feature guest speaker Alexandra McGee speaking about Twin Oaks, an intentional community in Louisa, Virginia. Alex will explain the history, economics, membership structure, governance, family styles, and philosophy of Twin Oaks Community. She will offer insights from UU leaders who founded intentional communities in the 1800s, and from her membership at Twin Oaks. This community was founded in 1967 by seven people who wanted to live out the egalitarian principle and behaviorism in B.F. Skinner's *Walden Two*. Today, 100 members thrive there, working in community businesses and raising families.

In 1994, Alex followed her dream to live communally and moved to Twin Oaks, where she lived until 2000, contributing through writing, speaking, baking, childcare, and managing the sewage treatment plant. In 2008, she graduated from Starr King School for the Ministry, the UU seminary in Berkeley, and then trained in hospital chaplaincy in San Francisco. She now resides in Charlottesville, Virginia, where she ministers through yoga and spiritual companionship.

*Note: This speaker is a change from what was published in the December newsletter.*



What do you call an eye doctor who lives on an island in the Bering Sea? *An optical Aleutian.*

What do you call a boomerang that won't come back?  
*A stick.*

—From the humor archives of Bill Pinschmidt



## Vegetarian Group

*How much do you really know about where your food comes from?*

Start the New Year off right with healthy food choices for you and the planet! The wildly popular, 2010 Academy Award nominated documentary, *Food, Inc.*, will be shown at the next Veg Group meeting on **Saturday, January 2, from 11:30 a.m.-1:00 p.m.** This groundbreaking movie focuses on all of the groups and people who control what we eat, how we eat it, and much, much more. Many issues are tackled in this eye-opening film, including pesticides, farm worker rights, diabetes, obesity, local foods, genetic engineering, and fast food/restaurants.

We'll start the movie promptly at 11:30, at the **downtown Headquarters Library theater**. Because of the length of the film, we'll also dig into the delicious food from our usual vegetarian potluck while we watch, then finish eating and discuss: Where do we go from here? *"There is this deliberate veil, this curtain that's drawn between us and where our food is coming from. The industry doesn't want you to know the truth about what you're eating because if you knew, you might not want to eat it."* (*Food, Inc.*). According to their site, "You'll never look at dinner the same way."

As usual, we will provide place settings, but you are invited to bring a vegetarian or vegan dish (gluten-free or raw are also appreciated!) or a small donation. All are welcome – you do not need to be a vegetarian to enjoy the good food and fellowship! Questions, please contact Gloria Lloyd, xxxxxxxx@msn.com, or Christine Carlson, xxx-xxxx. Visit [www.foodincmovie.com](http://www.foodincmovie.com) to learn more.

—Christine Carlson



# JANUARY CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SAT.							
<b>SAVE THE DATE:</b> Feb. 27: Stewardship Gala Apr. 17: At Your Service Auction May 23: Annual Meeting		<b>HAPPY NEW YEAR</b>				<b>1</b> Hatha Yoga 8:45 am Veg Group 11:30 am CRRL							
Service 10 & 11:30 am UUth Choir 12:45 pm Sun. Discussion 1 pm Teen Girls Group 1:30 pm (tentative)	<b>3</b>	Mood Supporters 10 am, <i>Griffin</i>	<b>4</b>	Adult Choir 7 pm Men's Group 7:30 pm <i>Primavera</i>	<b>5</b>	Handchimes 7 pm	<b>6</b>	Council of Comms 7 pm Mindfulness Listening 7 pm <i>Massey Bldg.</i>	<b>7</b>	Friendship Comm. 7 pm <i>Kit Carver's</i> Second Fridays Book Group 7 pm	<b>8</b>	Hatha Yoga 8:45 am UU Coffee-house 8 pm	<b>9</b>
Service 10 & 11:30 am UUth Choir 12:45 pm Life Preservers 3 pm <i>Pinschmidts</i>	<b>10</b>	Sunday Services Comm 7 pm CRRL Rm 1	<b>11</b>	Adult Choir 7 pm Music Comm. 8:30 pm	<b>12</b>	Handchimes 7 pm	<b>13</b>	Board of Trustees 7pm Great Books 7 pm Mindful Meditation 7 pm <i>Massey Bldg.</i>	<b>14</b>		<b>15</b>	Hatha Yoga 8:45 am	<b>16</b>
Service 10 & 11:30 am UUth Choir 12:45 pm Sun. Discussion 1 pm Teen Girls Group 1:30 pm (tentative)	<b>17</b>	Mood Supporters 10 am, <i>Griffin</i> Women's Group 7 pm <i>Pho Saigon</i>	<b>18</b>	Adult Choir 7 pm Men's Group 7:30 pm <i>Primavera</i>	<b>19</b>	CUUPS 7 pm Handchimes 7 pm Finance 7 pm <i>Erick Hagstrom's</i>	<b>20</b>	Social Justice 10 am CRRL Mindfulness Listening 7 pm <i>Massey Bldg.</i>	<b>21</b>		<b>22</b>	Hatha Yoga 8:45 am Millard Fillmore Party 6 pm	<b>23</b>
Service: 10 & 11:30 am UUth Choir 12:45 pm	<b>24</b>	Transition Team 7 pm <i>Elsteins'</i>	<b>25</b>	Adult Choir 7 pm	<b>26</b>	Handchimes 7 pm	<b>27</b>	Mindful Meditation 7 pm <i>Massey Bldg.</i>	<b>28</b>		<b>29</b>	Hatha Yoga 8:45 am	<b>30</b>
Service: 10 & 11:30 am Sun. Discussion 1 pm Teen Girls Group 1:30 pm (tentative)	<b>31</b>												

All activities subject to change.

## SUNDAY SERVICES

In general, Rev. Jennie's worship services in January will focus on the concept of novelty—how inspiring and hopeful it is that we do not have to let the future be entirely determined by what has been done in the past. We can do new things—and we can do old things in new and different ways.

### SUN., JAN. 3, 10:00 & 11:30 AM Names for Things We Love and Loathe *Rev. Jennie Barrington*

The Board has asked Rev. Jennie to help us talk about "The Words We Feel We Can't Say Around Here," such as *worship, church, sanctuary, and even pulpit*. Talking about the deep meanings we attach to such words can lead to deeper understanding, resolution, and healing.

*Children begin out front for a Children's Story.*

### SUN., JAN. 10, 10:00 & 11:30 AM They Called it a Miracle *Rev. Jennie Barrington*

Approximately one year ago, something so amazing happened that it restored our faith in human beings' ability to create success, excellence, beauty, and heroism. Can you guess what that entirely new occurrence was? Join us this morning to find out.

### SUN., JAN. 17, 10:00 & 11:30 AM Unitarian Universalism in Africa *Rev. Jennie Barrington*

Did you know that Unitarian Universalism is booming in Africa? In honor of Martin Luther King, Jr. Sunday, this service will highlight the ways UUism is motivating people in Africa to raise the standard of living for everyone in their communities. You can read the inspiring article, "One Tribe, One People," from the Summer edition of the UU World magazine at [www.uuworld.org/life/articles/141815.shtml](http://www.uuworld.org/life/articles/141815.shtml).

### SUN., JAN. 24, 10:00 & 11:30 AM Margaret Fuller, Transcendentalist *Guest Speaker: Rev. Kathy Duhon*

Margaret Fuller is one of Kathy Duhon's favorites of our religious ancestors, and through Fuller, we see more of transcendentalism, relevant to many UUs today.

### SUN., JAN. 31, 10:00 & 11:30 AM Advanced Directives, End of Life Decision Making *Guest Speaker: Rebecca Bigoney, M.D.*

Dr. Bigoney is a medical ethicist who will speak about end of life issues.

## UNITARIAN UNIVERSALIST FELLOWSHIP OF FREDERICKSBURG

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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.

**Feb. Newsletter Deadline: SAT., JAN. 23, 4:00 pm**  
**Feb. Pub. Date: Jan. 27.** Submit articles to Maryann Brown by email to [xxxxxxxx@comcast.net](mailto:xxxxxxxx@comcast.net).