



News & Notes

The UU Women's Group will catch up with each other on Monday, January 17 at 7:00 p.m. at the Hard Times Cafe on Rt. 1 near the Falmouth Bridge (314 Jefferson Davis Hwy). Join us for casual conversation, with no agenda, no action items, and no purchase necessary. Newcomers are enthusiastically welcomed!

Our Amazon.com fundraising program was profitable for the UUFF during the holidays, earning \$310 in the first 15 days of December, and we want to keep it going. Remember to do your Amazon shopping by visiting www.uuffva.org first, and clicking on the Amazon logo there. The UUFF earns a small percentage of every purchase that results from a click-through from our website, and the dollars really do add up.

The UUFF office will be closed until January 4. Rev. Braman will not have office hours during this time, but will be available if there is an emergency.

Our At Your Service Auction is scheduled for Saturday, March 26. 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. If you have questions about what you've offered and who bid on it, contact Maryann Brown. We're looking forward to a whirlwind of activity in the next couple of months!

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. You can also 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.

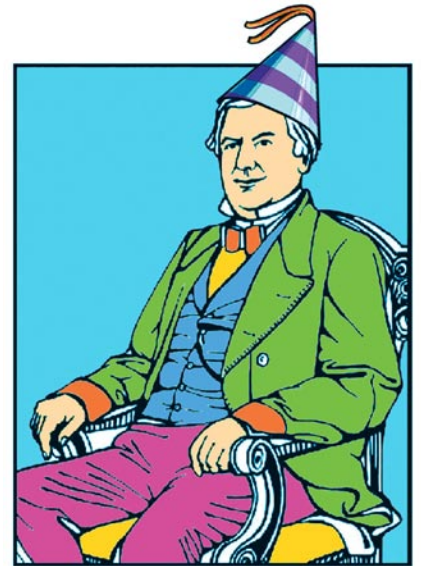
MILLARD FILLMORE BIRTHDAY BASH!

He's BACK! Because you can't keep a good man down, the Friendship Committee presents the return of that great event in honor of a famous Unitarian: The Millard Fillmore Birthday Bash Potluck and Games Night. This year, we'll celebrate Millard's big day at the Fellowship on Saturday, January 22.

All ages are welcome to the potluck party, which will be held in the Fellowship hall from 6:00 to 8:00 p.m. Bring the whole family and a dish to share to this momentous occasion. After dinner, we'll enjoy a variety of board and party games. Bring along your own favorite game if you'd like, and if you plan to bring young children, bring something they will enjoy, too. No childcare is being offered for this event, but even our youngest UUs can join the fun (under the watchful eyes of parents, of course).

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. But he was a charter member of the Buffalo Unitarian Church when it was founded in 1831, and that's reason enough to throw him a party. Be there.

-Friendship Committee



Religious Freedom on Parade



On Sunday, January 9, join UUs as they march in the annual Religious Freedom parade put on by the Knights of Columbus. This year's commemoration marks the 234th anniversary of Thomas Jefferson's drafting of the Statute for Religious Freedom.

Participants will depart from the Fredericksburg train station at 1:30 p.m. We'll carry our UUFF banner down Caroline Street, up Amelia Street and down Washington Avenue to the Religious Freedom Monument. Banners from all the participating organizations will be displayed in front of the dais as a speaker, yet to be announced, talks on the significance of the religious freedom statute. The ceremony will culminate with the laying of a wreath.

Participation in this Fredericksburg event is a long-standing tradition for the UUFF and provides good visibility in the community. Put on some warm clothes and walking shoes and join the parade, and/or show up by 2:00 p.m. at the monument to hear the speaker's perspective on this topic so dear to us - religious freedom.

-Alane Callander, Social Justice Committee



"A cynic is one who knows the price of everything and the value of nothing."

—Oscar Wilde

By the time you read this, you will, I am sure, be inundated with wise cracks, jokes and self deprecating humor about New Year's resolutions. "How long will you keep them?" "I am so sure I can keep this resolution until February."

Maybe you have stopped keeping them entirely. Or maybe it's a half hearted attempt at best. Maybe it's a resolution meant to please a partner or friend.

The Greek myth of Sisyphus tells the story of a mortal (Sisyphus) who has offended Zeus and is punished by spending eternity pushing a rock up a steep hill. As the rock reaches the crest of the hill, it is pushed from Sisyphus' hands and rolled back down the hill leaving him to start all over. This is repeated forever.

Albert Camus uses the story to let us know that we have a choice in life. We can accept the fate of Sisyphus with cynicism and give in to it and quit rolling the rock. Or we can accept the fate with courage (and perhaps joy) and continue to push the rock uphill.

That's called hope. Hope takes courage. It also takes joy in knowing that the fates (gods, goddesses or whatever) will not break us, will not make us cynics.

Here we are at the beginning of a new year. The resolutions are waiting to be made. Perhaps we can see them as rocks to push up a hill, only to have to push them up all over again next year. We can be cynics and give up before the month ends – never having taken them seriously in the first place.

OR

We can approach the whole thing with hope, joy and trust in ourselves that we are worth the resolutions, and who we are is not so firmly established that there is no further need to change ourselves. Through that hope we find redemption that makes us human and gives us the courage to push that rock up the hill another year (and perhaps a little further).

Love to you all,
Walter

reflections

Bill Brooks, President

AS LONG AS IT TAKES

A few weeks back i was cutting up a pineapple for use in a stuffed pumpkin, when my young guests asked how pineapples grow. i shared how pineapples grow on a stalk out of the top of the pineapple plant. Merely by twisting the top off a pineapple and pushing it into a soil-filled flower pot, you can grow your very own pineapple. You simply need to place the pot in a sunny spot, keep water in the leaf bowls, and mist the plant daily to get the pineapple to grow. My young guests became quite excited. Could they plant this pineapple? As i had all that we needed on hand, we did. Then came the question, when would they have a pineapple? i then had to explain that a pineapple plant must grow for three years before a new pineapple forms. Three years?! The excitement immediately drained from my guests' faces. Gardening has a way of teaching patience. Plants grow, flower and fruit on their clocks, not ours. As our control is limited, it is often best to have an attitude of "as long as it takes" when gardening.

Gardening also has a way of teaching us about impatience. This past spring i was busy working in the garden when a few friends stopped by to help. As the spring weeds – chickweed, lamb's quarters, and wild mints – had burst forth with the recent

rains, i suggested that they hoe the brassicas – the broccoli and cabbage – so that the plants could be mulched. My friends were amenable, so i handed them hoes and told them that the brassicas were at the east end of the bed next to the greenhouse. In my haste to get back to what i was doing, i failed to let them know that the beets and chard were there also. When i went to see how things were coming along, to my chagrin, i realized that my friends had removed most of the beets and chard along with the weeds. They knew what young broccoli and cabbage plants looked like but not young beets and chard. i sensed my frustration rising. You know that saying about not suffering fools. Well that applied to me doubly in this case. If only i had not been so impatient to get back to my work but had taken the time to show my friends what to do. As my frustration morphed into resentment at myself, i could see the connection from impatience to frustration to resentment to anger; a state in which i've taken many an unskilled action. So before i did something that i would regret later, i took a few deep breaths and thanked my friends for hoeing the brassicas. Then i took an extra few moments to show them where the straw was and how to mulch the broccoli and cauliflower.

Over the past few months, it has become apparent that there is an area of our

Fellowship life over which our control is limited, the construction of our Chalice Circle building. Since July we have been struggling to get through the permitting process with Stafford County. Initially we anticipated that this process would be completed in September, certainly no later than October, and we would easily be moving dirt by November. Every time we thought we had checked all the boxes, we would be presented by the county with more i's to dot and t's to cross (mixed metaphor intended). Needless to say this has been very frustrating, and the resentment is beginning to join in. A great deal of patience will be needed before we move into the Chalice Circle building. Odds are there will be other challenges that we do not control. It will be important for us to take the view of "as long as it takes." What needs to get done will eventually get done, and we will be walking through the front doors at 25 Chalice Circle.

*Much metta,
bill*

PS: When you run into Suzanne Logan, give her a big hug. As the Board's Construction Liaison, she has been dealing with our bureaucratic headaches directly. Please thank her and let her know how much we appreciate all that she is doing.

MARK YOUR CALENDARS and MAKE THE SCENE on UUFF PLEDGE SUNDAY

February 27 is the date,
at our 10:00 and 11:30 a.m. services.

Celebrate commitment to our Fellowship with your
yearly Stewardship Pledge.

Celebrants include our choirs, UU youth and
other warm surprises. Be a part of this great
celebration on Sunday, February 27.

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 regular discussion group email distribution and wish to be informed of the meetings, please email Stew. All are welcome to participate or just sit in on discussions of interest. The topics scheduled for the near future are:

- Jan. 2: *Are taxes too low?*
- Jan. 16: *Repressive tolerance: Is civility overrated?*
- Jan. 30: *Are voters irrational?*
- Feb. 6: *The ERA: Is it finally time to write women into the constitution?*
- Feb. 20: *Should the Federal Reserve be abolished?*
- Mar. 6: *Should megabanks be broken apart?*
- Mar. 20: *What laws are inherently bad?*

—Stew Engel

COMMUNITY ACTION CORNER

Helping People in the Cold Winter Months

The Fellowship will be cooking a meal at the **Thurman Brisben Center** on February 1. We are looking for five volunteers and a lead cook.

The **Fredericksburg Area Food Bank** is always looking for volunteers and donations. There is a donation list on their website, <http://fredfood.org> or contact them by phone at 371-7666.

The Salvation Army participates in **EnergyShare**, which is a fuel assistance program for people who face financial hardships from unemployment or family crisis. You can send your donations (made payable to EnergyShare) to: EnergyShare, P.O. Box 11186, Richmond, VA 23230.

Micah Ministries operates a cold weather shelter in Fredericksburg for the area's homeless. For information on how you can help, call xxx-xxxx or email Meghan Cotter at xxxxxxxx@yahoo.com.

—Curt Swinburne



The path of the Dharma is offered 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. We meet in the library at St. George's Episcopal Church (905 Prince George St.). 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 even 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 continue our series of workshops focused on Logong, the Tibetan Buddhist practice of mind training. This practice involves the application of aphorisms on a daily basis as a means of changing our self-cherishing attitudes and ways.

JANUARY SCHEDULE

- Jan. 6 Mindful Listening: *Logong*
- Jan. 13 Meditation: Sitting & Walking
- Jan. 20 Mindful Listening: *Logong*
- Jan. 27 Meditation: Sitting & Walking

—Bill Brooks

HATHA YOGA

Yoga continues to be offered as part of the Adult RE program. On Saturday mornings from 8:45 to 10:15 a.m. at the Fellowship, Bill Brooks, 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 xxxxxxxxxx@comcast.net. There will be no yoga instruction on January 1.

—Bill Brooks

Membership Criteria

As we review our membership list for membership certification for the UUA, we want to make sure everyone understands the criteria for membership. To be a member of the UUFF, you need to have made the minimum financial contribution of record (\$100) in the previous or current fiscal year. The Treasurer will mail all contributors a year-end contribution statement. This statement provides information as to when a contribution was made, the amount, and the total given. Take a look and make sure you have made the required contribution. We'll be finalizing our membership count by January 13.

In these current economic times, it is understood that making a financial contribution may not be possible for you. 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. Walter Braman (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 four is to get the form that allows for automatic payments. These forms are on a table at the rear of the Fellowship hall.

If you have questions about your membership status, contact Nancy Krause. For questions regarding your contributions, contact Ron Wasem.

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

Nancy Krause, Membership Chair

BOARD HIGHLIGHTS

Here are some of the key topics addressed at the most recent meeting of the Board of Trustees on December 12:

- **Treasurer's Report:** Income is ahead of expenses, but both are behind the straight line projections. The Amazon program is going very well.
- **Minister's Report:** Walter noted that the Thomas Jefferson District name change service generated a spirited response, and the continuation of an open debate is encouraged. Policies and procedures for District voting need to be developed.
- **New Building:** Suzanne Logan reviewed the status of the building program; see page 5 for her update.
- **Building Budget:** Carl Little reviewed the status of the loan. The paperwork is mostly ready, and is awaiting approval of the building permit. The Board approved extending the construction loan authority to \$600,000. The Mini Capital Campaign continues to bring in additional pledges.
- **Stewardship Campaign:** Nora Wilson-Lesser is working with Anne Little and

Lori Klopp on this year's campaign, and will lead our efforts next year.

- **Chalice Circle Dedication:** Ainsley Brown and Chris Johns have put together a committee, and are looking for someone to chair it.
- **Plank Road Lease:** The Board discussed options for extending the rental of our current space until our new building is ready, as well as other short term rental possibilities for the future.

Additional items presented for future discussion include: Board access to critical legal and financial documents in case of emergency; the option of changing the UUFF's legal status from trusteeship to corporation; and formulation of a policy for weekly announcements.

The next Board meeting will be held at the Fellowship on January 13 at 7:00 p.m. Board meetings are open to members of the congregation. If you have any questions about issues facing the Board of Trustees, feel free to contact any of the Board members listed on the last page of the newsletter.

—Ken Brown, Board of Trustees

COFFEE TALK

Congratulations to **Sara and Dick Toye**, whose daughter **Elizabeth** gave birth to a baby boy on December 6. The baby is named after Elizabeth's husband, **William Jones** (daddy Bill, baby Will). Best wishes to the Toye and Jones families!

UUFF member **Jackie Richards**, author of the newly published political mystery, *The Pinnacle Seven*, has offered to donate \$5 to the Fellowship for every one of her books purchased by our members and friends (up to \$500). The book is available at Amazon.com in three formats (don't forget to click through from www.uuffva.org). Also, your local bookstore will order it. For a synopsis of the book, visit Jackie's website, www.jackierichardsauthor.com. If you buy the book, just let Jackie know by contacting her at xxxxxxxxxxxx@cox.net.

IN OUR HEARTS

Nancy Krause is recuperating from a staph infection in her knee which required hospitalization. We're glad that she's healing well, and wish her a speedy recovery.



Bill's Smile of the Month

What did the antelope shout on January 1?
Happy Gnu Year!

Why did Frosty go to live in the middle of the ocean?
Because snow man is an island.

—From the humor archives of Bill Pinschmidt

NEW BUILDING UPDATE

Well, what did you expect!?! Frustrations can run high when you are expecting one thing and get another. Setting expectations can be a tricky thing. Here I thought we would get the county permits done in a few months, and this week I found out that getting through the process in 6-7 months is 'record time' according to county officials. (We started with the county in July this year.) Other counties are different, so it's best not to set your expectations for one based on another. And I also found out we are lucky to be where we are in the process (almost complete) at this point, as the county office that handles such things just lost another staff member, and is now down to a staff of two, where they had previously been at a staff of seven a short while ago. Thank goodness the person handling our account is still there!

The good news is that we are still making progress with getting going on our building. As of newsletter deadline time (Dec. 18), we are awaiting one last legal document to be able to get the final approvals for our Site Plan, which includes the easements and plat approval and recording at the county.

More good news is that our Building Permit is ready to go as soon as the Site Plan is approved. We did have to add an exterior door to the nursery to meet fire code, but that is about it for any changes.

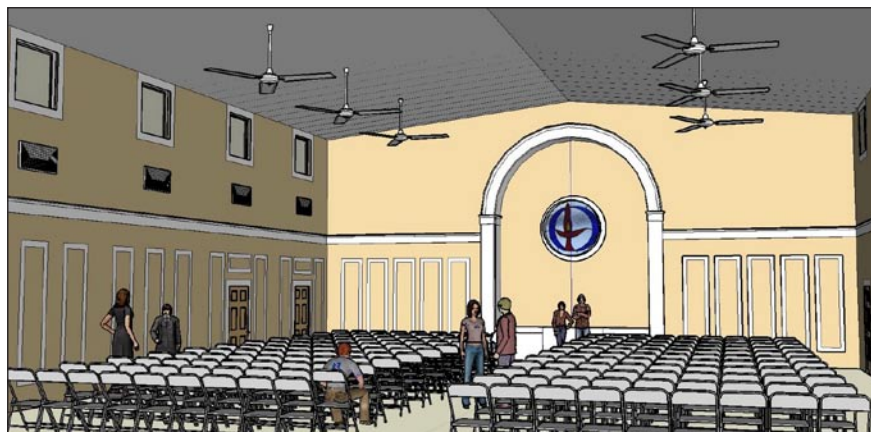
Meanwhile, Carl Little has been working diligently with the bank to get things squared away there. He has the bond note ready for the county for completion of the Site Plan, and he was diligent in finding the cheapest way for us to do this. (He saved us about \$2000 in bank fees!) I think the bank is as anxious as we are to get this project underway.

And thanks to Ainsley Brown and our Commonwealth Trustees for their quick response on getting some of the documents signed and notarized for the county.

So I'm learning to stay on 'Standby for Take-off' until all the details have been cleared by the county. At least we're not wasting fuel while waiting on the ramp, like an aircraft would.

I hope you all had happy holidays! I look forward to making 2011 a year of new beginnings.

—Suzanne Logan, UUFF BoT Construction Liaison



Vegetarian Group

Celebrity Speaks on Vegetarianism and Nutrition

Do you worry about the health of today's children and teens? Did you know that in 2008, an estimated 17 percent of children ages 2-19 were obese? As this age group grows up, they are spending increasing time in front of computers, video games, and TVs, and less time eating healthful meals at the dinner table or playing outside. Meanwhile, schools are trying to appeal to children with menus featuring pizza, hot dogs, cheese fries and nachos, while physical education programs and sports are cut.

Luckily, there are teens like Stafford local Nina Gonzalez, who have a passion for healthy nutrition! A 2010 graduate of Stafford High, now attending Seton Hill University in Pennsylvania on a golfing scholarship, Nina researched and campaigned for vegetarian meal options in the cafeteria. The result brought healthier options to all Stafford schools. Nina also testified in front of the Dietary Guidelines Committee in 2008 and in front of Congress on behalf of the Healthy School Meals Act. She has worked with the Physicians Committee for Responsible Medicine and received a \$5,000 scholarship from the group as well. Recently appearing on Good Morning America to talk about these efforts, Nina will be joining the Veg Group on Saturday, January 8, from 11:30-1:00, to speak about her experiences, including helping her mother combat diabetes with a vegan diet.

Come hear this remarkable young woman while enjoying good food and good conversation. Remember that this is not our usual first Saturday, as that is New Year's Day! We invite you to contribute to what has been called "the best meal in town" – our vegetarian potluck! Please bring a vegetarian/vegan dish or a generous donation to give to our building fund. Silverware, plates, cups, and cloth napkins are provided. Gluten-free or raw dishes are also welcome. We always have extra 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 or Christine Carlson.

—Christine Carlson

JANUARY CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
SAVE THE DATE	Feb. 22: Pledge Sunday March 26: At Your Service Auction	<i>All activities subject to change.</i> CRRL is the Central Rappahannock Regional Library on Caroline St.					NEW YEARS DAY 1
Service 10 & 11:30 am 2 UUth Choir 12:45 pm Sun. Discussion 1 pm	Mood Support Specialists 10 am 3 Marriott OWL 7 pm	Men's Group 7 pm 4 Primavera Adult Choir 7:15	UU Philosophy 6 pm 5 Handchimes 7:15 pm	Council of Committees 7 pm 6 Mindful Listening 7 pm St. George's	7	Hatha Yoga 8:45 am Veg Group 11:30 am	
Service 10 & 11:30 am 9 UUth Choir 12:45 pm Religious Freedom Parade 1:30 F'burg Train Station	RE Comm. 6 pm 10 UMW Mansion Community Action 7:30 Hyperion Sun. Svcs. 7 pm CRRL 1 Membership 7 pm Primavera OWL 7 pm	Adult Choir 11 7:15 pm Music Comm. 8:30 pm	Handchimes 12 7:15 pm	Board of Trustees 7pm 13 Great Books 7 pm 817 Caroline St. Mindfulness Meditation 7 pm St. George's	14	Hatha Yoga 15 8:45 am	
Service 10 & 11:30 am 16 UUth Choir 12:45 pm Sun. Discussion 1 pm	Mood Support Specialists 10 am 17 Marriott Women's Group 7 pm Hard Times OWL 7 pm	Men's Group 18 7 pm Primavera Adult Choir 7:15 pm	UU Philosophy 6 pm 19 CUUPS 7 pm Handchimes 7:15 pm Finance Comm. 7 pm Sally Hall's	Mindful Listening 7 pm 20 St. George's	21	Hatha Yoga 22 8:45 am Millard Fillmore Party 6 pm	
Service 10 & 11:30 am 23 UUth Choir 12:45 pm Life Preservers 3 pm Pinschmidts'	OWL 7 pm 24	Adult Choir 25 7:15 pm	Handchimes 26 7:15 pm	Mindfulness Meditation 27 7 pm St. George's Great Books 7 pm 817 Caroline St.	28	Hatha Yoga 29 8:45 am	
Service 10 & 11:30 am 30 UUth Choir 12:45 pm Sun. Discussion 1 pm	OWL 7 pm 31						



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.

Minister:

Rev. Walter Braman 548-1301

Treasurer:

Ron Wasem..... xxx-xxxx

Religious Education:

Janet Watkins xxx-xxxx

Newsletter Editor:

Maryann Brown xxx-xxxx

Office Administrator:

Kira Bush 548-1301

Fellowship Email: uuff@verizon.net ■ Website: www.uuffva.org

BOARD MEMBERS

Pres: Bill Brooks xxx-xxxx

VP: Ken Brown..... xxx-xxxx

Sec: Lori Klopp..... xxx-xxxx

Ainsley Brown..... xxx-xxxx

Chris Johns..... xxx-xxxx

Carl Little xxx-xxxx

Suzanne Logan..... xxx-xxxx

Steve Watkins xxx-xxxx

Bill Wood..... xxx-xxxx

OFFICE HOURS: Tues., Wed., Thurs., 10:00 a.m.-2:00 p.m.
Announcement deadline: Wednesday at Noon

REV. BRAMAN'S OFFICE HOURS:

Tuesdays and Thursdays, 9:00 a.m.-3:00 p.m.

February Newsletter Deadline: SAT., JAN. 22, 4:00 pm

Feb. Publication Date: Jan. 26. Submit articles to Maryann Brown at xxxxxxx@comcast.net.

SUNDAY SERVICES

SUN., JAN 2, 10:00 & 11:30 AM

What's the Purpose? Rev. Walter Braman

Getting lost in the details – can we get out?

SUN., JAN. 9, 10:00 & 11:30 AM

Thomas Jefferson: Unitarian Man of Mystery

Gae Pinschmidt, UUFF Member

The gentleman we thought we knew—revisited. Much has come to light about Jefferson over recent years, and much that should have been remembered never made it into the shallow history books passed out in school. A thoughtful re-evaluation of contributions from his past into our present.

SUN., JAN. 16, 10:00 & 11:30 AM

Martin Luther King and Church

Rev. Walter Braman

We know him as civil rights leader; what about as clergy?

SUN., JAN. 23, 10:00 & 11:30 AM

A Musical Service

Bill & Lorain Harouff

UU folk musicians Bill and Lorain Harouff return to the Fellowship to share wisdom through song.

SUN., JAN. 30, 10:00 & 11:30 AM

Religion and Schools

Dr. Emile Lester, Guest Speaker

Dr. Emile Lester, UMW Assistant Professor of Political Science and International Affairs, will speak on issues related to religion and public education in the United States. Our laws and legal decisions make this a complex and interesting topic for UUs and others who treasure religious freedom.