



## SOCIAL JUSTICE ACTIVITIES: Focus on Health Care

This year's priority social justice project, confirmed at the annual meeting in May, explores local access to health care. The Social Justice Committee is focusing on dental care specifically here in our region but is also taking a serious interest in the timely national debate regarding health care reform.

Many UUFF members attended what turned out to be contentious health care forums put on locally by Congressman Rob Wittman and Senator Mark Warner. Our eyes were opened to the intensity of feeling on all sides of the national health care debate.

Our goal as a committee is to provide information and resources to help members of the congregation develop a knowledgeable and thoughtful response to the issues involved with health care reform, and to provide avenues for action to aid those with no health insurance or inadequate coverage. Karen Kallay will provide a complete list of in-depth and varied websites if you email her at xxxxxxx@cox.net.

For a good initial overview to the topic, we recommend "A Primer on the Details of Health Care Reform" from the Aug. 9 New York Times ([www.nytimes.com/2009/08/10/health/policy/10facts.html?pagewanted=1](http://www.nytimes.com/2009/08/10/health/policy/10facts.html?pagewanted=1)). The Sept. 17 issue of the Washington Post also has helpful recent news and analysis. For free access to these papers, visit [www.librarypoint.org](http://www.librarypoint.org).

Several individual UUFF members have felt compelled to push for some form of improved access to affordable health care for those who can't now get it. You are invited to join in making phone calls to legislators at a Monday night phone bank now being conducted at the University of Mary Washington. Please contact Karen Kallay for the details.

With the hope of impacting local access to health care, members of the committee continue to do research on dental care access for the uninsured in our region.

A special guest is expected for the Sept. 29 committee meeting scheduled for 10:30 a.m. at the downtown library. Karen Dulaney, Executive Director of the Moss Free Clinic, is scheduled to speak about services at the clinic, with special emphasis on dental services. The committee is seeking ways to encourage more participation by area dentists in serving the uninsured.

In conjunction with Mental Illness Awareness Week (Oct. 4-10), the committee will provide materials on mental health issues and services. Look for these resources at the rear of the Fellowship hall.

If you would like to lend support to the Social Justice Committee's local health care access project and be added to our contact list, contact Alane Callander at xxxxxxx@cox.net or xxx-xxxx.

—Alane Callander, Chair

## OCTOBER UU 101 CLASS

Would you like to know more about Unitarian Universalism and our Fellowship? Are you interested in becoming a member? This class will provide information and a step to membership. Rev. Jennie Barrington will lead the classes on two consecutive Saturdays, October 17 and 24, from 9:00 a.m. to 1:00 p.m. at the Fellowship. Childcare reservations must be made by October 8. To register for the class and childcare, contact the UUFF office (540-548-1301, [uuff@verizon.net](mailto:uuff@verizon.net)).

—Nancy Krause

## News & Notes

Our UUFF choir will once again take part in Mary Washington Hospice's annual "Service of Love & Remembrance" at St. George's Episcopal Church on Caroline Street, October 18 at 3:00 p.m. They will be joined in performance by other local voices. All are invited to attend this moving service in memory of hospice patients who have died in the past year.

The UU Women's Group will meet on Monday, October 19 at 7:00 p.m. at the Bangkok Cafe Thai restaurant on Caroline Street. Make plans to enjoy the company of UU women in a relaxed setting for casual conversation and a bite to eat. It's a great way to get to know each other better, and there's no need to commit—you're welcome to join us for one month or many.

## Keeping the Connection Potluck

Join us at the Keeping the Connection Potluck on Friday, October 23 at the Fellowship from 6:00-8:30 p.m. The theme of this month's family-friendly and budget-friendly dinner is pasta and salad. Bring one or the other or both to share with friends old and new. Drinks will be provided. Kids are welcome, and you can bring a game if you like. Please come, one and all!

—Kit Carver





## MINISTER'S MEDITATION

Rev. Jennie Barrington  
INTERIM MINISTER

Dear Members and Friends,

I've spent six happy weeks with you now in the Fellowship's "temporary digs." I know you haven't had much more time than that to adjust to your move here, to 5044 Plank Road. So there are a lot of mixed feelings within these walls. People miss the church on Caroline Street because it was so lovely. But it wasn't adequate to your needs.

There are many things I love about your temporary space. I love that it's a new building, equally accessible to everyone, including people who can't navigate stairs or have strollers or walkers. I love the ample parking! And I love that you've made it your own, with fresh paint, the portrait of the noble Moncure D. Conway, and the pictures the children drew of the Caroline Street church.

But I know that you long for your own permanent home. And I long for that for you. I long for you to have a room large enough for all members, friends, and their families to stand shoulder to shoulder together, interconnected by the kindness you show for each other's concerns and joys, and empowered by the strength of your shared history of successes, your shared principles, and your shared vision of a more progressive Fredericksburg.

I have every confidence that you will have the Fellowship home you long for. But in the interim, we'll need to give extra attention to the things that make UUFF unique, distinctive of any building we gather in, and distinctive of the ministers who have served you in the past. The better you clarify the Fellowship's identity, strengths and growing edges, the better you'll be positioned to find a great match for a long-term settled minister in the spring of 2011.

The Israelites spent a similar interim period, in the desert, after they had been delivered from Egypt, but before they found a place they could call home. Desmond Tutu writes of the mixed emotions they must have felt, in his essay, "Liberation is Costly" [see responsive reading #593]. He writes that with freedom come difficulties and responsibilities, and that the Israelites had plenty to complain about. His advice: *"We must remember that liberation is costly. It needs unity. We must hold hands and refuse to be divided. We must be ready...Let us be united, let us be filled with hope, let us be those who respect one another."*

So I hope that during this interim period you will not step back nor take a break from the Fellowship's activities, even if you find 5044 Plank Road to be less than ideal. We need your participation and your ideas. And we need your faith that the successful fulfillment of our dreams really is just around the corner.

My vision for your future home is enough rooms for groups with specific beliefs to meet separately: Buddhist meditation on one morning; Jewish interests on Friday evenings; secular humanists on one evening; theists on another evening; earth-centered rituals in a room that is open to the out-of-doors. And my vision includes a room large enough that, several times a year, all of those groups could meet together as well, for discussion and feasting, and for learning from each other how much common ground there is between them.

And my vision includes rooms so your new home can also be a house of social justice—providing food, classes, clothes and emotional support to people who feel like they are in the desert and need to get themselves onto home ground. From your time in borrowed, rented and temporary dwellings, you will know how they feel. And I know you will open your hearts to them empathetically.

I hope to see you in church!

Rev. Jennie

# ANNUAL UUFF YARD SALE

The annual Yard Sale is scheduled for Saturday, October 10 from 6:30 a.m.- 12:00 noon. During the fall clean-up of your house, please don't throw out your old junk...oops, gently used items. Bring them to the yard sale. The more you bring, the more the Fellowship can benefit! All items are welcome (except clothes).

To make the sale a success, we need two things:

1. Your donations and
2. Your help!

Full details about the sale can be found in the September newsletter and in a flyer located on the table next to the visitors' table. Sign-up sheets are located on the bulletin board in the kitchen area. Thank you!

—Heather Sinclair

## PRESIDENT'S CORNER

Ditch digger, singing cowboy and Unitarian minister Robert Fulghum wrote, "I believe that imagination is stronger than knowledge – myth is more potent than history – dreams are more powerful than facts – hope always triumphs over experience – laughter is the cure for grief – love is stronger than death."

Many of my middle school students live in a fantasy world, especially in their readings. I have never been great at dealing with things that are not concrete. I can brainstorm with the best of the enlightened thinkers, but when the day is done I need secure knowledge, proven facts and experience. Maybe I should try and take a lesson from the kids and Reverend Fulghum. Maybe we all should. Have a great October. I will.

—Connie Moore



# RE World

STEVE & JANET WATKINS  
Co-Directors of Religious Education

By now, we're a few weeks into our fall RE semester, so our first order of business is to thank the teachers and assistants who make our classes possible. Thank you – for being there, and for sharing your creativity, kindness and wisdom with our students!

Second: Parents, please let us know if your children have any food allergies or other special needs we should be aware of to help keep them safe and happy in our classrooms. Also: If you haven't already given us your email address, please do that so we can keep you updated on RE-related events throughout the year.

**Youth gathering:** On Saturday, October 10, we'll have our second youth gathering of the semester. This time, we're blending service with fun. Middle and high school students will help out at our annual yard sale in the morning, then head to the McNichols home in Spotsylvania afterward for a bonfire/cookout (from 1-3 p.m.). Youth are asked to bring vegetarian-friendly side dishes and a dessert. And bring a bathing suit and towel if you want to take a soak in the hot tub. For more details, contact RE Committee Co-Chair Cathy McNichols (xxxxxx4@comcast.net or xxx-xxxx). We hope to see you there!

**Teachers needed:** We could still use more help in our classrooms – specifically, one more lead teacher in our 10:00 a.m. elementary class and one more in our 11:30 a.m. elementary class. We have enough help to get the year started but

will be in great need in those classes in a few months. So if you have it in your heart to teach, please let us know!

**Teen girls:** The discussion group we began last year for adolescent girls is now being called the Teen Girls Group (to better reflect the members' ages, and to make clear that the group is fitting for girls in their teen, but not pre-teen, years). We meet every other Sunday at 1:30, and we welcome new members! So if you're interested, feel free to come to a gathering (the schedule is posted in the weekly announcements), or get in touch with co-facilitator Janet Watkins.

**Bathroom business:** During services, please use the bathroom near the office, instead of entering the RE wing to use the "parlor" area bathroom. Though some think the bathroom near the office is women's-only, it's unisex – and you can use it without disrupting a class.

Most of you probably know by now that our curriculum this year is based on Bible stories. We're trying to give the students familiarity with stories that permeate so much of our culture, and we're discussing them through our UU lens. If you have questions about our curriculum, or any other aspect of RE – or if you want to help out! – please get in touch.

Thanks,  
Janet & Steve Watkins

## COMMUNITY ACTION CORNER

### Homeless Shelter Dinners

Volunteers from the Fellowship will be cooking dinners at the Thurman Brisen Center on October 5 and October 30. Meal preparation begins at 4:00 p.m.; If you are able to help on those nights, please call Ray Pollock at xxx-xxxx or email xxxxxx@bigplanet.com.

### Share the Plate

The last two *Share The Plate* collections were for the Imani Multicultural Center and the Dana & Christopher Reeve Foundation. You can find more information on both at [www.imanimulticulturalcenter.org](http://www.imanimulticulturalcenter.org) and [www.christopherreeve.org](http://www.christopherreeve.org).

–Ray Pollock & Curt Swinburne

## Second Fridays Book Group

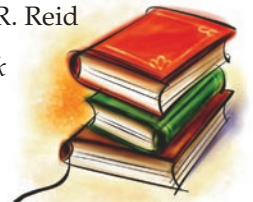
Join your fellow UUs for lively book-based discussions. We meet the second Friday of each month from 7:00-8:00 p.m. Call Susan Park at xxx-xxxx or email xxxxxx@yahoo.com for location and directions.

**Oct. 9:** *The Omnivore's Dilemma*, by Michael Pollan

**Nov. 13:** *Revelation*, by C.J. Sansom

**Dec. 11:** *The Healing of America: A Global Quest for Better, Cheaper, and Fairer Health Care*, by T.R. Reid

–Susan Park



## EVERYBODY DANCE! Opportunities for Fun and Exercise

Interested in dance for all ages, families & singles? The easiest is the ongoing colonial dance group that meets at St. George's Episcopal lower community room on the second and fourth Fridays from 7:00-9:00 p.m. The caller slowly walks everyone through each new dance pattern a few times and then puts on the

music and away you go. Includes kids aged about 9 and up; \$2 donation. Visit [www.rchsinc.org/dance.htm](http://www.rchsinc.org/dance.htm).

Another opportunity to enjoy dancing is with the local Rappahannock Twirlers square dance group which meets on alternate Saturday evenings off Rt. 17N in Stafford. Classes are also held on

Rt. 3 West in Spotsylvania. Singles and teens are welcomed. For more information on events, classes and locations, visit <http://www.rappahannock-twirler.webs.com>.

Questions about either group? Contact Karen Kallay.

–Karen Kallay

## Friendship Events

In October, the Friendship Committee has high doings...

This month, we have a meeting and it's so exciting! Yes, a meeting can be exciting! **Second Friday, October 9, 6:00 p.m.** until ? at the home of Kit Carver in Falmouth. Here is what we get to do. Bring a book, just one, that you read and enjoyed, but can give up. We'll eat dinner, talk, plan parties for the Fellowship for the next six months or so and then exchange books. Please come—the health of the Fellowship depends on Friendship!

Don't forget the **Keeping the Connection Potluck** on Friday, October 23 from 6:00-8:30 p.m. The theme this month is pasta and salad. Bring a dish to share, and spend a fun evening with new and old friends.

Mark your calendars for our annual **Thanksgiving Dinner** UUFF-style on November 22 at the Dorothy Hart community center from 1:00-5:00 p.m. It's a can't-miss event!

## Meet Rev. Jennie Barrington

It's not too late to get in on one of the potlucks we've scheduled to get to know our new interim minister. We want everyone to have the opportunity to get up close and personal with Rev. Jennie, and she welcomes the opportunity to get to know us. Two potlucks will be held in October, so choose the one most convenient for you, and RSVP today! Bring your family and a dish to share. The time for each Friday night dinner will be from 6:00 p.m. until 8:30 p.m.

**OCT. 2: Potluck for Rev. Jennie at the Brown home in King George**  
Call xxx-xxxx to RSVP and for directions.

**OCT. 16: Potluck for Rev. Jennie at the Davis home in Hartwood**  
Call xxx-xxxx to RSVP and for directions.

—Kit Carver, Friendship Chair



## Vegetarian Group

### Healthy Lunches for the Young and Young at Heart

Are you already tired of packing lunch for your little ones, your spouses, or even yourself? Out of ideas for fun, creative and nutritious midday meals? Join the Veg Group at the UUFF on Saturday, October 3 from 11:30-1:00, as Jen Ziegenmeyer discusses vegetarian options for healthy lunch choices throughout the year. She will also share her stories and experience with raising two beautiful and healthy vegetarian children.

As many people are now aware, raising vegetarian children can be both easy and rewarding, especially when it comes to their future health. Studies continue to demonstrate that vegetarian and vegan diets contain all the requirements for excellent nutrition for all stages of life, even starting in infancy. Children raised on a plant-based diet grow up with fewer preventable diseases such as heart disease and high cholesterol, are typically slimmer, and indeed, even live longer. Exposure to a wide variety of plant foods helps them consume all the nutrients they need *and* can help increase their willingness to try new foods.

But the fun in trying new foods, and the wonder in opening a lovingly-packed lunch box, should be reasons enough to join the Veg Group for "the best meal in town." Bring your favorite vegetarian or vegan dish to share, as usual, or a small monetary donation. **We will return to our original practice of providing plates, silverware, cups and napkins for you (thanks in advance for helping to wash up)!** All are welcome – you do not need to be a vegetarian to enjoy the good food and fellowship! Questions, please contact Gloria Lloyd, xxxxxx@msn.com or Christine Carlson, xxx-xxxx. For more information and lunch ideas, head over to [www.veganlunchbox.blogspot.com](http://www.veganlunchbox.blogspot.com) and [www.pcrm.org](http://www.pcrm.org).

—Christine Carlson

## Community Circles

Just what is a community circle? It is a group of 6-10 people who gather monthly to share both joys and concerns and their thoughts and experiences on a given topic. Various groups have focused on Wisdom of the World, The Personal Growth Process, Relationships, Simple Living, Learning from the Earth, and The Search for Meaning.

It's not too late to join a community circle. They are open to both members and friends of UUFF. If you are interested, please contact Linda Marcus at xxx-xxxx, or xxxxxxxx@hotmail.com.



—Maribeth Faivre

## Sunday Discussion Group

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

- Oct. 4:** *How Do the U.S. and Canada Compare on Issues and Policies? Which Policies Are Superior?*
- Oct. 18:** *Have Some Societies Evolved More Than Others? What Would This Mean?*
- Nov. 1:** *Why Should You Vote?*
- Nov. 15:** *Is Health Care a Fundamental Human Right? How Are Human Rights Determined?*
- Nov. 29:** *Is the UU In a Moral Crisis?*

—Stew Engel

## IN OUR HEARTS

**Christie Johns**, the oldest daughter of **Max and Chris Johns**, is recovering from a scooter accident on September 6 that resulted in a serious liver injury. Following hospitalization, Christie is recuperating at home and is doing well. We wish her a speedy recovery, and look forward to seeing her back at the Fellowship soon!

**Bill Setzer** was hospitalized following surgeries on August 27 and September 11. We're glad that Bill is back on his feet, and we send along our get well wishes for a quick and complete recovery.

Our hearts are with **Nancy Gilmore**, who was hospitalized for almost two weeks in early September, and is now at home under hospice care, with sister Libby helping out. She would welcome brief visits from friends, so call xxx-xxxx if you'd like to stop by.

We were saddened to hear of the death of **Diane Elstein's** father, who passed away in September in Kentucky, following a long illness. Our love and sympathy go out to Diane and her family.



### Bill's Smile of the Month

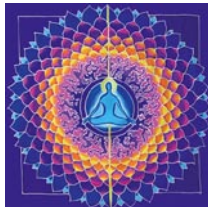
"Doc, I can't stop singing *The Green, Green Grass of Home.*"

"That sounds like Tom Jones Syndrome."

"Is it common?"

"Well, *It's Not Unusual.*"

—From the humor archives of Bill Pinschmidt



## UUFF Meditation Group

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 every Thursday at the Massey Mediation Center (1119 Caroline Street). Meditation begins at 7:15 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 odd Thursdays of the month, the evening is centered on our sitting and walking meditation practices. On the even 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 October, our Mindful Listening practice will continue our series of workshops focused on the Three Enchantments.

### OCTOBER SCHEDULE

Oct. 1 *Meditation: Sitting & Walking*

Oct. 8 *Mindful Listening:  
Communicating with the Self*

Oct. 15 *Meditation: Sitting & Walking*

Oct. 22 *Mindful Listening:  
Communicating with Others*

Oct. 29 *Meditation: Sitting & Walking*

—Bill Brooks

## HATHA YOGA CLASS

There will be no hatha yoga classes during October. Yoga classes will resume at the Fellowship on Saturday mornings in November at an earlier time, 8:45 a.m. to 10:15 a.m. If you have questions or concerns, please contact Bill at xxxxxxxx@comcast.net.

—Bill Brooks



A Day of Grace will be held on Saturday, October 3 from 9:30 until 11:30 a.m. at the home of Bill Brooks (32 Manse Road) in Hartwood. Join Peace Fountain Foundation as we focus on finding and walking our own Paths of Grace. Using paths such as labyrinths, a sacred circle and a medicine wheel, we will take the opportunity to peacefully and meditatively explore our own path to the Grace within and so our path to setting Love in motion through ourselves and in our lives. Please visit [www.peacefountain-foundation.org](http://www.peacefountain-foundation.org) for more information.

—Bill Brooks

"There is no limit to what can be accomplished if it doesn't matter who gets the credit."

—Ralph Waldo Emerson

## Stand on the Side of Love at the National Equality March WASHINGTON, D.C. ■ OCTOBER 10-11

Thomas Jefferson District Executive Annette Marquis has called on congregations in the TJ District to mobilize for the National Equality March for Lesbian, Gay, Bisexual and Transgendered Rights to be held in Washington, D.C., on October 10-11. "I am challenging every congregation to send at least 10% of its membership, to symbolize the number of LGBT people

in the general population," says Marquis. She warns that although great strides have been made in the past couple of years, rights we've won can be stripped away by well-financed campaigns like the one in California with Prop 9. "We need national legislation that will protect LGBT rights in all aspects of life, from marriage equality to serving in the military, to

survivor benefits and employment protection," says Marquis, "and that's what this march is about." If you are interested in organizing a group, send an email to [amarquis@uua.org](mailto:amarquis@uua.org) for more information. Even if you can't go to Washington, you can get involved at the congregational and congressional levels.

—Adapted from the TJ District Website

# OCTOBER CALENDAR OF EVENTS

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
<b>SAVE THE DATE</b>	<b>Nov. 22</b> Thanksgiving Dinner				Council of Comms 7 pm Mindfulness Meditation 7 pm <i>Massey Bldg.</i>	Meet Rev. Jennie Potluck 6 pm <i>Browns'</i>	Veg Group 11:30 am						
Service 10 & 11:30 am UUth Choir 12:45 pm Sun. Discussion 1 pm	<b>4</b>	Mood Supporters 10 am, <i>Griffin</i> Homeless Shelter Meal 4 pm	<b>5</b>	Adult Choir 7 pm Men's Group 7:30 pm <i>Primavera</i>	<b>6</b>	Let's Speak Spanish 7 pm Handchimes 7 pm	<b>7</b>	Board of Trustees 7 pm Great Books 7 pm Mindful Listening 7 pm <i>Massey Bldg.</i>	<b>8</b>	Yard Sale Setup Begins 3 pm Friendship Comm. 7 pm <i>Kit Carver's</i> Second Fridays Book Group 7 pm'	<b>9</b>	Yard Sale 6:30 am-noon Youth Bonfire/Cookout 1 pm <i>McNichols'</i>	<b>10</b>
Service 10 & 11:30 am UUth Choir 12:45 pm Teen Girls Group 1:30 pm	<b>11</b>	Sunday Services 7 pm <i>CRRL Rm 1</i>	<b>12</b>	Adult Choir 7 pm	<b>13</b>	Let's Speak Spanish 7 pm Handchimes 7 pm	<b>14</b>	Mindfulness Meditation 7 pm <i>Massey Bldg.</i>	<b>15</b>	Meet Rev. Jennie Potluck 6 pm <i>Davises'</i>	<b>16</b>	UU101 Class 9 am	<b>17</b>
Service 10 & 11:30 am UUth Choir 12:45 pm Sun. Discussion 1 pm	<b>18</b>	Mood Supporters 10 am, <i>Griffin</i> Women's Group 7 pm <i>Bangkok Cafe</i>	<b>19</b>	Adult Choir 7 pm Men's Group 7:30 pm <i>Primavera</i>	<b>20</b>	CUUPS 7 pm Spanish 7 pm Handchimes 7 pm Finance 7 pm <i>Lara Hayward's</i>	<b>21</b>	Great Books 7 pm Mindful Listening 7 pm <i>Massey Bldg.</i>	<b>22</b>	Keeping the Connection Potluck 6 pm	<b>23</b>	UU101 Class 9 am	<b>24</b>
Service 10 & 11:30 am UUth Choir 12:45 pm Teen Girls Group 1:30 pm	<b>25</b>	<b>26</b>	Adult Choir 7 pm	<b>27</b>	Let's Speak Spanish 7 pm Handchimes 7 pm	<b>28</b>	Mindfulness Meditation 7 pm <i>Massey Bldg.</i>	<b>29</b>	Homeless Shelter Meal 4 pm	<b>30</b>	Happy Halloween!	<b>31</b>	

All activities subject to change.

## SUNDAY SERVICES

In general, Rev. Jennie's worship services in October will focus on the nature of right-relationship, i.e., what it means to try to live in harmony with one another, with the natural world, and with that which is divine. Her services in November will focus on being our best selves, and in December on the nature of Unitarian Universalism.

**SUN., OCT. 4, 10:00 & 11:30 AM**

Personality, Learning and Spirituality  
*Carmela Southers, UUIFF member*

Why are some individuals deeply touched by an experience, while others are unmoved? Is there something about our personality or learning style that impacts our spirituality? This service explores these mysteries through stories and ideas. Come help explore and celebrate the variety of our shared spiritual experiences.

**SUN., OCT. 11, 10:00 & 11:30 AM**

When at Our Best and Worst  
*Rev. Jennie Barrington*

Note: The children will begin in the sanctuary for a children's story, then go to their Religious Education classes.

**SUN., OCT. 18, 10:00 & 11:30 AM**

What Does it Mean to Live a Good Life?  
*Rev. Jennie Barrington*

**SUN., OCT. 25, 10:00 & 11:30 AM**

Living in Right-Relationship  
*Rev. Jennie Barrington*

## 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. Jennie Barrington...548-1301

### Treasurer:

Ron Wasem..... xxx-xxxx

### Religious Education:

Steve & Janet Watkins.....  
..... xxx-xxxx

### Newsletter Editor:

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Fellowship Email: [uuff@verizon.net](mailto:uuff@verizon.net) • Website: [www.uuffva.org](http://www.uuffva.org)

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

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.

November Newsletter Deadline: SAT., OCT. 17, 4:00 pm

Nov. Publication Date: Oct. 21 . Submit articles to Maryann Brown: Fax xxx-xxxx or email [xxxxxxx@comcast.net](mailto:xxxxxxx@comcast.net).