



## News & Notes

**The UU Women's Group** will meet on Monday, October 17 at 7:00 p.m. at Red Robin in the Cosner's Corner Shopping Center, 10109 Jefferson Davis Highway. Make plans to enjoy the company of UU women in a relaxed setting. No purchase necessary, no action items, and there's no need to commit—you're welcome to join us for one month or many. It's a great way to get to know each other.

**The Meditation Community of Fredericksburg** continues its sessions on Thursdays in the library at St. George's Episcopal Church (905 Prince George St.) at 7:00 p.m. On the even and fifth Thursdays of the month, we focus on sitting and walking meditation. On the first and third Thursdays, our practice is one of Mindful Listening. Visit <http://www.meditatefred.com> for details.

**Our Saturday morning Hatha Yoga classes** will be discontinued effective October 1, due to a lack of students. If you are interested in yoga, Bill Brooks teaches classes on Monday and Wednesday evenings at 7:00 p.m. at Studio G Therapy on Kenmore Ave. Contact Bill at for more information, including class fees.

**Don't forget to do your Amazon shopping** by visiting [www.uuffva.org](http://www.uuffva.org) first, and clicking on the Amazon logo there. Dollars to the UUFF from this fundraising program have really been adding up!

**Have you had a change of address, phone number or email** in recent months? Please notify the UUFF office at [uuff@verizon.net](mailto:uuff@verizon.net) or 548-1301 so we can be sure to keep in touch.

## Tree Planting and Picnic

**SUNDAY, OCTOBER 16, 1-4 PM ■ 25 CHALICE CIRCLE**

Excitement is mounting as work on our new Fellowship building has shifted into high gear. As the walls go up, join us as we dig in and tackle our first "do-it-ourselves" project, the planting of 30 trees, on Sunday, October 16 from 1:00-4:00 p.m.

These trees will provide an important landscaping element to the grounds at 25 Chalice Circle. Be one of the many hands that make light work, and you'll also get a close-up view of the new building as it takes shape.

Bring your work gloves, and we'll provide all the tools and the expert guidance. Well-supervised children are welcome to attend.

Remember, this is a worksite and safety is a major concern.

We'll have a casual picnic on the property, so bring food and drinks for your family, plus a little something to share with the group (salad, dessert, snacks), as well as chairs or a blanket to sit on. Paper products will be provided. In case of rain, we'll postpone the event until Sunday, October 23.

Our new location is at the rear of the Chatham Square Office Park, next to the Chatham Shopping Center off of Chatham Heights Road in south Stafford. For more information, contact Anne Little.

—Anne Little



## ANNUAL UUFF

# YARD SALE

**SATURDAY, OCTOBER 15 ■ 6 AM-NOON**

Don't miss our annual Yard Sale, scheduled for Saturday, October 15 from 6:00 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 and exercise equipment).

To make the sale a success, we need two things:  
**1. Your donations and 2. Your help!**

Drop off your items on Thursday evening, October 13 from 5:00-7:00 p.m. or Friday, October 14 from noon until 9:00 p.m. More details about the sale can be found in the September newsletter. Sign-up sheets are located on the bulletin board in the kitchen area. Thank you!

—Cathy McNichols

## FROM THE Minister's Desk

Rev. Walter Braman



Cathie and I often compare notes on our different seminary experiences. We both graduated from Andover Newton Theological School—Cathie, 1994 and me, 1969. The changes in the school reflect the changes in our society.

Two things stand out in our discussions. When I attended the seminary, my classmates and I looked with some curiosity at students for the ministry who were older—thirty five or more. A second career was very unusual in the 1960s. Most people stayed with their first career whether they were happy and fulfilled in it or, sadly, “leading lives of quiet desperation.” True, one of our greatest examples of UU leadership, Sophia Lyon Fahs, came to her work late, very late in life. It was unusual, and I was witness to the start of a change in ministry.

When Cathie studied at Andover

Newton, the average age of a full time student was forty two. Cathie witnessed the completion of that change.

When I was there, few women attended as students and it was assumed that these women would be religious education directors or go on to advanced degrees and teach. Although I was aware of some women actually in the parish ministry, it was unusual and churches had difficulty considering women for their pulpits.

When Cathie was there, women students outnumbered their male classmates and women in the pulpits were beginning to be accepted.

The end result is a wider and richer ministry for both our congregations and our Association.

October 2 is called Association Sunday and its purpose is to raise awareness and support for the recruitment and preparation of our ministers. Please come and celebrate and support our ministers.

Love to you all,  
Walter

## New Building Update



Progress on 25 Chalice Circle continues. The rains from the hurricanes kept us from getting too far ahead of schedule, but we are on track to get the building dried in before winter. Framing began on September 19, and this photo shows how much was accomplished in just one day. Watch for additional updates on the blog (<http://uuffnewbuilding.blogspot.com>) and photos around our current Fellowship hall. Exciting progress!

—Suzanne Logan  
BoT Construction Liaison

## PRESIDENT'S CORNER

Church experts talk about there being four kinds of churches: Family, Pastoral, Program, and Corporate. In a Family Church, with average Sunday attendance of less than 50 people, everybody knows everybody; you may have a part-time minister who's not able to be around enough to be central to the life of the fellowship; and church elders run the show. In a Pastoral Church, with an average Sunday attendance of 50-150, you don't know everybody, but you might still come close. The board of trustees, a more formal body, makes decisions and serves as a kind of unpaid staff. You likely add some part-time staff, and the minister becomes central to the web of relationships in the church, serving, as one UU minister recently wrote, as a “spiritual bartender” who knows everybody's stories, and through whom all members are connected.

A Program Church, with an average Sunday attendance of 150-350 people, has a minister, a paid staff, and a board to set

policies and manage operations. It also has stronger committees, a program council to coordinate activities, and greater quality and diversity in programming. A Corporate Church—well, that's another beast altogether, and we're a far cry from that with its multiple ministers, staff-run operations, staff coordination of activities, policy board, and fewer committees.

Our Fredericksburg Fellowship is poised to become a Program Church, though we haven't fully acknowledged it yet for a variety of reasons, partly because we retain some elements of the Family and Pastoral churches. One of our challenges as we move forward into our new home at Chalice Circle is to embrace this identity. Another challenge is to make sure we fully understand the dynamics of how we need to operate. A third—and perhaps the most important of our challenges—is to get the word out to our members and to the community about the rich quality and diversity of our programs.

We're not just a small group of folks getting together on Sunday mornings for worship services anymore, though that remains important, even essential, to the life of a Program Church. But many of our

members come to us for a variety of other things, and that's going to become even more the case as we continue to grow: religious education, meditation and yoga, the vegetarian group, great books and social issues discussions, youth activities, the music program, outside speakers, social gatherings, men's and women's groups, sharing circles, social concerns and community service, the memoirs groups.

Right now there's a sense among some members that we've gotten fractured, spread out, unconnected, or at least a lot less connected than we once were. We'll never go back to being strictly a Family or Pastoral Church, but we have a wonderful opportunity as we move into the next phase of the life of our UU Fellowship to more consciously define ourselves as the church we're ready to become, and as the church we want to be.

One of the most exciting things to me about our move to Chalice Circle is how it will bring us all back together again in a space that can help us do that—accommodate this rich and growing diversity in programs and activities—and so much more.

—Steve Watkins



# RE World

CHRIS JOHNS, Director of Religious Education

Nursery volunteers are urgently needed! We currently have NO volunteers signed up to work in the nursery during the 10:00 a.m. services. Without adults willing to hang in the back with the babies, we will not be able to offer nursery care to those who need it. Please call me to schedule some quality time with our littlest UUs this year. Their parents will thank you.

The Middle and High School Youth Group kicked off our new school year with

a pizza and bowling party on September 18. The group met at the Fellowship for a yummy pizza lunch, and then headed over to AMF Lanes (oh so conveniently located just steps from our door) for an afternoon of bowling.

As always, you are encouraged to call or write me with questions about the RE program, or to discuss ideas. I can be reached at xxx-xxxx or at my new email address, xxxxxxxx@gmail.com.

—Chris Johns

## Our Whole Lives Reminder

The *Our Whole Lives* program for children in grades 4-6 will be offered this fall.



The OWL program is an age-appropriate sexuality education program. We'll meet at the UUFF on Sunday afternoons at 3:00 p.m. for 9 weeks beginning October 16. The parent/guardian orientation will be held on Thursday, September 29 at 6:30 p.m. So far we have five confirmed students for the OWL class. To add your child to the class or if you have any questions, please contact Josh Pepper or Lee Criscuolo.

—Lee Criscuolo

## VEGETARIAN GROUP



### Forks Over Knives: Straight from the theaters!

**Warning! This movie could save your life!** For more than 40 years, T. Colin Campbell, Ph.D., has been studying and telling people about the health benefits of a vegetarian diet. His ground-breaking book, *The China Study*, is the largest of its kind, and has changed more lives than perhaps any other volume on this subject. Olympic gold medalist, Vietnam Bronze Star recipient, and renowned surgeon Caldwell B. Esselstyn, Jr., M.D., is another notable expert in this field. His long-term study on nutrition and its ability to halt and reverse heart disease has been similarly astounding. But don't just take their word for it.

*Forks Over Knives* features many well-known doctors and nutritional experts, plus common folks who are battling diabetes, heart disease, and other unfortunately common illnesses of our time. It "examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods." As the film's title suggests, instead of popping pills or undergoing expensive and difficult surgery, we can alter our future just by picking up our fork. And what delicious options could be on our plates!

Join the Vegetarian Group for the **first local screening of *Forks Over Knives***, after its summer theater showing. We will be showing the film at the **Salem Church Library on Saturday, October 1, from 10 a.m. to 11:30 p.m.**, with discussion and delicious snacks to follow! The library is located at 2607 Salem Church Road in Fredericksburg, just off of Route 3/Plank Road by the mall (visit their website for directions and more info: <http://www.librarypoint.org/salemchurch>). Please tell your friends, check out the movie's website and trailer (<http://www.forksoverknives.com/>) and visit us on Facebook (the UUFF Vegetarian Group of Fredericksburg) to learn more.

As the movie is longer than our usual presentation time, we will be sharing finger food and snacks, instead of our usual amazing potluck (never fear – it will return next month!). Since this film emphasizes a healthy, plant-based diet, please bring a vegetarian or vegan snack to share (or small donation). Gluten-free or raw dishes are also welcome. The less messy they are, the better for our clean-up! 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



## SOCIAL JUSTICE ACTIVITIES

The Social Justice Committee will have its kick-off meeting on Monday, October 3 at the Caroline Street Library, Meeting Room 1, from 6:00-7:30 p.m.

Affordable Housing is our priority issue. Many people voted in the survey for Immigration Reform (and related issues) and have since indicated to me their interest in this issue, so we will spend some time addressing those issues, too.

A good website and organization for addressing both issues is Virginia Organizing, <http://www.virginiaorganizing.org/>.

If you'd like to be added to our email list, please email me at xxxxxxxxx@crosslink.net. We'd love to have your help!

Think Globally, Act Locally!

—David Boone, chair

# Barbara Kenny Art Show

**OPENING RECEPTION  
FRIDAY, OCTOBER 14, 4-7 PM**

The Fredericksburg Area Association of REALTORS® presents an art show featuring the paintings of Barbara Kenny, to be held at the FAAR offices in Celebrate Virginia. UUFFers are invited to the wine & cheese



opening reception on Friday, October 14 from 4:00-7:00 p.m. Barbara and Tibby Middleton, former UUFFers now living in Frederick, Maryland, would love to say hello and catch up with their Fredericksburg friends. Barbara's gallery showings in the area are always wonderful reunions, and she's thrilled to be exhibiting again in her "home town."

Artwork will be available for purchase with 25% of the proceeds benefiting the Fredericksburg REALTORS® Foundation. If you can't make the reception, you can see the show from Monday, October 17 through Friday, October 21 from 9:00 a.m. to 5:00 p.m. To get to the FAAR office at 2050 Gordon W. Shelton Blvd., turn on Carl D. Silver Pkwy. into Celebrate Virginia, past Sheetz. At the next light, turn left, and then take your first left to the FAAR office.

## BOARD HIGHLIGHTS

Here are some of the key topics addressed at the most recent meeting of the Board of Trustees on September 8:

**Treasurer's Report:** Carl Little reported that income vs. expenses is somewhat behind over the summer, as is typical. He expects it to pick up this fall. Carl agreed to provide the board with a detailed monthly report on the building fund.

**Minister's Report:** Rev. Braman was present for meetings related to the search for our new music and office staff. He visited the new building site, at Suzanne Logan's invitation.

**Council of Committees:** Ainsley Brown provided highlights of the most recent CoC meeting, including discussion of the member resignation process, the OWL program for 4th through 6th graders, and the fall UU 101 class.

**Chalice Circle:** Steve Watkins provided the board with the latest updates on the building project. The floor has been poured, and framing was scheduled to begin in

September. A tree planting workday is in the works. Ainsley Brown and Connie Moore are working on a dinner dance to celebrate completion of the new building, and Susan Ohle and Lori Izykowski will lead the dedication service committee.

**New Hires:** Our new music director, accompanist, and office administrator have been hired and are on the job. The Human Resources Committee will do exit interviews for employees who have recently left. The board approved a bonus for Kira Bush in recognition of her service.

**Board Retreat:** The retreat was rescheduled for Sunday, October 9 at 1:00 p.m. at the home of Susan Ohle.

The next board meeting will be held at the Fellowship on October 13 at 7:00 p.m., and is open to all members of the congregation. We welcome your input on issues facing the Fellowship; contact any of the board members listed on the last page of the newsletter with your ideas.

—Ken Brown, Board of Trustees

## Sunday Discussion Group

The Sunday Discussion Group meets after services on most first, third, and fifth Sundays from 1:00-2:00 p.m. in the Fellowship kitchen. If you are not on the 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. 2:** *Does nationalism have any redeeming characteristics?*

**Oct. 16:** *Will the current anti-government trend in politics cause the US to be like a third-world country?*

**Oct. 30:** *Are men and women inherently different or is it cultural conditioning?*

**Nov. 6:** *Which political party is the most moral?* All parties claim to be the best for practical reasons but each also claims to be the most moral. For example, Republicans tout "family values," the Green Party would "save the planet," and the Democrats, libertarians, socialists and all others have their own moral claims.

**Nov. 20:** *Should the US continue to maintain a worldwide empire?*

**Dec. 4:** *What is the solution to the current financial crisis?*

**Dec. 18:** *Should we put X back into Xmas?* Does the annual seasonal slogan "Put Christ Back Into Christmas" make you wonder if government designation of Christmas as a legal holiday is because it is a secular cultural holiday, or really a religious holiday challenging the separation of church and state?

—Stew Engel

## IN OUR HEARTS


Our best wishes for a speedy recovery go out to **Ralph Phipps**, who recently broke his ankle. Ralph's been getting around on crutches, and we were delighted to see that his injury hasn't stopped him from attending Sunday services. You just can't keep a good man down!

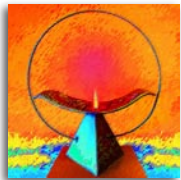
## COFFEE TALK

Congratulations to **Susan and Jang Park** on the birth of their daughter, **Charlotte Eleanor**, on September 16. The family, including big sister **Beatrice (B.)**, is doing well.

All our best to **Lara and Karl Klopp**, who were married in June. We send our warmest wishes for a lifetime of happiness to the couple and their family.

# OCTOBER CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY							
<b>SAVE THE DATE</b>	November 20: Thanksgiving Potluck					Vegetarian Group 10 am Salem Church Library	<b>1</b>						
Service 10 & 11:30 UUth Choir 12:30 pm Sun. Discussion 1 pm	<b>2</b>	Social Justice Comm. 6 pm CRRL 1	<b>3</b>	Men's Group 7 pm Primavera Adult Choir 7:15	<b>4</b>	Hand- chimes 7:15 pm	<b>5</b>	Council of Committees 7 pm	<b>6</b>	<b>7</b>	<b>8</b>		
Service 10 & 11:30 am UUth Choir 12:30 pm	<b>9</b>	RE Comm. 6 pm Kybecca Sun. Svcs. 7 pm CRRL 1 Comm. Action 7:30 pm Hyperion	<b>10</b>	Adult Choir 7:15 pm Music Comm. 8:30 pm	<b>11</b>	Hand- chimes 7:15 pm	<b>12</b>	Yard Sale Drop-Off 5-7 pm Board of Trustees 7pm Great Books 7 pm 817 Caroline St.	<b>13</b>	Yard Sale Drop-Off & Set-Up Noon-9 pm	<b>14</b>	YARD SALE 6 am-Noon	<b>15</b>
Service 10 & 11:30 am UUth Choir 12:30 pm Sun. Discussion 1 pm Tree Planting 1 pm New building site OWL 3 pm	<b>16</b>	Women's Group 7 pm Red Robin	<b>17</b>	Men's Group 7 pm Primavera Adult Choir 7:15	<b>18</b>	Hand- chimes 7:15 pm	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>			
Service 10 & 11:30 am UUth Choir 12:30 pm OWL 3 pm Life Preservers 3 pm Pinschmidts'	<b>23</b>	<b>24</b>	Adult Choir 7:15 pm	<b>25</b>	Hand- chimes 7:15 pm	<b>26</b>	Great Books 7 pm 817 Caroline St.	<b>27</b>	<b>28</b>	<b>29</b>			
Service 10 & 11:30 am UUth Choir 12:30 pm Sun. Discussion 1 pm OWL 3 pm	<b>30</b>	<b>31</b>	CRRL is the Central Rappahannock Regional Library on Caroline Street. All activities subject to change.										



**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:**  
Chris Johns .....xxx-xxxx

**Newsletter Editor:**  
Maryann Brown .....xxx-xxxx

**Office Administrator:**  
Lynda Allen.....548-1301

**BOARD MEMBERS**

**Pres:** Steve Watkins ..... xxx-xxxx

**VP:** Ainsley Brown ..... xxx-xxxx

**Sec:** Lori Izykowski ..... xxx-xxxx

Bill Brooks ..... xxx-xxxx

Ken Brown ..... xxx-xxxx

Lee Criscuolo ..... xxx-xxxx

Carl Little ..... xxx-xxxx

Susan Ohle ..... xxx-xxxx

Lee Rodrigue ..... xxx-xxxx

**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. BRAMAN'S OFFICE HOURS:**

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

**November Newsletter Deadline:** SAT., OCT. 22, 4:00 pm

**Nov. Publication Date:** Oct. 26. Submit articles to  
Maryann Brown at [xxxxxxxxx@comcast.net](mailto:xxxxxxxxx@comcast.net).

## SUNDAY SERVICES

**SUN., OCT. 2, 10:00 & 11:30 AM**  
Association Sunday  
Rev. Walter Braman

An annual call for support of the UUA and its ministers.

**SUN., OCT. 9, 10:00 & 11:30 AM**  
From Me to UU  
UMW Unitarian Universalists

Several students from this campus group will talk about how they came to Unitarian Universalism and what it means for them now as young adults.

**SUN., OCT. 16, 10:00 & 11:30 AM**  
The Faith of Jesus  
Rev. Walter Braman

This is an auction sermon for Doug Wall and his question: Was Jesus a UU?

**SUN., OCT. 23, 10:00 & 11:30 AM**  
Western Medicine in Asia  
John McLaughlin

Over the past four years, John has gone to different parts of Asia to train other physicians in the procedures he performs in his interventional radiology practice. He will show some of the medical devices he brought with him to use in Vietnam, India and Sri Lanka. Images and videos will convey the stark differences between our medical system and theirs.

**SUN., OCT. 30, 10:00 & 11:30 AM**  
Cycling for MS and More  
Clay Calvert

A talk about a cross-country bicycling ride to raise awareness and funds for multiple sclerosis. We will also discuss some of the benefits of cycling, such as health and fitness, and as a greener form of transportation.