



## New Building Update: Groundbreaking News



**GETTING BUSY!** There is a flurry of activity at 25 Chalice Circle! Might not look like much, but we are making great progress. Construction started on July 6, and the construction folks have been working long days to get us a few weeks ahead of schedule already, as they try to get the building structure “dried in” before the weather gets cold. Obviously there is much to do between now and then that makes the cold weather seem closer than you think, when you’re still swimming outside in the heat today.

You’ve heard much talk about the “Keep Out” signs, which is the opposite of the “Welcome” that we will have out when the site is complete and safe. I will be trying to take small groups out approximately once a month or so through the next seven months as the building gets completed. Contact me via email if you are interested in seeing the in-progress scene, as the groups will have to be kept small and will likely be early on a Saturday or Sunday morning, when we won’t be in the workers’ way.

Please be sure to check the blog at <http://uuffnewbuilding.blogspot.com> for photos and updates, and the photos in the current Fellowship hall to keep up with the latest progress. Pictures tell a thousand words apiece, so I’ll let them do the rest of the talking.

Stay tuned for more exciting news!  
–Suzanne Logan, BoT Construction Liaison



*Clockwise from upper left: Earth is moved in preparation for construction (Photo: Bob Martin); builder Helen Cantrell shows plans to Carl Little and Mike Logan; a group of UUFFers stands in the gathering space between the front door and the Fellowship hall; the arrow on this aerial view points out our location, with Pratt Park to the right, the YMCA below, Chatham above, and Chatham Heights Road to the left; footers and block in place show outline of building looking in from the front door (Photos: Suzanne Logan).*

# News & Notes

On Sunday, September 11, we'll celebrate our traditional return-from-summer intergenerational ingathering. This service includes our annual **water ceremony**, where we will each have the opportunity to share a bit about our summer activities and contribute water to the communal bowl. If you collected water from your summer activities, don't forget to bring it along. Our regular **youth religious education classes** will begin on September 18.

Join the **UU Women's Group** at our monthly gatherings on the third Monday of each month at 7:00 p.m. at a local restaurant. This month, we'll meet on September 19 at **Brock's Riverside Grill** at 503 Sophia Street, downtown near the train station. This casual gathering for connection and conversation is open to all UU women. No reservations, no action items, no commitment, just a great way to get to know each other better. You can join us for dinner, or just a drink or snack. Make plans now to drop in and share some time with us!

**Memoirs** meets on the fourth Thursday of each month at 6:00 p.m. On September 22, our word is "optimism," as in "hope" or "hopeful." A good note to start off on – let recollection lead where it will. **Memoirs has room for two-count-em-two additional people.** Meetings are held at the home of Bill and Gae Pinschmidt. To join the group, RSVP to xxx-xxxx or email xxxxxxxxx@verizon.net.

After a two-year trial period of the **UUFF online message board**, we have decided to cancel our \$100 subscription due to lack of activity. Special thanks to Susan Calhoun-Sousie for creating and administering the site during this period. If you have UUFF items that you would like to post but do not qualify for weekly emailed announcements or Order of Service announcements, please join the group and post to the UUFF Facebook page at <http://www.facebook.com/groups/51806365573>.

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!

## FROM THE Minister's Desk

Rev. Walter Braman



**"Go out on a limb.  
That's where the fruit is."**

—Anonymous

The heat of July is past. But so are blueberries and strawberries. As I stand on my porch in the morning, I feel the hint of autumn chill just ahead and, with it, our special celebration of community found in the water communion. This we celebrate the first Sunday in September after Labor Day.

In earlier days, I, and the congregations I served, thought of it as the start of the church year. My experience recently tells me that that is a misnomer. There is no real church year anymore—at least not one that is different from the regular twelve month year. The Fellowship has operated throughout the summer with services as always. I have lived to see the end of an era – and I am glad to see the end.

An old UU joke (so old it was really, I think, a Unitarian joke) was that

God takes a vacation in the summer. UU churches were in the habit of closing in July and August. During my ministry I have watched congregations move from completely closed in the summer, to discussion groups, to informal services, to full services. I find this a good thing.

So I am not comfortable calling September 11 the beginning of the church year. Some of our programs begin, yes, but this congregation has been operating fully. A fiscal year, a business year, a program year, yes, but a beginning when we did not have an end? No.

On September 11 let's not celebrate "beginning" so much as community. Please bring water from your recent experiences – a brook by a campsite, a tidal pool by the ocean, water from a long distance, or water from a garden sprinkler or kitchen sink and we will celebrate our community.

And, more than water, bring yourself. Welcome.

Love to you all,  
Walter

## Music Notes

As summer winds down and the time approaches for the UUFF's annual Water Service on Sept. 11, the Music Committee has spent the past month taking stock of the year gone by and making some plans – and adjustments – for the coming year.

In an effort to find musical leadership which best fits our needs and can enhance and expand our programs, we initiated a search for additional applicants for the positions of music director and accompanist (together and separately), and considered several candidates. The Music Committee worked feverishly to complete the process, so that rehearsals for the Water Service could get underway quickly.

We are now in the final stages of selection, and are excited to bring new energy to the music program. If you've

ever entertained the notion of joining our adult or handchime choirs, or have tried it in the past and have considered returning, now is the perfect time. We believe that new musical leadership will make choir participation more satisfying than ever! At press time, we're still tweaking our rehearsal schedule, so contact one of our Music Committee co-chairs for specific rehearsal details.

Chris Johns will continue to lead our dynamic UUth choir, with rehearsals each Sunday at 12:30 p.m., after the second service. Contact Chris for more information (xxxxxxxx@aol.com).

We are looking forward to an exciting mUUsical year. Please come join us!

—Bruce Callander, James Sperlazza  
Co-Chairs, Music Committee

# PRESIDENT'S CORNER

"We've stabilized." That's what Anne Little told me the other day, and as is the case with everything Anne says, I believe her. It's been no secret that the membership contraction all the UU experts predicted would happen has in fact occurred as we've spent the past couple of years in our temporary quarters in a strip mall out on Route 3. Our numbers are down, our visitors don't tend to come back, and some long-time members have found spiritual homes elsewhere. I recently looked back over the five-year plan we put together in 2006, and suffice it to say we missed all our projections and goals for growth—by a lot. The turnovers in minister and staff, the recession, the move from our beloved downtown building, the seemingly interminable construction delays—there have been numerous factors, and plenty to be grim about.

But I'm not grim. Just the opposite. As I've stepped into the role of Fellowship president this year, I've felt great excitement—in me, in the new and returning members of the Board of Trustees, and in the whole Fellowship. Because we *have* stabilized, for one thing, with a rock solid foundation from which we're poised to grow when we move into our fabulous new home in the spring. How can it be otherwise, when we have such wonderfully gifted and dedicated members, all of whom volunteer in multiple ways to serve the UU and the larger community, day in and day out?



Saint Suzanne – Suzanne Logan—has shepherded the building project almost to completion, and a host of talented volunteers stand ready to take the reins on our interior design and landscaping. Anne Little ran a successful supplemental Building Fund campaign last fall and has once again taken on the job of Move Coordinator. Ron Wasem and Carl Little continue their financial wizardry, making sure we can pay for the new building and still cover the bills. (They've even managed to beef up our reserve fund!)

Then there are the Bingo folks, led by the indomitable Rick Neil, who have worked tirelessly—with some fun along the way—year in and year out to generate that extra income we've needed to make this all happen: more than \$300,000 and counting! Where would we be without them? And where would we be without Kira Bush, our tireless office manager, who sadly is having to leave to take a full-time job, but who has dragged us into the 21st century and made sure all systems are in place to keep us there as she helps train her replacement?

I can't say enough about how appreciative I've been to have Walter Braman join the Fellowship this past year as our minister, and how much I look forward to having him with us again this coming year. Of course we've been relying on our Sunday Services Committee more and more since going to a part-time minister, and they've done an awesome job lining up guest speakers and services two Sundays a month during the regular year—and ALL the services this summer, many of them featuring memorable and mesmerizing talks by members including Gae Pinschmidt, Jackie Richards, and Chris Lillis.



After three awesome years as Director of Religious Education, Janet Watkins is taking a well-earned break from the position, though she'll stay involved with the Teen Girls Group that's been a great success the past couple of years. Stepping in without missing a beat to take over RE is longtime member Chris Johns, who's run our children's choir, is a member of the adult choir, served as chair and is a member of the Music Committee, put on our Christmas pageants, and infused the Fellowship with her boundless energy and talents. Look for a compelling RE program this coming year as she leads our children in exploration of world religions, and look for an expansion of our O.W.L. program as incoming RE chair Josh Pepper joins O.W.L. veteran Lee Criscuolo as teacher for the younger UUs in fourth, fifth and sixth grades.

Meanwhile, RE committee stalwarts Cathy McNichols and Angie Noll, who have done an amazing job keeping the RE program going—and vibrant—for the past several years, will be focusing their efforts on re-energizing our UUYouth group. They've also volunteered to organize the UU Yard Sale in October, with plenty of help from those UUYouths, and the rest of us.

The problem with a column like this is that it could go on for pages because there are so many UUs doing so much for the Fellowship and I hate to leave anyone out. So look for mentions of more noteworthy UU volunteers in future President's Corner columns. And don't be bashful about reminding me of those who are working behind the scenes to help out our Fellowship, as I don't want to overlook anyone. My email address is xxxxxxxx@umw.edu and my phone number is xxx-xxxx.

I would be absolutely remiss, though, if I didn't give a thousand thanks to Bill Brooks, the outgoing BoT president, and Connie Moore before him, for making this job such an easy one for me to take on. And a thousand more thanks to the other members of the Board, who are so generous with their time and their talents, so hard-working, and so dedicated to the Fellowship.



We have big challenges ahead, such as continuing to define and market ourselves as what we've become—a Program Church. (More on that later, and if you don't know what that is, ask a member of the BoT). Another issue is one the Sunday Services Committee and the BoT will be considering in the coming months, and that's how we want to organize our Sunday services once we move into the new building. Then there's the question of our minister position and when and how to return it to full-time. Lots to think about and discuss, and I'm excited about the opportunity to take it all on as we move into our beautiful new home, and into the next promising chapter in the life of our UU Fellowship.

Onward and upward!

—Steve Watkins



# RE World

CHRIS JOHNS  
Director of Religious Education

What? I'm sorry. Did you just say it's September? But I haven't finished working on my tan. Oh well...

Welcome, welcome, welcome to a new season of fellowship and learning here at the UUFF! For those of you who don't know me, my name is Chris Johns and I am so thrilled to be stepping into the DRE position. I must confess, the shoes that Janet and Steve left behind are enormous! I am not sure how I can possibly fill them but I promise you that I will do my very best to carry on their legacy of excellence.

I thought you'd like to hear a little bit about what this year holds in store. We've spent a couple of years talking about the Bible (both testaments) and so now we turn our attention to World Religions. In fact, I would like to take a tour of our very own tapestry! How many times have you looked at the hanging in our hall thinking, "Okay, that's Judaism and that's Buddhism and that's Christianity and that's us but what's that?" I know I have. I would like our kids to know the symbols, know a little about the religions that go with them

and also get to know people who practice those religions, particularly from within our Fellowship. In fact, I would love to hear from our practicing Buddhist, Pagan, Humanist, etc., etc. members and invite anyone who would like to, to come in and talk to the kids sometime this year! I do love diversity!

Also, 2011-2012 is a "Coming of Age" year in which some of our high schoolers will spend the year exploring their own beliefs with the help of a mentor and then share their credos with the congregation at a service later on.

Girls Group will continue this year as the ladies head on into high school. There is also some talk of creating a youth group for our middle school bunch. Stay tuned for more information on both...

And last but not least, the lovely Lee Criscuolo and Josh Pepper will teach an OWL (Our Whole Life) class created for 4th - 6th graders. See the article below on this page. Very exciting stuff!

A couple of noteworthy dates: There will be a teacher orientation potluck on Friday, September 9 from 6:00-8:00 p.m.

Please come and enjoy an evening with your fellow teachers. This will be a great opportunity for me to get to know everyone a little better and for you to take a peek at the new curriculum. Bring a dish to share. Beverages will be provided.

Classes start on September 18. There will be an elementary class at the 10:00 a.m. service, along with the nursery. Upper elementary, middle and high school classes will be available for our bigger kids during the second service at 11:30.

Well, I've got to get back to work on the curricula. So much to learn this year! But just let me close by saying that I am really looking forward to this opportunity, to getting to know more of you and working with these truly fabulous children. And for those of you new to the Fellowship, particularly those with kids, volunteering in RE is a great way to get involved and get to know people. Please don't hesitate to call or write with questions or to discuss ideas. I can be reached at xxx-xxxx or at my brand new address, xxxxxxxx@gmail.com.

See you very soon!

-Chris Johns

## Our Whole Lives 4th-6th Grade



The Our Whole Lives program for children in grades 4-6 will be offered this fall. The OWL program is a sexuality education program designed to help children learn about sexuality, reproduction, and gender identity, make responsible decisions, and communicate openly with their family while developing their sense of self and self-esteem.

We'll be using the book *It's Perfectly Normal: A Book About Changing Bodies* by Robie Harris. We hope to have enough copies for everyone through the public library, but it's definitely a great book to own and I encourage you to buy a copy if you can. Each of my kids had their own copy by age 9!

The OWL class will meet on Sundays at the UUFF for nine weeks beginning in mid-October. The time of the class hasn't been pinned down yet. One parent or guardian is required to attend a parent orientation on Thursday, September 29 at 6:30 p.m. If you have any questions, please contact Josh Pepper, xxx-xxxx, xxxxxxxxxx@yahoo.com or Lee Criscuolo, xxx-xxxx, xxxxxxxx@yahoo.com.

-Lee Criscuolo

## 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:

- Sept. 4:** *Intellectual property: Are patents and copyrights desirable?*
- Sept. 18:** *Is loyalty a virtue?*
- Oct. 2:** *Does nationalism have any redeeming characteristics?*

-Stew Engel



## Life Preservers

Support group? Informational group? Congenial gathering of UUs? **Life Preservers** is all of the above. Our focus is on aspects of caregiving and end-of-life issues. Often we have speakers; sometimes open discussion. Bring your ideas. Autumn brings us four professionals who can address your interests. Plan to join us for light refreshments and meaningful conversation on Sunday, September 25 at 3:00 p.m. We meet on the fourth Sunday of each month at the home of Bill and Gae Pinschmidt in south Stafford. Call xxx-xxxx or email xxxxxxx@verizon.net for more information or directions.

—Gae Pinschmidt



## SOCIAL JUSTICE ACTIVITIES

This year the Social Justice Committee (SJC) has been urged by the Fellowship (Survey says, “No. 1 Priority”) to work on locating and gathering information concerning affordable housing in the local area. If you would like to help, please contact me (David Boone, new Social Justice Committee Chair, xxxxxx@crosslink.net) and we’ll come up with a good time and place for our kick-off meeting.

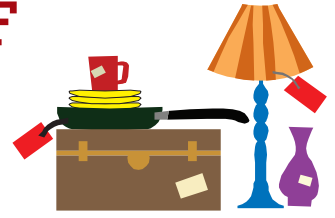
The UUFF SJC is helping sponsor the Via Colori Art Festival, from 10:00 a.m. on Saturday, Sept. 24 until 5:00 p.m. on Sunday, Sept. 25 at Fredericksburg’s Market Square. If you’d like to help in any way, please contact Linda Berkoff, xxx-xxxx.

Dental care access is an ongoing campaign. A brochure is available. Contact Alane Callander.

May Justice Prevail,  
(as Alane is used to ending...)  
David Boone, Chair



## Annual UUFF YARD SALE



This year’s Yard Sale will be held on Saturday, October 15. The sale will run from 6:00 a.m. until 12:00 noon. The early start time is designed to get a head start on other yard sales and to attract “professional” yard sale shoppers. We tried this the last few years and found it to be very successful.

Besides the sale day of October 15, the Fellowship has been reserved for the evening of Thursday, October 13 and the afternoon and evening of Friday, October 14. This is when donated items should be brought to the Fellowship. We have very limited storage space so it will be difficult to accept items prior to that. With the exception of clothes and exercise equipment, all items are “fair game” to be sold. Large or small, new or used...books, furniture, electronic equipment, housewares, appliances, toys, china, crystal, etc...you bring it and we will sell it!

To ensure that the Yard Sale is successful, we need your help (and lots of it). Here is what we need:

- Thurs., Oct. 13 (5:00-7:00 p.m.): Volunteers to help receive items.
- Fri., Oct. 14 (Noon-5:00 p.m.): Volunteers (lots) to help set-up and price the items for sale. Come early, come later, stay an hour, stay five hours. Any and all help will be appreciated.

- Fri., Oct. 14 (p.m.): Folding tables (lots).
- Sat., Oct. 15 (6:00 a.m.-Noon): Volunteers (lots) to work the sale (negotiate with customers, keep an eye on stuff that might be displayed outside, collect money, wrap and bag sold items, and collect money)...again, stay an hour, stay two or three, any help will be appreciated.
- Sat., Oct. 15 (Noon-2:00 p.m.): Volunteers to pack up unsold items for transport to Goodwill and to set up the Fellowship for Sunday Service.
- Sat., Oct. 15 (1:00-3:00 p.m.): At least two volunteers with pick-up trucks or trailers to bring unsold items to Goodwill.
- Miscellaneous items needed: Newspaper to wrap breakable items, and plastic/paper bags for bagging sold goods for customers.

As you can see, this is a big project and requires lots of support and help in order to be successful. However, as mentioned, the rewards for the Fellowship can be significant. A sign-up list for volunteers will be posted in the kitchen area. Please take a minute to clear some time on your calendars for October 13, 14, and 15 and show your support for our Fellowship. Thank you.

—Cathy McNichols

## UU101 CLASS

Would you like to know more about Unitarian Universalism and our Fellowship? Are you interested in becoming a member? This course will provide information and a step to membership.

The course runs two days, lasting 3.5 hours each day. The October dates have not been determined. Class size minimum is 5 people. The classes are usually held on 2 consecutive Saturdays. However, if interested individuals indicate a week night is better, we can change the date.

These two classes provide a vital step toward membership in the Fellowship. To register for the course, contact the UUFF office (540-548-1301, uuff@verizon.net) no later than September 15.

—Nancy Krause

# What I Did This Summer...SUUSI

When someone asks what have you done this summer, we say we went to SUUSI and had a great time. They then ask just what is SUUSI? SUUSI is the Southeast Unitarian Universalist Summer Institute. It is "church camp." At least it's church camp in a liberal sense. Have you ever dropped a child off at camp and wished you could stay? At SUUSI you can – there are programs for youth, teens and adults of all ages.

SUUSI participants have met in July for over 60 years. It is planned and staffed by volunteers. According to the catalog, it is "an intentional community of UUs and kindred spirits." With over 1,000 participants, it is reported to be the second largest gathering of UUs in the world. SUUSI is currently held on the campus of beautiful Radford University. We stay in dorms, eat in the dining hall and use the other college facilities. There are so many activities, it would be hard to list them all. The catalog listing the classes, nature trips, excursions, other events and need-to-know information is 65 pages long. You are free to do as much or as little as you desire.

A typical day could begin with a nature trip, followed by breakfast and a morning theme talk or worship service. All this is available before 10:00 a.m. when the morning workshops begin. After lunch, the afternoon workshops are from 2:00-4:00 p.m. Community time (4:30-6:00 p.m.) is when everyone gets together on the lawn for fun activities for the young and young at heart. It is a time to sit and gab with other UUs. After dinner, you may attend evening worship followed by the concert hour. Each worship service is led by a different minister. The concert hour features a different group or combination of groups each night.

Not ready for bed yet? There are several options for your nightly entertainment. There is Serendipity with a specialty dance hour at 9:00 followed by dancing with music by a DJ until 1:00 a.m. There is also Cabaret, a live music venue. For the young adults (over 14), there is the CACHE (Clean Air, Clear Heads for Everyone) dance party. Still ready to par-ty? Try "Late Night" where jams have been known to go on all night long! There are also special events such as Casino Night and Family Movie Night. Late Night is in the Common Grounds Café (coffee and homemade brownies, anyone?), which is open 24/7.

There are separate dorms for families, teens, young adults and medians (over 21 preferring a late night social lifestyle). And believe it or not, a quiet dorm for us old fogies. There are teachers and monitors for children and youth programs as well as co-op baby-sitting. Since all the teachers and staff are volunteers, there are opportunities for working to offset your fees. Scholarships are also available.

If you have questions about SUUSI, just ask someone who has attended. They are the ones with big smiles on their faces. Additional information may be obtained at [www.suusi.org](http://www.suusi.org). Information about next year's SUUSI will be posted on the bulletin board in the kitchen as it becomes available.

Plan now to attend SUUSI next year. The dates are July 15-21.

—Ray Davis



## IN OUR HEARTS

Get well wishes go out to **Priscilla Sheeley**, who was in a serious car accident in August. She suffered injuries that included breaking her leg in two places, and is awaiting surgery. We hope Priscilla has a speedy recovery and is on her feet again soon.

We send our deepest sympathy to **Jang Park**, whose father David died on August 8 from lung cancer. Our thoughts are with Jang, Susan and their family during this difficult time.

We're thrilled to have **Ralph Phipps** back from Arkansas, where he received cancer treatments. Ralph is doing very well, and we send him our best wishes for continued good health.

We send caring thoughts to **Stuart Chapin**, a former UUFF'er who is battling a recurrence of cancer. You can connect with him and offer support at <http://www.caringbridge.org/visit/stuartchapin>.

## COFFEE TALK

Best wishes to **Kira Bush** in her new full-time position with CACI in Dahlgren. We're sorry to see her go, and appreciate her wonderful service to the UUFF as office administrator for the past few years. Thank you, Kira!

Congratulations to **Alexandra Brooks** and **Cory Bottone** on the birth of their baby girl, **Sophia Maria Luisa Bottone**, who arrived in May. All our best to the new family, including Grandpa **Bill Brooks**!

**Taylor Johns** is currently performing in the Riverside Dinner Theatre's production of "Snow White and the Seven Dwarfs," directed by her mom, **Chris Johns**. Taylor plays one of the very adorable dwarfs in this delightful show. We won't tell you which one, though – you'll have to figure it out yourself! If you're able to attend, make sure to stop by and say hello after the show! "Snow White" will run Saturdays through Sept. 24.

In June, Mary Washington Healthcare recognized three local women with its latest "Spirit of Women" award, including our own **Becky Reed**. Congratulations to Becky for receiving the "Community Hero" award for her work in founding and supporting the Hazel Hill Healthcare Project for the residents of the Hazel Hill apartments in Fredericksburg.

The path of the Dharma is offered by the Meditation Community of Fredericksburg (<http://www.meditatefred.com>) 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.

Beginning in September, our Mindful Listening practice will begin a series of workshops focused on mind as the key. The mind perceives, interprets, and processes each and every experience; it determines the quality of our life. These workshops will focus on how we have to observe and understand the real nature of mind in order to affect it.

- Sept. 1** Mindful Listening:  
Ordinary Mind States
- Sept. 8** Meditation: Sitting & Walking
- Sept. 15** Mindful Listening:  
The World Led by Mind
- Sept. 22** Meditation: Sitting & Walking
- Sept. 29** 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 am to 10:15 am at the Fellowship, Bill Brooks, an accredited yoga instructor, will lead 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. There will be no yoga class on September 10. If you have questions or concerns, please contact Bill at xxxxxx@comcast.net.

—Bill Brooks

## MINDFUL LIVING: Opening To Life As It Is



The Meditation Community of Fredericksburg is offering a day-long meditation retreat on October 1 from 9:30 a.m. to 4:00 p.m. at St. George's Episcopal Church. The retreat will be led by Sharon Beckman-Brindley, a guiding teacher from the Insight Community of Charlottesville.

Mindfulness meditation has been described as paying attention, on purpose, in the present moment, without judgment or criticism. With this practice, we learn to acknowledge and welcome all aspects of our daily lives with a kind acceptance leading to the release of unnecessary stress, clarity about skillful action and a joyful energy in being alive.

This day-long retreat will be an opportunity to receive instruction on this centuries-old skill, to ask questions, and to practice together. It is suitable for those with or without previous meditation experience. For information or to register, please contact Todd Drake at xxx@meditatefred.com.

—Bill Brooks

## BOARD HIGHLIGHTS

Here are some of the key topics addressed at the most recent meeting of the Board of Trustees on August 11:

**Treasurer's Report:** Ron Wasem reported that in July, income exceeded expenses by about \$1,000. Expenses so far this fiscal year are down from the same time last year.

**Minister's Report:** Rev. Braman was on vacation from mid-July through mid-August, and is now back to regularly scheduled duties. He returns to the pulpit on Sept. 11.

**Chalice Circle:** For all of the latest updates on the construction project, and to see the latest photos, visit the new building blog at [uuffnewbuilding.blogspot.com/](http://uuffnewbuilding.blogspot.com/).

**Office Manager Search:** Jane Ellen Teller of the Human Resource Committee is the point of contact for applicants. The board decided not to advertise in the local newspaper until we see the results of an in-house search.

**Music Director Search:** The Music Committee is undertaking a search for additional candidates for the music director/accompanist position, and presented progress to date.

**Move Coordinator:** The board appointed Anne Little to coordinate our move to the new building.

**Auto Draft:** Issues with the auto-draft process were discussed, and the Finance Committee will be asked to provide recommendations.

**Member Resignations:** The board discussed implementation of a process for handling member resignations. Ainsley Brown will get input from the Council of Committees.

**Yard Sale:** Cathy McNichols and Angie Noll have volunteered to run the yard sale this year, scheduled for Oct. 15.

**Filling Positions:** Jane Ellen Teller has agreed to represent the UUFF at the Tidewater Cluster of the Southeast District, and to also chair the Denominational Affairs Committee. We are still seeking a co-chair for the RE Committee, and a chair for the Finance Committee.

**Long Term Planning:** The board retreat on August 28 will focus on planning for the future, as we move into our new building and anticipate membership growth.

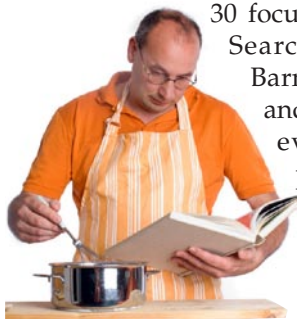
The next board meeting will be held at the Fellowship on Sept. 8 at 7:00 p.m., and is open to all members of the congregation. We welcome your input on issues facing the Fellowship; contact any of the board members listed on the last page of the newsletter with your ideas.

—Ken Brown, Board of Trustees

# VEGETARIAN GROUP



Just a decade ago, there were only a handful of vegan cookbooks on the scene, and just a few dozen vegetarian options. People new to vegetarianism or veganism often had to flounder about until they found their own answers to questions on nutrition, hard-to-find ingredients, and just exactly how to make their own almond milk. Fast forward to 2011 and today's bookshelves (virtual or real) hold an overwhelming number of options. The local library alone carries nearly 70 titles on veganism and vegan cooking. Their vegetarian books number over 200! Sixty titles cover gluten-free diets and nearly 30 focus on raw food.



Search Amazon or Barnes and Noble and come up with even more impressive results (how about over 1,500 just for vegans?).

Cookbooks for these lifestyles are breeding faster than your summer zucchini.

In addition, books are now being written for every niche market within these diets. Eating on a budget? Check. Pregnant or raising children? Covered! College-bound or sending a teen that way? Looking to lose weight or up your athletic prowess? Oh yeah. Especially popular are books featuring comfort food that will tempt non-veg friends and family to the table. From basic, classic recipes to exotic, worldly fare, it is hard to decide where to even start! Let the Vegetarian Group help you narrow it down!

On Saturday, September 3 (yes, that's Labor Day Weekend!) from 11:30-1:00 p.m. at the UUFF, Christine Carlson will share an overview of the best cookbooks to own or borrow. Owner of over 50 cookbooks, librarian, and member of Cookbooks Anonymous (just kidding), she will tell you which books are worth their tofu.

From the classics to the hottest new recipe collections, you will drool and be inspired! Gluten-free, raw, and pleasure-reading books will also be covered. But there's more! Bring your CRRL (Central Rappahannock Regional Library) card and check out a library cookbook on the spot!

So come enjoy "the best meal in town" as well as good fellowship! Please bring a vegetarian or vegan dish to share (or small donation). **We invite you to bring a favorite summer dish this month!** Gluten-free or raw dishes are also welcome. We always have extra to share! Silverware, plates, cups, and cloth napkins are provided. 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

## Racial Justice Conference

Explore meaning, learn strategies and engage with others in building effective multicultural partnerships at the Southeast District's 21st Annual Racial Justice Conference on Friday and Saturday, September 23-24, at Tennessee Valley UU Church, Knoxville, Tennessee.

Hear the prophetic voices of social change leaders who combine partnership and spirituality. Engage in dialogue with Unitarian Universalist pastor-theologians as their voices weave to create a tapestry of theological possibilities for those committed to racial justice. Learn from the Highlander Research and Education Center, which draws on decades of racial justice work in the South through their model of popular education.

Highlights include speakers, workshops, plenary sessions, and a children's program.

For more info and registration details, visit <http://tjdistrict.org/events/2011racialjusticeconf.html>.

—from the Southeast District website

## Southeast District Chalice Lighters

**What is a Chalice Lighter?** A Chalice Lighter is a person, couple, or group of people who pledges to respond with a contribution when the call comes that it's time to light a chalice within the Southeast District. Calls support specific growth initiatives in the SE District, its congregations, and its clusters.

**How often are calls made to those participating as Chalice Lighters?** No more than three times a year (July-June), you will receive a letter explaining who has applied for a call and what the funds will be used for.

**What types of projects does Chalice Lighters support?** The Chalice Lighter Committee awards grants to congregations and clusters to encourage growth of Unitarian Universalism in the Southeast District. Grants are awarded for both traditional and innovative growth projects. Examples include: calling a minister; hiring professional staff; buying land; constructing a new building or renovating an existing one; adding new signage to increase visibility; innovative adult or youth programming; video broadcasting of program(s); innovative advertising or community relations; and outreach programs to enhance diversity in a congregation.

The SED Chalice Lighter program was created in 1987 and has grown into one of the largest such programs in the UUA. About half our calls help congregations obtain or settle their first minister. The other calls help to build or improve facilities.

Pooling hundreds of checks of \$15, \$25 and more has meant a lot to quite a few of our neighboring congregations, but opportunities for growth still abound in our district, and the continued support of Chalice Lighters is critical. Please accept our invitation to become a SED Chalice Lighter and help spread the light of our liberal faith in the years ahead. For more information and to become a Chalice Lighter, visit <http://tjdistrict.org/services/chalichelighters.html>.

—from the Southeast District website

# SEPTEMBER CALENDAR OF EVENTS

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |  |
|--|---|--|---|---|---|---|--|
| <b>SAVE THE DATES</b><br>Oct. 14: Yard Sale Set-up<br>Oct. 15: Yard Sale<br>October, TBD: UU 101 Class |   |  |   | Council of Committees 7 pm <b>1</b><br>Mindful Listening 7 pm <i>St. George's</i> | <b>2</b>  | Hatha Yoga 8:45 am<br>Vegetarian Group 11:30 <b>3</b> |  |
|  | Service 10 & 11:30 <b>4</b><br>UUth Choir 11:30<br>Sun. Discussion 1 pm                           | <b>5</b>   | Men's Group 7 pm <b>6</b><br><i>Primavera</i><br>Adult Choir 7:15 | Handchimes Time TBD <b>7</b>  | Board of Trustees 7pm <b>8</b><br>Great Books 7 pm <i>817 Caroline St.</i><br>Mindfulness Meditation 7 pm <i>St. George's</i> | Teacher Orientation Potluck 6 pm <b>9</b>             | <b>10</b>  |
|  | Service 10 & 11:30 am <b>11</b>   | RE Comm. 6 pm <b>12</b><br><i>Kybecca</i><br>Sun. Svcs. 7 pm CRRL 1<br>Comm. Action 7:30 pm<br><i>Hyperion</i> | Adult Choir 7:15 <b>13</b>  | Handchimes <b>14</b>  | Mindful Listening <b>15</b><br>7 pm <i>St. George's</i>   | <b>16</b>   | Hatha Yoga 8:45 am <b>17</b>                     |
|  | Service 10 & 11:30 am <b>18</b><br>UUth Choir 12:30<br>Sun. Discussion 1 pm                       | Women's Group 7 pm <i>Brock's</i> <b>19</b>  | Men's Group 7 pm <i>Primavera</i> <b>20</b><br>Adult Choir 7:15   | Handchimes <b>21</b>  | Mindfulness Meditation 7 pm <i>St. George's</i> <b>22</b><br>Great Books 7 pm <i>817 Caroline St.</i>                         | <b>23</b>   | Hatha Yoga 8:45 am <b>24</b><br>Via Colori 10 am |
|  | Service 10 & 11:30 am <b>25</b><br>UUth Choir 12:30<br>Life Preservers 3 pm<br><i>Pinschmidts</i> | <b>26</b>  | Adult Choir 7:15 <b>27</b>  | Handchimes <b>28</b>  | OWL Orientation 6:30 pm <b>29</b><br>Mindfulness Meditation 7 pm <i>St. George's</i>  | <b>30</b>   |  |

All activities subject to change. CRRL is the Central Rappahannock Regional Library on Caroline St.

## SUNDAY SERVICES

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

Council of Nicea  
James Goehring

UMW Professor of Religion James Goehring will provide insight into the early history of Christianity.

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

Water Communion Service  
Rev. Walter Braman

A celebration of our community.  
Bring water collected from your summer activities.

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

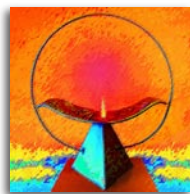
Unitarians in Medicine  
Patrick Neustatter

Patrick will present a history of some colorful characters from the past and discussion of present day interaction of UUism/religion in medicine.  
*Religious Education classes begin.*

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

What Makes Us Good?  
Rev. Walter Braman

A look at how we treat ourselves.



## UNITARIAN UNIVERSALIST FELLOWSHIP OF FREDERICKSBURG

5044 Plank Rd. ■ Fredericksburg, VA 22407

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

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**OFFICE HOURS:** Tues., Wed., Thurs., 10:00 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.

October Newsletter Deadline: SAT., SEPT. 17, 4:00 pm

Oct. Publication Date: Sept. 21. Submit articles to Maryann Brown at [xxxxxx@comcast.net](mailto:xxxxxx@comcast.net).