



Matt Grissom <office@uuffxbg.org>

[Test] UU&You October 2024

Unitarian Universalist Fellowship of Fredericksburg <communication@uuffxbg.org>
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November Newsletter Deadline: Saturday, October 26th

Please send all submissions to [Matt](#) by the deadline.
Contributors will receive a confirmation email of article submission within 48 hours.

News & Notes

Firepit Friday, October 25th , 5-8pm

A family-friendly gathering around the UUFF firepit. Bring a chair and join us as we enjoy a relaxing time around the fire. Stay for a little while or all evening. The Friendship Committee will provide hot dogs and marshmallows for roasting, including buns



and condiments. You may bring your own dinner if you prefer, or graham crackers and chocolate if you'd like s'mores. This is a great way to connect with people, so newcomers are especially welcome. Hope to see you there!

Save the Date: Fall Potluck

The annual Fall Holiday Potluck will be held on Sunday, **November 24th**, immediately following the service. Look for details in the November newsletter!



Women's Night Out!




cisgender, transgender, nonbinary female presenting all have a seat at the table! We meet on the third Monday of the month at 6:30pm. On Monday, October 14, the group will meet at J. Brian's Tap Room, [200 Hanover Street Fredericksburg, VA 22401](https://www.jbriantaproom.com/drinks). "Open since 1994, we are a family-owned gastropub in the heart of Downtown Fredericksburg." Check out their menu here: <https://www.jbriantaproom.com/drinks>. No reservations required and no purchase necessary. Newcomers are especially welcomed. Check out the UUFF Women's Night Out! Page on Facebook.

~ The Friendship Committee

Save the Date: Auction

Join us on Saturday, November 9 from 5:00-8:00pm for a live auction/fund-raiser for the UUFF. We will celebrate each other and the results of the recent election. This is sure to be one of the best events of the year and you won't want to miss out! Mark your calendars and be there!



Parents of Tweens and Teens Support Group

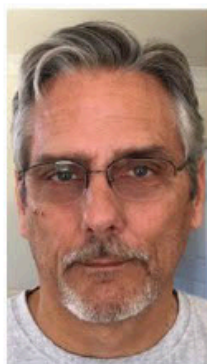
The POTTTS group will meet on Thursday, Oct 24 at 7 p.m. at the UUFF. All parents of tweens or teens are welcome to discuss issues in a confidential, judgement-free group of peers. We meet the fourth Thursday of each month at 7 pm. For more information, contact Susan Park or Adele Uphaus.

Day-Long Retreat: Simply Mindful

Sponsored by:
Insight Meditation Community of
Fredericksburg
www.meditatefred.com



Todd Drake, co-founder and teacher of Insight Meditation Community of Fredericksburg, has been studying and practicing mindfulness for 25 years. His meditation practice is seated in the Theravada School of Buddhism. His personal training includes: The Power of Awareness Training, sponsored by the Awareness Training Institute, and Mindful Self-Compassion Intensive, sponsored by UC San Diego Center for Mindfulness. Todd has also attended numerous silent meditation retreats over the years and is an ardent supporter of practicing mindful self-compassion.



Simply Mindful

A Day-Long Silent Retreat with Todd Drake

October 19, 2024

We usually think of mindfulness (vipassana) in terms of sitting practice. We sit and follow the breath and whenever a thought arises, we note thinking or feeling, pleasant or unpleasant, then go back to the breath. Taking the one seat, our formal practice, helps to deepen our concentration and see with clarity the nature of impermanence. For many this is enough, which is cool, for meditation opens the mind and brings one a sense of peace and ease. But it is equally important that we take this practice into our daily lives, to be simply mindful from one moment to the next with all of experience, from brushing one's teeth to being present with emotional pain, and so on.

During this retreat, there will be a Dhamma talk on being simply mindful, and guided meditations and exercises to help us experience the unfolding of what is happening without losing ourselves in the selfing-story. We will spend some time outdoors for a mindful walk in the park, and another period of sitting outdoors to simply listen to the world. This retreat is suitable for those new to meditation practice, as well as experienced meditators.

When: Saturday October 19th 9:00 am – 3:30 pm

Where: Unitarian Universalist Fellowship of Fredericksburg

25 Chalice Circle

Fredericksburg, VA 22405

Cost: The suggested donation for this event is \$35 to \$55. However, no one will be refused participation due to lack of funds.

Registration: If you plan to attend, please register online [here](#). We want to be able to notify you if needed.

On the Day of Retreat: Please come a little early, so we can begin on time. Bring a bag lunch and whatever sitting materials you need. If needed, there will be chairs for your use. Tea, water, and light snacks will be provided.

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MINISTERS AND STAFF



David Brown, Minister

“We are the church you’ve been looking for.”

This is an ad we’re planning to run in a local paper soon, and it occurred to me that we (the good people of UUFF) need to commit ourselves to living up to this statement. Are we a church/fellowship that people will want to attend?

Think about someone who is not currently attending any religious service. What do you think would motivate them to attend our weekend gathering? How can we compete with brunch at Amy’s? That’s a tall order, but I think we have what it takes.

First off, the UUFF needs to be welcoming. If someone makes the effort to show up, we need to appreciate that effort by welcoming them. You likely have a group of friends at UUFF that you typically hang with. I want to challenge you to expand your circle! Just find one person you don’t know and encourage them to engage. Maybe you ask them to join you. Maybe you just sit with them for this service. Please commit with me to watch for new people and to make contact.

Second, the weekend service needs to be engaging. I started to say “fun” because fun is engaging, but so is “thoughtful” and “inspiring.” It takes a small army of people to pull off a weekend meeting and if you’re one of those people, I’m asking you to give it your best! Come prepared and do your part with gusto knowing that we only get one shot at a first impression. Please commit with me to bring your best each weekend.

Third, we all need to refocus our reasons for attending the UUFF. Most people attend a church to “get” something. Especially for visitors, they want to see who we are, how we treat one another, how we “do” church. That’s exactly what a visitor should do. But that’s not what members should do. Members should come to serve.

Ironically, it is when we serve that we receive the most. If I’m involved in the service I get a lot more out of it. If I’m a greeter, my endorphin levels are way higher from the positive social interaction than a regular attendee. Those who speak up during our discussions and participate in RE classes come away with a much richer understanding and they position themselves to interact with others on much deeper levels.

Please commit with me to making the UUFF the very best fellowship we can possibly be. If we do, I’m convinced we can make our little corner of the world a better place to live. And in the process, find ourselves living fuller and richer lives!

I’m delighted to be on this journey with you!

Wanna talk about this or your role at the UUFF? Click the link below and make an appointment with me or send me a text. I’d love to chat!

David G. Brown

cell: 540-360-8128

[Click to make an appointment](#)

Hello to all and Happy October!

I have been having a great time getting to know you all, and it is a joy to share music with you each week. Every Sunday, I leave our services with some new ideas and thoughts about life, and with a smile on my face after chatting with so many great people.



Speaking of music - now that both our Choir and Handbell Ensembles have gotten into the swing of weekly rehearsals, we are looking forward to performing for you very soon on some upcoming Sundays. Be on the lookout for our first Choir Sunday of the year on October 6th. The first Handbell performance will be in November. Coming up on October 13th, our next Coffee House service will feature multiple musical performances to go with our lively discussions.

We would love to add some more people to our Choir and Handbell rosters! If you like to sing, Choir is the place for you. It is okay if it has been a while, or if you feel a little rusty - we welcome you! If you are interested in trying an instrument - give handbells a try. There is no experience necessary - we can train you! I am reminded of this quote by poet Henry Wadsworth Longfellow:

"Music is the universal language of mankind."

If you have a desire to learn, there is a place for you! Participating in a musical ensemble is a great way to meet new people and spend time with friends; not to mention the chance to be a part of something bigger than yourself.

Music rehearsals take place on Wednesday nights: Handbells from 6:30 - 7:30 and Choir 7:30 - 8:30. These groups perform on Sundays once a month or every other month.

Please feel free to reach out if you have any questions about our Adult Choir and/or our Adult Handbell Ensemble. If you are unable to join an ensemble right now, but would like to be considered to perform for future Sunday services or Coffee House Sundays, contact me! Feel free to chat with me in person or send me an email: music@uuffxbg.org

Musically yours,

Katherine



October in the Religious Education program will be about how we can learn to listen with open hearts and open minds. True listening is an act of love. It's a way of creating space for one another to be seen, heard, and honored in all of our diversity and complexity.

In that spirit of connection and attentiveness, we have many events planned so we may gather in community.

October Events at UUFF

- **Queer Coffee House – Wednesday, October 11** – A welcoming space to gather, sip coffee, and share in conversation.
- **Intergenerational Service – Friday, October 13** – All ages are invited to join in our coffee house service. The nursery will be open.
- **Youth Group Meetings – Friday, October 13 & Friday, October 27** – During service, the youth will continue their Dungeons and Dragons adventure.
- **Queer Youth Sanctuary – Friday, October 18** – A safe and affirming space for queer youth to gather, find support, and build community.
- **Family Fun Night – Pumpkin Painting – Friday, October 25** – Bring your creativity, and let's get festive as we prepare for the season of harvest!
- **First Day of Our Whole Lives (OWL) Classes – Sunday, November 3** – We begin this transformative and affirming curriculum for our youth, focusing on values-based, comprehensive sexuality education.

As we move through this month of deep listening, may we also practice listening to the whispers of change in the world around us—the rustling of leaves, the shift in the wind—and know that within each moment, we are called to be fully present with one another.

Let us listen deeply and, in doing so, deepen our understanding of ourselves and our beloved community.

In love and service,

Mandolin

Director of Lifespan Religious Education

COMMUNITY ACTION CORNER

Volunteer opportunities for Community Action and Justice:

The community Action and Justice committee welcomes new members. We also seek volunteers to take on specific projects for Community Action to help those in need. Please contact Curt Swinburne (cswinburne@earthlink.net) with any questions.



UU Beyond FF

One of the very best things about the UUFF is the relationships that we develop with others in the congregation. And some of the very best news is that these relationships can extend to UUs beyond our Fellowship. Make new friends while keeping the old. I have been lucky to chair the Denominational Affairs committee. Getting to know and work with UUs in the other six congregations in the Tidewater Cluster, the congregations in the Southern Region, and congregations across the country has been a great joy for me during this time.

The time has now come for me to step away from chairing the committee. I plan to continue to be a member of the committee and mentor new committee members, but I need to allow others to take the lead. I'm looking forward to watching as others, maybe YOU, experience the joy of getting to know and work with UUs beyond FF. The DA committee facilitates ongoing connection with the UUA, the Southern Region, and the Tidewater Cluster. This includes working as part of the Tidewater Cluster Steering Committee to plan the annual gathering. The Steering Committee meets via Zoom, and members share the duties necessary to make the gathering happen. My experience has been that many hands make light work.

DA committee members also receive a monthly newsletter from the UUA Southern Region. Sharing information from the newsletter with other professional and lay leaders in the congregation helps them to take advantage of learning opportunities that the Southern Region provides. For instance, three members of the UUFF will be participating in an online seminar "Pledge Drive 101" where they will learn about successful pledge drive practices. If the opportunity to make and work with new UU friends appeals to you, please contact

David Brown at minister@uuffxbg.org or contact me at FiddleWoman@aol.com.

~ Lois Colbridge

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All Services

Dual Platform: In-person and Streaming Live

YouTube: [UU Fellowship of Fredericksburg](#)

YOUR WEEKLY SERVICES



7 Forbidden Words at UUFF

Speaker(s): David Brown

DATE: October 6, 2024
10:30AM

Join Us In Person, Or
Online Via Youtube



October 6th

7 Forbidden Words at UUFF

By: David Brown

Like network TV of old - there are certain words we are not allowed to say at UUFF. Why is that?



Coffee House: The Pursuit of Happiness

Moderator(s): David Brown and Carmela Southers

DATE: October 13, 2024
10:30AM

Join Us In Person, Or
Online Via Youtube



October 13th

Coffee House: The Pursuit of Happiness

By: David Brown and Carmela Southers

Searching for happiness can be a fool's errand – but living life with certain principles can give a person a better shot at finding happiness. Let's discuss 8 principles for happy living in this interactive service.



Selfish Giving

Speaker(s): David Brown

**DATE: October 20, 2024
10:30AM**

**Join Us In Person, Or
Online Via Youtube**



**October 20th
Selfish Giving
By: David Brown**

Generosity brings happiness at every stage of its expression: We experience joy in forming the intention to give, we experience joy in the action of giving, and we experience joy in remembering that we have given. As Gandhi said, "The fragrance remains in the hand that gives the rose."



Getting Sober Without God

Speaker(s): Ainsley Brown

**DATE: October 27, 2024
10:30AM**

**Join Us In Person, Or
Online Via Youtube**



**October 27th
Getting Sober Without God
By: Ainsley Brown**

Imagine if you were seriously ill and your best chance of getting better was to worship Jesus, believe in God, and get down on your knees to pray. What would you do? Ainsley Brown, who founded a secular AA group in Fredericksburg which has connected with secular AA groups in other countries, will share her own experience with alcoholism.

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MISSION STATEMENT

The mission of the UUFF is to nurture learning, inspire spiritual insights, create compassionate relationships, and lovingly transform our community and the world.

VISION STATEMENT

To be a catalyst for spiritual growth and social justice with service as its guide and love at its core.



Open Office Hours:

Tuesday: 9:00am - 3:00pm
Wednesday: 9:00am - 2:00pm
Thursday: 9:00am - 4:00pm
Friday: 9:00am - 3:00pm

**UNITARIAN UNIVERSALIST
FELLOWSHIP OF FREDERICKSBURG**
25 Chalice Circle, Fredericksburg, VA 22405
540-310-4001 -- Email: office@uuffxbg.org
www.uuffxbg.org

Minister: David Brown 540-360-8128
Office Admin: Matt Grissom 540-310-4001
Dir. of Lifespan Rel. Ed: Mandolin Restivo 862-596-1569
Music Director: Katherine Preseren 540-580-8074
Treasurer: Ron Wasem 540-373-2929
Custodian: Hannelore Montgomery 540-842-7018

BOARD MEMBERS

President: Thomas Mertz 937-623-2642
Vice Pres: Susan Park540-775-2148
Secretary: Sarah DeWees 540-368-0785
Kit Carver 540-371-7038
Ruth Stone 540-207-2493
Paula Barnes 540-429-8677
Sage Briggs Youth Member

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