

Newsletter of the Unitarian Universalist Fellowship of Waynesboro, VA January 2017

Minister's Column, Rev. Paul Oakley

I want to thank you all for the many ways you have shown your kindness to and shared the bounty of your lives with me and to Walter through the holiday season. We appreciate you and are incredibly happy to have found a home among you! Happy New Year!



Are you someone who makes resolutions for each new year? It was never a strong part of my life. I didn't grow up in a family that made New Year's resolutions. My parents were like Yoda in this: "Do or do not. There is no try." And when I tried it for a while as a young adult, I didn't have the focus to stick with those good intentions. Yet I never even felt guilty about it. Maybe more important than making or not making resolutions is self-examination itself. Asking ourselves the question of how we understand our lives or our world might be better with certain changes.

If my weight is more than my friends or my doctor wants it to be, do I resolve to lose weight or to accept myself at the weight I am? If I spend more time on social media than general opinion considers good, do I resolve to reduce my time online or to use increasing portions of my online time used in constructive ways? Identify any trait to change, and you will find yourself with two problems. First, is it a problem in any objective sense, or merely a matter of social conditioning and social pressure? And second, is the solution a matter of changing actions or changing your attitude.

So while I resolve to make no New Year's resolutions, you will definitely find me thinking about these two-fold challenges to my self-understanding. As Unitarian Universalists, our shared theology moves us to and with a trust that it is possible to make a difference – even if we do not see every outcome with clarity. And if it is possible to make a difference, we would do better to aim our hearts in the direction we hope to go.

If you make resolutions, I will be rooting for your success in seeing them through to results and standing with you in your reality if it doesn't take hold this time around. Because I trust it is possible to make a difference.

Peace and Blessings in 2017,
Rev. Paul

Adult Religious Education Schedule for Winter-Spring.

- Our minister emeritus the Rev. Ed Piper will teach a class on "Five Non-Western Spiritual Traditions." The class will have six sessions and will be scheduled on the 1st, 3rd and 5th Wednesdays of the month, beginning on January 18 and ending on March 29.
- Rev. Paul will teach a class based on the Rev. Dr. Mark Morrison-Reed's recent book *The Selma Awakening: How the Civil Rights Movement Tested and Changed Unitarian Universalism*. This will be a seven-session class scheduled on the 2nd and 4th Thursdays of the month, beginning on January 12 and ending on April 6.

Stay tuned for more information on these classes and for other one- or two-session classes which may be scheduled for after January. **Please email Marilyn Nash (mpnash1@gmail.com) if you will participate in either of these classes so we may know how to plan.**

ANNOUNCEMENTS

Technology Team.

We need to assemble a team who have sufficient know-how to help the congregation solve some technological situations. The team will not themselves repair, install, and upgrade tech equipment but will work with Rev. Paul and the ministry teams and consult with experts as necessary to:

- evaluate our needs;
- ensure that we identify and acquire appropriate equipment;
- evaluate the appropriateness of the equipment we have;
- research and recommend the best available contracts for repairs and maintenance of tech equipment (computers, audio/video, printers, projectors and more).

If you would be willing to participate in this way, please email Rev. Paul at minister@uufw.org.

UUFW Policy Book

The Fellowship's governing policies developed by the 2015-2016 Board of Directors have now been organized into an official Policy Book. You can review or download the UUFW Policy Book from the [Governance page](#) of our website. Just click on Policies. It is a good idea for every member to become familiar with our policies, especially those that apply to the congregation as a whole and the areas in which you volunteer.



Caring Network



The Caring Network consists of Fellowship members who have volunteered to coordinate support for other members in times of special need. If you learn about or are yourself facing such a circumstance, please contact Hinda Richards, coordinator at 887-7515 or hindabob@comcast.net and Rev. Paul at minister@uufw.org or 540-447-4898. The 2016-2017 networkers are as follows:

Lorain Harouff	540-885-3000	harouffs@gmail.com	Allen-Belcher
Nancy Frumen	540-885-1526	ndfrumen@yahoo.com	de los Reyes –Childress
Diane/Braxton Nagle	540-886-3023	rbbraxton2@verizon.net	Clark-Droppleman
Jerry Reese	540-946-3023	geraldreese7@gmail.com	Drumheller-Freeman
Barbara Wright	540-885-1315	felines39@comcast.net	Frumen-Hackney
Lee Patterson	540-885-4455	kenleepatterson@gmail.com	Hall-Hoard
Debby Austin	540-886-0052	debby3@ntelos.net	Hough-Larsen
	540-487-3378		
Jami DeCourcy	540-241-9197	jrdecourcy@gmail.com	Lazenby-Meade-Armor
	540-470-7547		
Will Strickland	540-241-0147	will.strickland@yahoo.com	Micklem-Nolde
Cynthia Thompson	540-887-8166	thomscr@jmu.edu	Norris-Perkuchin
Abbie Edwards	540-221-2598	edwardsac014@aol.com	Pickering-Riggin
Karen Hudson	540-280-0890	johnkarenhudson@verizon.net	Rizzo-Sherwood
Den Frumen	540-885-1526	ndfrumen@yahoo.com	Simmons-Strickland
Robert Richards	540-887-7515	hindabob@comcast.net	Thompson-Zaro
Laura Skally	703-786-0221	lauraskally@gmail.com	BACKUP
Latane Long	540-943-2632	lwlong@cfw.com	BACKUP
Suzy Huston	540-8856458	thornrose@comcast.net	Transportation/BACKUP
Hinda Richards	540-887-7515	hindabob@comcast.net	Coordinator

News from the Ministry Teams

Social Action Environment Challenge:

The Social Action Team invites you to participate in a "Saving Our Environment Ideas" project beginning in January, 2017. We are challenging individuals and families to share what you are currently doing or are going to do (that is new to you) in 2017 to help our environment in your home and/or community. There will be a TREE on the wall in the Fellowship Hall, with individual cut-out leaves nearby. Please write what you are or are going to do in 2017 in your home....such as "begin recycling" or "begin to use a composter", on one or more leaves and attach them to the tree or to other leaves. Tape and pens as well as the leaves will be there for you to use. This is a time to share your ideas, big and small! Let's cover that tree!

Our special collection on January 22nd will be for Wild Virginia, a local organization dedicated to saving the environment right here in our area. There is a website, so check it out to see what their mission is for Virginia wild places. Misty Boos will share with us what Wild Virginia does and how we can help, both with donations of money and time.

Thank you ALL for your generous support during November and December! Our mitten/hat/glove/and book tree was a huge success! The gifts will be well received by families who attend Disciples Kitchen at 2nd Presbyterian Church. Thanks to RE for putting up the tree and to Kathleen de los Reyes for delivering the items to that church. The special collections have also been generous this fall...thank you so much! The children and Social Action also thank you for the food donations that are being collected with a wagon on the first Sunday each month (In January it will be the second Sunday, January 8). These will go to the food pantry at 1st Presbyterian church here in Waynesboro. We think we will have to get another wagon!! This Fellowship is so very generous! Thank you so very much!!

Food Drive



Membership Team, Kim Newton

**The Unitarian Universalist Fellowship of Waynesboro
Membership Team Invites You to Attend a**

Visitors' Social

Friday, February 3, 2017

6:00-7:30 p.m.

The UUFW Fellowship Hall

Dinner and childcare will be provided

All visitors and friends are welcome to attend!

This is an opportunity to meet fellow visitors and other UUFW members.

Information will be presented about the Spring Membership Class.

Attendance at the social is not required for class registration.

Current members are encouraged to attend, though limited space is available.

RSVP to Kim Newton at 540-448-3915 or kimberlynewton27@gmail.com.

Please indicate any food allergies or restrictions in your reply. Thank you!

**Any member who wishes to be a Sunday service greeter may sign up online by
visiting <http://uufw.org/connection/volunteer>.**

FUN AND FELLOWSHIP AT THE UFW

Weekly Events:

- (1) Every Sunday evening at 7:30 pm **Zen Meditation** meets in the Chalice House. Everyone is welcomed. For questions or information contact Ben Pumphrey, shenandoahzen@icloud.com.
- (2) Every Tuesday at 4:00 pm a **yoga class** is held in the Fellowship Hall. All skill levels welcomed. Cost is free to UFW members. Contact is Marty Baker, 943-3456 or alchemrose7@lumos.net.
- (3) Every Tuesday evening at 7:00 pm the Chalice House rocks with the **Old Time Music Jam**. Bring your instruments and join in. They love listeners too! Contact is Joe Good, valleygoods15@gmail.com or 804-291-8277.

Monthly events:

- **Brown Baggers** are a group of women that meet purely for social reasons the third Wednesday of every month. Everyone brings their lunch and the hostess provides drinks and dessert. The location and hostess vary each month. Bea Berry will host the January BBs at Baldwin Park Retirement Community on Jan. 18 at 11:30. RSVP to Bea at 885-3551 or wjcbtv@comcast.net. For more information about Brown Baggers Lee Patterson is the contact person, kenleepatterson@gmail.com or 885-4455. This is a great way to meet new friends. 
- **The UFW choir (aka the Pine Nuts)** welcomes all participants of any skill level. All practices will be Monday evenings at 7 pm. January's practices will be the 16th and 30th at 7 pm in the Fellowship Hall. The choir will sing February 5 with a 10 am practice. Contacts are Bill and Lorain Harouff, 885-3000 or harouffs@gmail.com. 
- **The monthly Potluck Lunch** is Sunday, January 15th after the service. The theme is Chinese. Food Plan B: A-Z brings a dessert, H-P brings a main dish, Q-Z brings a vegetable or salad. Please bring enough for 8 people.
- The **Stone Soup Book Club** meets the third Tuesday of each month at 6:30 pm in the Fellowship Hall. Contact is Mary Katharine Froehlich, 943-0084 or mary@stonesoupbooks.net. 
- The **Stone Soup Poetry Group** is a very casual meeting of folks who love poetry. They meet in the Chalice House on the fourth Monday of every month from 5:30-6:30 pm. The group will not meet in December but will resume in January. Bring a favorite poem to share or just come to enjoy others' favorites. Contact is Karen Reed, 949-6191 or claylady@ntelos.net. 
- **TrUUvel** January 20, 7:00 pm
Our TRUUVEL destination this month will be ICELAND. Sharon Van Name and Florence Ferguson will pair up to regale us with their adventures further NORTH. They both returned all aglow as everyone usually does who has ever been there. Apparently, there are many charms that outweigh the cold! I guess we will find out all about them. If it turns out to be too ICY to discuss ICELAND, we'll move to the following Friday (Jan. 27.)
- The January 13 "Let's Do Subtitles" movie is 'Tsotsi', a South African movie described as "a simple yet searing tale of a shantytown teenager's redemption". Meet at 6:00 pm for a light soup dinner lovingly cooked by Laura Hiatt. The movie will follow. BYOB. Contact is Laura Hiatt, limetteuk@yahoo.com. 

This and That

Refrigerator Chaos

A recent examination of the refrigerators in the Fellowship Hall and Chalice House would cause a health inspector to faint. Flora and fauna were growing in containers that were unlabeled and had been there for undetermined amounts of time. THEREFORE, all items placed in the refrigerators MUST be labeled with a date and person responsible. All unlabeled items will be tossed and labeled items will be tossed after 2 weeks unless there is a specific, written reason to safely keep it longer.

Inclement Weather Policy

In the case of **a regularly-scheduled service**, the Minister and President will confer to make a decision, consulting the Sunday Services chair, Building and Grounds chair, and DRE as needed. In the event it is determined that a service should be cancelled or moved to another location, the Minister or President will immediately notify the following people by telephone:

- The Sunday Services chair who will notify any presenters outside the congregation
- The Administrative Assistant who will send out an e-mail message to the congregation
- The webmaster who will post a notice on the UUFW website
- The Facebook moderator who will post a notice on our Facebook page
- The Caring Network chair who will start the phone tree
- The DRE who will notify the day's teachers

The Minister, or Administrative Assistant in his/her absence, will record a new message on the answering machine.

WhaleCoast Alaska 2017

Have you ever dreamed of visiting Alaska? If so, **WhaleCoast Alaska 2017** is for you! Four Alaska UU fellowships invite you to experience our eco-cultural and spiritual program next summer! See Alaska through the eyes of local UUs in Anchorage, Fairbanks, Juneau, Seward, and Sitka with friendly homestays and unique tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, seals, and otters. Visit Denali National Park. Experience Native Alaskan culture. Forget the cruise ships – our program is the best way to visit Alaska! Programs led by Dave Frey, member of the Fairbanks UU congregation and Alaska travel expert. Find out more about this Alaskan trip of a lifetime before our tours sell out! Visit www.WhaleCoastAK.org, email dfrey@whalecoastak.org, or call 907-322-4966. We would love to share our Alaska with you! (The Nashes took this trip several years ago and had a thoroughly wonderful experience.)

Thank You Notes

The Fellowship has received a thank you note from First Presbyterian Church for our generous assistance with the food pantry.

We have also received thank you notes from Sarah Mayes and the family of Elizabeth La Grua for our kindness after the loss of Tommy and Elizabeth.

WORSHIP in January

Sunday Services

January 1, 2017

On Beginnings

– Lay-Led Service

This will be a service of readings and music to welcome the new year.

January 8, 2017

Embracing Change

– Pamela Philips, M.Div.

As we embark on a new year with hope and trepidation, let us consider a way of framing changes--those we choose and those we are forced to make. How might we make changes more intentionally and effectively?

You will remember Pamela Philips from the first Sunday of November, when she preached to us about healing the divisiveness of the electoral season while Rev. Paul was on study leave. Pamela is a member of Thomas Jefferson Memorial Church in Charlottesville and has been admitted into preliminary fellowship as a Unitarian Universalist minister, the last formal step on the path to search for a congregation and to ordination.

January 15, 2017

Race in America 2017

– Rev. Paul Oakley

We have a Black Lives Matter sign in our sanctuary, reminding us that we need to continue to work both on ourselves and our society in areas like race that continue to be thorny. We've just been through a presidential campaign that emboldened some of the most unapologetically racist members of our society. And they haven't settled into oblivion. What are our challenges this year?

January 22, 2017

What is Stewardship?

– Rev. Paul Oakley

The idea of stewardship comes from feudal society, in which a steward cared for the property of a lord. But that is not the kind of society in which we live. How is this metaphor meaningful to 21st-century Unitarian Universalists?

January 29, 2017

The Path of Sadness

– Rev. Paul Oakley

Ella Fitzgerald sang, "Into each life some rain must fall. But too much is falling in mine. Into each heart some tears must fall. But some day the sun will shine." Sadness is part of the human experience. But it is not apportioned equally. If we do not mean depression when we say sadness, what can we do when sadness is the path we seem to have been on too long?



UUFW Calendar for January 2017

This calendar is subject to change. Please check for updates at www.uufw.org.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>1 "On Beginnings" – Lay Led Service, 11 am</p> <p>Zen Meditation, 7:30 pm</p>	2	<p>3 Yoga, 4 pm</p> <p>Music Jam, 7 pm</p>	4	5	6	7
<p>8 "Embracing Change", Rev. Philips, 11 am</p> <p>Zen Meditation, 7:30 pm</p>	9	<p>10 Yoga, 4 pm</p> <p>Music Jam, 7 pm</p>	<p>11 Board Meeting, 7 pm</p>	<p>12 Adult RE – Selma Awakening, 7 pm</p>	<p>13 Let's Do Subtitles, 6 pm</p>	14
<p>15 "Race in America", Rev. Paul, 11 am</p> <p>Potluck Lunch, 12:30</p> <p>Zen Meditation, 7:30 pm</p>	<p>16 Choir practice, 7 pm</p>	<p>17 Yoga, 4 pm</p> <p>Book Club, 6:30</p> <p>Music Jam, 7 pm</p>	<p>18 Brown Baggers, 11:30 am</p> <p>Adult RE, 7 pm - Piper</p>	19	<p>20 TrUUvel, 7 pm</p>	21
<p>22 "What is Stewardship?", Rev. Paul, 11 am</p> <p>Zen Meditation, 7:30 pm</p>	<p>23 Poetry Group, 5:30 pm</p>	<p>24 Yoga, 4 pm</p> <p>Music Jam, 7 pm</p>	25	<p>26 Adult RE – Selma Awakening, 7 pm</p>	<p>27 TrUUvel snow date</p>	28
<p>29 "The Path of Sadness", Rev. Paul, 11 am</p> <p>Zen Meditation, 7:30 pm</p>	<p>30 Choir practice, 7 pm</p>	<p>31 Yoga, 4 pm</p> <p>Music Jam, 7 pm</p>	<p>February 1 Adult RE, 7 pm - Piper</p>	2	<p>3 Visitors' Social, 6 pm</p>	4

The Reverend Paul Oakley, Minister

E-mail: minister@uufw.org Mobile: 540-447-4898

Monday is Rev. Paul's day off, and Saturdays are generally for study and sermon writing.
Rev. Paul would love to meet with you by appointment, primarily Tuesday-Friday.

Sarah Skaar, Director of Religious Education

E-mail: dre@uufw.org Mobile: 434-282-4894

Office hours by appointment

Marilyn Nash, Administrative Assistant

E-mail: mpnash1@gmail.com Home: 540-943-4202

Board of Directors

President	Debora Hoard	540-456-6390	deborahoard@gmail.com
Vice President	Susan Schmidt	540-943-8837	susan.marks.schmidt@gmail.com
Secretary	Cynthia Thompson	540-746-3744	thompscr@jmu.edu
Treasurer	Florence Ferguson	540-828-7048	fergusfx@comcast.net
	Margo Kiely	540-490-0628	mmkiely@gmail.com
	Monte Hackney	360-936-0906	montehackney@hotmail.com
	Ben Pumphrey		ben.pumphrey@gmail.com

Ministry Team Leaders

Worship and Music	Anne Armentrout	540-887-6521	ms.amentrout@mac.com
Religious Education	Laura Riggan	540-476-5220	lsriggan@gmail.com
Social Action	Maribeth Nolde	540-292-5640	mbnolde3@verizon.net
LGBTQ Concerns	Mary Cunningham	434-882-1587	mcscherpa@gmail.com
Buildings and Grounds	Rebby Sharp	540-942-0140	rebbyssharp@gmail.com
Fellowship and Hospitality	Laura Hiatt	540-630-1554	limetteuk@yahoo.com
Membership	Kim Newton	540-448-3915	kimberlynewton27@gmail.com
Caring Network	Hinda Richards	540-887-7515	hindabob@comcast.net

Additional Valued Assistants

Newsletter	Marilyn Nash	540-943-4202	mpnash1@gmail.com
Webmasters	Kim/Geoff Newton	540-448-3915	kimberlynewton27@gmail.com
Pianist	Virginia Edwards	540-943-0091	
Choir Director	Charlotte Shnaider	540-886-0517	charsing@comcast.net
Trustees	Suzy Huston	540-885-6458	thornrose@comcast.net
	Sylvia Woodworth	540-949-4407	swoodworth@ntelos.net
	Blake Clark	540-294-2922	careerdev.clark@gmail.com

The Unitarian Universalist Fellowship of Waynesboro
565 Pine Avenue, Waynesboro VA 22980
www.uufw.org or visit us on Facebook
540-942-5507

