



The CommUunicator

Newsletter of the Unitarian Universalist
Fellowship of Waynesboro

A Charge to Love and Grow, Together

At the end of October in Auburn, Maine, I will participate in the ordination of Charlotte Lehman, the final member of my seminary class to be ordained. We started at Meadville Lombard Theological School together in 2009 and graduated together in 2012. Some of our original cohort dropped out of the process along the way. Some were ordained almost immediately on graduation. For others of us, the steps took longer.

My friend Charlotte, though, knew that ministry is her calling. Roadblocks in her path did not deter her. Indeed, I have never known anyone more committed to Unitarian Universalist ministry. So it gives me an especial joy to be the one to offer to her the words known as the “Charge to the Minister.”

Frequently the “Charge” is given by a senior minister with wisdom accumulated over long service. But our tradition also expects the minister being ordained to select participants who represent something meaningful to them. Charlotte chose a friend who had walked the long path with her.

In keeping with our tradition, I will craft the words of this charge rather than reading long-established words. My ministry with you will supply the substance. The most important thing

I can charge her to do in her ministry is to love the people of the congregation she will serve. To take the tasks and functions of ministry seriously, of course, but to hold them gently in the light of love.

My gratitude to you all! You make it so easy for me to love you. We are off to a good start in this “church year” with seven new members since July. We have joined water together and kicked off the religious education year. May this be another year of love and growth together!

Peace and Blessings,
Rev. Paul



About 65 people from UUFW and Harrisonburg UUs joined Rev. Paul at Grand Caverns on a glorious October Sunday for worship and music followed by a delicious potluck picnic.

Supporting our Community (Part 1)

By Latane Long and Laura Hiatt

Yes, there are folks in our community who are hungry. **Disciples Kitchen**, which is manned and supported by 26 different congregations, has served close to 100,000 meals in the last 10 years. Currently there are about 200 meals served each week. Most meals are prepared and served at Second Presbyterian Church in Waynesboro.



Our Fellowship purchases the food, prepares it and serves it with a volunteer group of

about seven members on our designated days. We divide the chores into preparation, serving and cleaning up. It is a busy day and requires standing for most of the morning. We also have cookie bakers who make a delicious, much appreciated dessert. The cookie bakers leave their goodies at the UU on Sunday. If you can't help out on a Monday, you can always be a baker! We have a good time working together and getting to know each other and the clients, as we serve those who need sustenance.

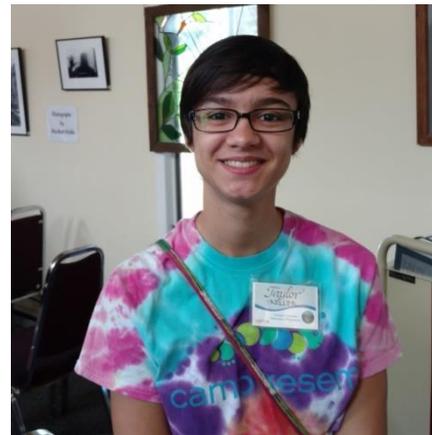
About Zen Meditation

By Ben Pumphrey

Zen meditation is a Mahayana Buddhist practice that helps us both develop a deeper intimacy with life and clarify "who" or "what" it is that lives these lives of ours. This practice is not about gaining something new, developing some

quality, or even bettering ourselves (contrary to everything you might have heard about Zen). If those things happen along the way, that's definitely welcome, but our practice is about discovering something more fundamental about life and then seeing how that discovery might be actualized moment-to-moment. Our Zen meditation on Sunday evenings includes three 25-minute rounds of seated meditation and two 5-minute rounds of walking meditation, all in silence; we begin promptly at 7:30. Those new to Zen are encouraged to arrive 15 minutes early for an introduction. There are also opportunities for extended retreats. Our practice is derived from both Soto and Rinzai Zen traditions and is organized within the White Plum Asanga lineage. More information and schedule updates are available at www.shenandoahzen.org.

New Member Spotlight



Taylor Keller is one of our most recent new members. She grew up in Staunton and works as a server at Texas Steakhouse. She

likes to read, especially sci-fi and fantasy, as well as spend time with friends and family in downtown Staunton. She learned about UU when she visited a congregation in Maryland with a friend, and then looked us up. At age 21 she is planning to further her education by taking classes at Blue Ridge.

