



The CommUUnicator

Newsletter of the Unitarian Universalist
Fellowship of Waynesboro

New Member Spotlight



Upon relocating to Waynesboro in 2017, **Sarah Fritts** began working in the Waynesboro Public Library as a circulation assistant. A “life-

long lover of books,” she is a huge supporter of libraries and their value to the community. Sarah, a voracious reader and avocational writer, explains that libraries are “so much more than books these days.” And while she still makes great use of the library, Sarah is now employed with the Augusta County Community Development Office, another reflection that her employment choices are an extension of her belief in the value of service to the community, as she enjoys being able to help others find the best avenue for their pursuits. That sense of community, Sarah says, is always evident in the Unitarian Universalist congregations, with their commitments to justice, support, and service. Sarah looks forward to becoming more involved in the activities of UUFW.

During her early childhood in Michigan, Sarah attended a Baptist church, and upon her family’s move to Maryland, she briefly attended a Methodist church before discovering the UU congregation in Annapolis. That UU community, Sarah found, was a great support for her interests in mindfulness and meditation, and she joined a

meditation group there. Her interest in meditation sprang in part from her Japanese studies (including the language, a study she plans to continue shortly) at the University of Maryland, studies that led her to courses in eastern religions, resulting in a deeper involvement in Zen Buddhism, a path and pursuit of concentrated daily meditation that she still follows. Sarah hopes to become part of a meditation group here as well.

Sarah, along with her mother (also a new member to UUFW), moved from Georgia to Waynesboro in 2017. Two factors (besides a nice library) played a huge part in the selection of Waynesboro as a place to settle: 1) a local UU congregation, and 2) a Greenway, the South River Trail. They had the good fortune to find a nice house near both. For Sarah, both the UU community and the nature surrounding the Greenway provide essential support for her continued spiritual growth. Her love of nature is actually a family trait, a way of life to a large degree passed down through generations.

From her love of her dogs (recently lost) to her love for her tuxedo cat Copernicus, to her love of birding, Sarah finds that her pursuit of Zen Buddhism, her dedication to and respect for nature, and her involvement in the commitments and activities of the UUFW together provide her with the spiritual support and grounding of a fully enriched community environment. Sarah hopes to continue to grow in these pursuits: In Sarah’s words, “community is our best recourse, and I want to be more active in supporting each other as we walk our paths together.”

We are happy to welcome Sarah to UUFW, and we gladly look forward to sharing in community with her.



Bonnie Fritts acquired her love of and respect for nature and all its creatures from her father in the wetlands, marshes, and bayous of

Southern Louisiana. From flies and mosquitoes to snakes and alligators and everything in between, all forms of life, Bonnie's father taught her, deserve our respect. Fish or shrimp or fowl or land animal, never take more than you need or can use – just one of the lessons Bonnie learned from her father. That respect and reverence for sacredness in nature is what led Bonnie to the study of Taoism, the Chinese religious philosophy which, among other aspects, emphasizes harmony through a respect for the balance and wisdom of the natural world.

The harmony, solitude, and reverence found in Taoism have afforded Bonnie a means to balance the often trying and sometimes chaotic rigors attached to a life of government service. From her youthful life close to nature in Louisiana, Bonnie joined the Army as a young woman, spending years in Germany as a cryptanalyst, a post that led her to meet the Army MP who was to become her husband. From Army Intelligence, Bonnie continued her government service with the Veterans Administration, the US Attorney's Office, the Federal Aviation Administration, and the Office

of the Federal Register. After Germany, her government posts sent her to Texas – where she earned her degree in history from the University of Texas at Austin – California, Michigan, Washington, DC, Maryland, and Georgia. While Bonnie spent some time working in intelligence, work which she really enjoyed, much of her career involved writing and editing federal regulations.

In Maryland in 2004, Bonnie lost her husband of twenty-five years to an unexpected heart attack. It was in Annapolis that she and her family (her son still lives in Baltimore) first became members of a UU congregation. Bonnie and her daughter Sarah, also a new member, both enjoyed the active CUUPS (Covenant of Unitarian Universalist Pagans) chapter at the UU Church of Annapolis. Bonnie spent a few years in Georgia before settling in Waynesboro. She attended a few other UU churches, and one of the reasons for choosing Waynesboro is that we have a UU congregation. She greatly values the UU commitments to social justice, the diversity of open mindedness, and the welcoming congregations.

One of the other reasons for choosing to settle in Waynesboro is that she found a house near UUFW and the library and also close to the Greenway, where she gets her morning exercise. She is also very near Loth Springs, where she can enjoy the calming effects of nature, and where she can watch the many birds, an activity she greatly enjoys. Her closeness to the Springs allows her to connect her Taoist beliefs to nature, and her proximity to UUFW provides easy access to a welcoming community. As Bonnie puts it, "Being in community completes the picture." Bonnie is another welcome addition to our UUFW family, and we are fortunate to have her.

