



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)
P.O. Box 1266
White Stone, VA 22578

July 2009

Fellowship Services

Fellowship services are held each **Sunday** at **10:30 A.M.** at 366 James Wharf Road, White Stone, VA.
All are welcome. Coffee and conversation follow the presentation.

Sunday Programs

July 5 – Bob Weekley: “Where is the Unitarian Universalist Movement Headed?: A Current Report”

Our Fellowship's President, Bob Weekley, recently returned from the annual conference of the Unitarian Universalist Association of Congregations held in Salt Lake City. Thousands of attendees from around the world met to discuss and decide a number of issues central to the principles, sources of faith, and the governance of the movement. Bob will share his report with the congregation.

RE Topic: Grandparents' Choice

July 12 - The Rev. Karen Woodruff: “A Reflection on Religious Journeys by the Rappahannock”

One of the gifts of living in this place, either from birth or by journey, is being aware of the natural world. Sometimes the cycles of nature help us focus on the changes that are happening in our lives. Even when those lives are too busy, too unfocused, and too full of pain, our surroundings can be healing.

Religious journeys and spiritual growth are inner experiences of that healing. I can make two observations: this community abounds with

opportunities for spiritual growth and by sharing stories and challenging one another we can actually deepen the meaning of our lives.

RE Topic: Grandparents' Choice

July 19 - Rev. Jim Sanderson: “Angels”

There seems to be a renewed interest in the so-called “supernatural.” Angels have never been more popular.

What are these beings, why do so many seek them, and could there be anything in the concept that could be useful to us?

RE Topic: Grandparents' Choice

A Potluck Lunch will follow the service.

July 26 – Sara Mackey: “The Worth of Our Hands”

We Unitarian Universalists love to read, study, discuss, and relate to the world through our intellects, and yet we know our intellects are not the only path to deeper meaning. Join us to reflect about what role our hands play in our spiritual lives.

RE Topic: Grandparents' Choice

President's Corner

On a recent Sunday morning after a wonderful service at our UU Fellowship, I started thinking about what made it such a wonderful experience that I look forward to week after week. I wasn't alone in my reflection; when we have surveyed our congregation about the reasons for their membership and support, most put our Sunday services at the top of their list.

Clearly the Sunday service must be more than a lecture. Much thought goes into the arrangement of the program, the songs to be sung, the readings to be shared, and the choices of who the speaker will be and who will conduct the service. Each service has an underlying theme, often reflected in selected quotations printed in the bulletin. Even the physical arrangement of our sanctuary is planned to give meaning to the service – the arrangement of the seating, the ceremonial center with its chalice, the lighting, and all the rest.

Then I thought of all those who make this happen. Someone is busy months in advance of each service making contacts, arranging the calendar to accommodate the speakers, and coordinating all of the many details right down to the day of the meeting. That someone is currently Pam Collins assisted by members of the Program/Worship Committee.

Someone is arranging for the publicity of our upcoming meetings that usually appears in our local newspapers and in our own newsletter, "The Chalice." Pam leads this effort also, with assistance from others. Bob Prescott gets all of this information into "The Chalice" and on our web site, www.uufrappahannock.org.

Someone during the week before the service is busy writing and publishing the bulletins that will guide us through the service. That someone is usually Shirley Kinney.

And some arrive early each Sunday to open the doors, check the sanctuary arrangements, set up the sound system; to be greeters; to start coffee for the refreshment hour; and to attend to many other details. These "someones" are too numerous to name here, but they usually include people from the Membership Committee's Caring Circles plus Lorie and Don Lowrey and Shirley and Tom Kinney.

As the Sunday service begins, Shirley provides our piano accompaniment, Frank Elliott often leads our singing, and we in the congregation leave the outside world behind for a few minutes while we engage with each other in a time of inspiration, reflection, and friendship.

Thank you to all who make this happen week after week. Isn't it wonderful what we can do together?

As a final word, if you would like to help in any of these activities, or have ideas to make our services even better and more meaningful to you, please do speak to me. We need your help and ideas.

Bob Weekley

Save the Dates

August 9: The annual UUFR-VA picnic will again be held at the Failmetzger property.

August 30: Thea Marshall will sign her new book: [Neck Tales: Stories from Virginia's Northern Neck.](#)

Help Santa's Helpers

by Shirley Kinney

Every year UUFR-VA's "Imagine That!" art group donates a decorated tree to the YMCA to help raise funds so that no child is left out of the YMCA's wonderful programs. In past years we have made bird house ornaments, fish ornaments, seed balls, and painted gourd ornaments.

For 2009, we are decorating a child's toys tree. We will be stringing garlands made from hundreds of jigsaw puzzle pieces, donated by Audrey and Ralph Brainard and Mary Anne Robbins. We'll also hang dominoes and small toys and game pieces and little dolls on the tree. We have a small train set to put under the tree.

We need your help. We would love to find children's alphabet blocks to hang as ornaments. If you can give us some, as well as any small cars, trucks, animals, tea sets, or dolls, bring them to Sue Adriance or Elaine Weekley. It's going to be a wonderful tree!

Phood and Philosophy

Bob and Elaine Weekley will host this month's Phood and Philosophy in their home on **Saturday, July 11th, at 5:30 p.m.**

All members and friends of UUFR-VA are welcome for an evening of stimulating food for the body and mind. Please bring a dish or two to share, your favorite drink with some to share, and thoughts you'd like to contribute.

The evening's topic will be **"Can There Be a Moral Society Without a Religious Basis?"**

Throughout history successful societies have been societies with a moral culture based on religion. Can a society endure without a moral code based on a religious underpinning? Given human nature, is it necessary to have a religious basis to define morality? For example, what if all Americans were atheists?

Please call Bob or Elaine so they will have enough chairs to accommodate everyone comfortably.

RE Notes

by **Jane Elkin**

In June, we reflected on a diversity of UU themes. As an introduction to Asian religions, we considered [Benjamin Hoff's *The Tao of Pooh*](#). Frank Elliot lead *The Seven UU Principles Song*, sung to the tune of *Doe, a Deer*. We read [Ecclesiastes](#), and Frank led Pete Seeger's *For Everything There Is a Season*. Tom Kinney presented "Moses the Fireman," and we lit a bush that burned. Jefferson celebrated turning seven and reaching "The Age of Reason" by lighting the chalice on June 26.

We celebrated the Summer Solstice by "Turning the Wheel of the Year." With each quarter turn of the Graves' flower-decorated wheel, we banged a drumbeat on Caroline's goat-hide Celtic drum and lit a candle, once for each season. The text we recited was from [In Nature's Honor: Myths and Rituals Celebrating the Earth](#), by Patricia Montley. Lori Lowrey contributed flowers and greens to the wheel decorations.

The UUA's *Tapestry of Faith* is a new, free, online, downloadable "[s]eries of programs and resources for all ages that nurture Unitarian Universalist identity, spiritual growth, a transforming faith, and vital communities of justice and love." We will use *Tapestry* stories, such as "Christopher Reeve, A Different Kind of Superhero," "Faith of our Founding Fathers," and "A Unitarian Universalist Prayer Bead Practice." According to Gail Forsyth-Vail, director of Adult Faith Development of the UUA, an updated Adult Faith Development Ethics curriculum will be available in 12 to 18 months. Outgoing UUA President Sinkford recently noted that he was most proud of the development of *Tapestry of Faith* during his tenure as UUA President.

In July, Jefferson and I are heading to Religious Education Week at The Mountain (Highlands, NC), which will include eight hours on "Using *Tapestry of Faith* in Your Congregation."



Jefferson Elkin, with mom and Rev. Lou Schwebius, anticipates lighting the chalice upon reaching his Age of Reason milestone.

River Readers

The book discussion group meets on the fourth Monday of each month at 2:30 P.M. at the Lancaster Community Library. Everyone is welcome. Please read the book and join us. The upcoming selections are:

July 27: *Dreams of My Russian Summers* by Andrei Makine

August 24: *The White Tiger* by Aravind Adiga

September 28: *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows

October 26: *A Coffin for Dimitrios* by Eric Ambler

The “Big Book” selection is *Bird Without Wings* by Louis de Bernieres. The dinner and discussion will be in September. If you have a recommendation for a future read, please let us know. We need to get some on our list for the beginning of next year. Call **Elaine Weekley** if you have any questions.

Plan for the Fall Adult Retreat

by Shirley Kinney

Our annual UFR-VA Fall Adult Retreat is scheduled this year for October 21 and 22. Two nights in the Potomac River Retreat house at Westmoreland State Park, where your bedroom is a few steps from the Potomac River beach.

The theme of this year’s retreat is “Stepping Outside the Box,” and we’ll be doing just that, beginning with the location. Westmoreland State Park is close to home—just 49 miles from Kilmarnock, off Route 3—and very reasonably priced, so everyone will have the opportunity to join us.

If you’ve visited Stratford Hall, home of Robert E. Lee, or Wakefield, George Washington’s birthplace, a couple of miles down the road from there, then you’ve probably noticed Westmoreland State Park. The 1299 acre park extends about one and a half

miles along the Potomac River and is home to Horsehead Cliffs, where prehistoric fossils and sharks’ teeth and ancient whale bones are easily uncovered. These fossils are the remains of ancient marine animals that swam in the Miocene Sea.

Westmoreland Park is one of the six original state parks opened in 1936, with many of the roads and original buildings built by the Civilian Conservation Corps (CCC). In addition to the beach, the park features several miles of hiking trails, winding through the wooded area and cliffs, as well as the option of renting canoes and exploring the shoreline by water.

We’ll be “Stepping Outside the Box” in our activities as well. Of course, there will be plenty of time to explore the park and beach and just relax on the deck overlooking the Potomac. But we also have activities planned that will encourage us to look at ourselves and each other in a different way. All are designed for fun and fellowship. There may even be an evening meal aboard a Nordic Tug, as we cruise the Potomac (weather dependent, of course.)

Cost of the retreat, which includes two nights and all meals, is \$70 per person, or \$140 per couple. Hard to beat that price!

To reserve your place, it’s important to let us know early. E-mail Shirley Kinney at toshkin@rivnet.net to make your reservation. Payment is due by September 1. If you have any questions, please feel free to let us know. Because we will all be staying in one facility, please—no pets.

Minutes of the Board Meetings

by Bob Weekley

What do members of the UFR Board of Stewards discuss and decide at their monthly meetings? Members are welcome to attend and listen in. In addition, the minutes of each meeting are posted in a binder on the bookcase in the foyer—clearly marked for you to peruse. We believe that the better informed our members are, the more they will be able to contribute their ideas and opinions in support of the mission of the Fellowship.

Back By Popular Demand

by Elaine Weekley

Our “now famous” cookbook, Phood and Philosophy, has become a local favorite. Many people have said things like “It’s the first cookbook I choose whenever I need a cookbook.” or “It’s the best cookbook I own.” or “It’s a *wonderful* cookbook – I love it!” How could we not reprint it and give those who don’t yet have a copy the opportunity to enjoy one!

Now, we need you, the UUFR Family, to help us get copies to all those deprived cooks (and eaters) just waiting for their treat. If you could sell just five books to those in your family, neighborhood, and circle of friends, it would make a real difference in our effort to get the cookbooks, and “us,” out there. They make excellent gifts, too. Please contact Fran Schelling or Elaine Weekley to join the team.

Remember the Hungry

Pam Collins reminds us to remember the hungry when you next go shopping. Bring nonperishable foods to our collection box, located in the lobby, on Sundays.

Good News!

Andy Kelsey returned home after about a three-week stay in the hospital, much of which was in the Intensive Care Unit. On Sunday, June 28, Ann reported that he does a little better each day. He's up, gets around by himself, and is ready for a walk outdoors. We may see him at a service soon. Way to go, Andy!

Ann wants to thank all who visited, lent their support, and sent good wishes during Andy's ordeal. She said that it made a real difference.

Board of Stewards

Bob Weekley, President
Barbara Haynes, Treasurer
Diana Jamison, Secretary
Caroline Shifflett, Past President
Shirley Kinney, Past President

Web Site

<http://www.uufrappahannock.org>
<http://www.uufr-va.org>

Bob Prescott, Webmaster

Vacant, President Elect
Pam Collins, Vice President for Programs
Vacant, Vice President for Membership

Newsletter

Deadline for articles: 20th of the month
Bob Prescott, Editor (editor@uufrappahannock.org)