



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

January 2010

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

January 3 – David Rowden: “Ye will say I am no Christian.’ (John Adams to Thomas Jefferson, September 14, 1813)”

Join us for the first in a periodic series of explorations of letters between Thomas Jefferson and John Adams on religion, morals and values. See how the views of these two founding fathers have relevance for today’s world.

January 10 – Bob Weekley: “Soap Box Sunday”

This is your opportunity to share your inspiration, your passion, and your insight. What do you want to share with others? Soap Box Sunday is back by popular demand. Volunteers will have three to four minutes to speak on a subject of their choosing. For ideas, you might choose to share a favorite reading or poem, an inspirational anecdote, a special pastime or joy, or a concern. Perhaps there is that inspirational piece that your grandmother kept in her cookbook or Bible.

We suggest that you jot down your presentation in advance. The important thing is your sharing what is on your heart. Guidelines? The speaker’s time will be controlled, and we ask that no one raise partisan political matters.

January 17 – Rev. Kathy Duhon: “How Emerson Changed Unitarianism”

Unitarian Ralph Waldo Emerson experienced a number of changes in his life and in how he understood religion and his vocation. His wrestling with such issues contributed to the shaping of the new Unitarian religion which has been handed down to us. In some ways, we are still catching up with this man of vision and truth.

The Potluck Luncheon and Conversation with Rev. Duhon will follow the Service.

January 24 – Rev. Jim Sanderson: “Do You Believe in Magic?”

Rev. Sanderson will look at the long history linking magic and religion. Does magic have any meaning for us? Is our religion “magical”?

January 31 – Sara Mackey: “Knowing What We Know”

What influences in our culture or our background form our knowing? Sara Mackey draws on her experience as an advisor to the teen group (YRUU) in her home church to consider how it is that we know what we know.

President's Corner

Time is a sort of river of passing events, and strong is its current; no sooner is a thing brought to sight than it is swept by and another takes its place and this too will be swept away.

—Marcus Aurelius, Roman Emperor.

Marcus Aurelius' view of the world was that of the Stoic philosophers. With him, we share the contemplation of our days and years being swept behind us. We ask ourselves how we have done this year and what lies ahead.

For the UU Fellowship of the Rappahannock, we can share satisfaction in ending a year of accomplishment. Our Sunday services were well attended, and new members and friends joined us. We enjoyed a range of other inspirational and social activities that strengthened our friendships, like the evening "Ethics" workshop series, our River Readers group, the Art Guild, and our monthly dinner and discussion evenings. And we were out in the community with our *Phood and Philosophy* cookbook sale; sponsoring the English as Second Language (ESL) classes for those in our community who are isolated by language; donating to the local food banks; and, providing financial support to local charitable organizations.

As we move into a new year, I have high expectations. Already new and revitalized programs are underway, thanks to so many energetic committee members. We will be learning about and participating in Covenant Groups that will bring us opportunities for new spiritual exploration and support. We will explore the Welcoming Congregation concept, learning how to reach out to every person. We will learn more about UUism and ourselves at the "Third Sunday" series beginning in January when we will gather after a potluck lunch for Rev. Kathy's "Conversations" on "Who Are We?" (accompanied, no less, by treats appropriate to the day's conversation.) We hope, just hope, that we may even get a choir started soon.

And we will continue the development of our "Home of Our Own" thanks to the generosity and volunteering of our congregation. Projects in the queue include acoustic improvements and a beautiful lectern/pulpit for our sanctuary, a UU sign on Route 3, expansion of our parking area, completion of the

Memorial Grove and the nature trails, and other projects that may be in your heart. Some of these are already fully or partially funded by our supportive members and friends.

I am so appreciative and impressed by our congregation. Making all of this a reality happens through the generous giving of time and finances. With your continued support, we will strive to make the UU Fellowship of the Rappahannock what you want it to be.

Bob Weekley

Phood and Philosophy?

Phood and Philosophy, our monthly Potluck and discussion event, is enjoying its seasonal hiatus. Check back for details in the February, 2010 edition of *The Chalice*.

From Resolution to Habit

by Tom Kinney

We are in a growth mode. Our programs are growing and our needs are growing. And you might want to add on a resolution this New Year to bump up your efforts to help your Fellowship continue to progress.

We all have our different favorite (or un-favorite) Sunday morning speakers. Most of us attend in support of our fellow members' favorites, as they do for our favorites. It's not our usual habit to stay home just because of who is speaking.

The same is true with our weekly giving. If we give only when we are there, someone else has to carry the Fellowship for those Sundays we miss—due to travels, illness, or whatever.

So please consider this resolution: Since I love to see the progress at the Fellowship and wish to do my part, I resolve to bump up my giving 15% and track my giving so every Sunday is covered whether I'm able to attend or not. Turning resolutions like this into habits keeps the progress rolling without resorting to pledge campaigns.

Mindful Ecotherapy Weekend

Invitation from Caroline Shifflett

Join Charlton Hall, MMFT, LMFT-I, Executive Director of the Mindful Ecotherapy Organization (www.mindfulecotherapy.org) for a weekend of reconnecting with nature, and with yourself.

Mindful Ecotherapy combines Mindfulness and Ecotherapy in a program to help students and practitioners achieve a less stressful and happier lifestyle. This weekend retreat will help you to learn how to reap the healing benefits of nature, and how to live Mindfully in your True Self. You may register online and see a schedule of events at:

<http://www.mindfulecotherapy.org/Workshops/The%20Mountain/Mountain%20April%202010.htm>

The Mindful Ecotherapy Weekend Retreat at The Mountain Retreat and Learning Center, Highlands, NC runs April 3-4, 2010. Cost: \$250 per person

Registration is open until January 31, 2010.

For more information, please contact Charlton Hall at: chuck@mindfulecotherapy.org.

Welcome to UUFR-VA!

Kathy Duhon, in November, became the Newest Member of our Rappahannock Fellowship.



A UU Winter Wonderland

Interfaith Report

by Bob Duryea

At the December meeting of the Interfaith Service Council, a check in the amount of \$500 was presented by our UUA Fellowship to support the Council's work.

The Interfaith Service Council:

1. Maintains a furniture warehouse (e.g. Used by families who have been burned out)
2. Provides Emergency Food Boxes
3. Delivers Meals to selected person or families
4. Provides Free Firewood
5. Provides School Supplies, through the school counselors, to children who qualify.
6. Constructs wheel chair ramps, new roofs, provides and installs well pumps, hot water heaters, does floor and plumbing repairs, supplies and installs windows and doors—both interior and exterior.
7. Aids Families to obtain heating assistance through Energy Share Funds.
8. Coordinates the Christmas Food Drive

At the present time, there is a pressing need for mattresses and box springs in all sizes; bed frames in all sizes (with casters and hardware included); sheets and blankets in all sizes. Contact persons are Yvonne Williams and Jeannie Kling .

A new fundraising effort of the Service Council enables you to make a contribution to the Council in someone's name. This person could be someone your wish to memorialize, a special person in your life, a business associate or friend who is difficult to buy a gift for. How? Mail you check, along with the name and address of the person to be honored, to:

Interfaith Service Council,
PO Box 868,
Kilmarnock, VA 22482.

Interfaith will send a personalized greeting to your recipient and to you. For more information: Jeannie Kling.

Survey Response

by Shirley Kinney

I'd like to extend a special 'thank you' to everyone for the large response to our Program Committee survey. It's very helpful to the Committee in lining up speakers for 2010. We learned who you liked to hear and who you'd rather not ask back. You told us you liked speakers who spoke with enthusiasm and warmth, speakers who stimulated good discussion and thought, speakers who educated us, entertained us and inspired us. We hope the speakers scheduled for the coming year reflect your choices. If not, please don't hesitate to let us know.

You also decided that having a Story for All Generations during the Sunday service is a good idea—in fact, you loved the creative ideas Jane Elkin has been exploring.

You felt we had too few children yet to do many All Church Sundays (programs where even young children will feel comfortable to attend), so in 2010 we will offer only four—Easter, Water Communion, Thanksgiving and Christmas.

You told us how much you enjoyed a variety of speakers, program styles and topics, so we will try to provide you with a good mix to suit all your divergent tastes.

Music plays an important role for you in our services, so you will be hearing some great music programs this year. Nearly all of you bemoaned our lengthy "Announcements" portion of the service. It's up to all of us to work on that issue—send your announcements to be printed in the bulletin or newsletter and that will help considerably.

"If we're gonna have that light up there on our building, then we have to stand for something."
- Kathleen Brooks

Your Welcoming Congregation Committee

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:

January 25: *The Mistress of Spices* by Chitra Banerjee Divakaruni

February 22: *The Bookseller of Kabul* by Asne Seierstad

March 22: *Lark and Termite* by Jayne Anne Phillips

April 26: *The Housekeeper and the Professor* by Yoko Ogawa

We're always looking for acclaimed books which lend themselves to discussion, and we actually need several more to complete next year's list. If you have a recommendation for a future read, please let **Shirley Kinney** know. Call **Elaine Weekley** if you have any questions.

TJD Happenings

The Thomas Jefferson District (TJD) for UUA is spotlighting several area events which may be of interest to members of the Fellowship. These include:

- **Anti-Racism Conference** to be held at the First UU Church of Richmond, Feb 5-6
- **Spring Faith Development Training** to be held in Haw River State Park, Browns Summit, NC, March 12-14
- **Choir Fest**, upcoming in Winston Salem, NC, April 10-11

For more information on these events and others, or to sign up for the TJD newsletter, access <http://www.tjdistrict.org/> on the web.

Our Labyrinth

by Tom Kinney

Our Fellowship now has *a* labyrinth that is on the way to becoming *our* labyrinth. It has a good start since we did not bring in contractors to do the work. With Andy Kelsey's inspiration and vision, our members created the design, cleared the land, hauled the chips, and placed the stones and bench with our collective hands. That vision includes how, in the years ahead, this labyrinth, with rings added to the full Chartres pattern, can become even more "*ours*." So walk with me a moment as I share this vision.

The entrance becomes a meditative point, a preparation place if you wish. It might be raised one or two feet to give the person an overview of the labyrinth for both contemplation and admiration of its growing beauty. There may be a candle lighting spot integrated into this meditative point.

Over time, the paths are not continuous but are segmented, much like a sidewalk is segmented by the expansion "cracks." However, the segmentations are one easy pace apart. This gives the walker the option of a measured stride, possibly stopping at each segment for some inner consideration before taking the next step. This might be a good tool to teach labyrinths as one could use the segments to pace ones progress rather than hustle through.

At the center, an inner circle of rocks is already started—baseball size rocks picked up at meaningful places and events by each of our members. One rock there now is from our first retreat at the Outer Banks in 2002 that established the direction of our Fellowship. There is a quartz rock from the North Carolina gold mines and a femur segment fossil from Texas. One can become mesmerized by the stories, known and unknown, represented by each one of this inner ring of rocks that mark this memory space.

Now envision that around the outside of the expanded labyrinth and approximately four feet away is a low wall built with nice blocks. The wall is just the right height to sit upon. And outside the wall is a row of Eastern red cedar trees, the ones that grow naturally in our woods here. This visual/privacy boundary is the result of our transplanting 12 inch

high "volunteers" from our homes or elsewhere on the Fellowship property.

How do we get from here to that vision? Maybe the answer is piecemeal. Maybe we add a walking ring to grow the labyrinth as time and resources allow. Similarly, the wall could grow—one block at a time in the same way. Maybe the meditative starting point ritual could be the lighting of a candle and the planting of a cedar until the ring of cedars is in place. There may be an added spiritual gain from both doing something for you (the meditative walk process) and doing something for those coming next (the placing of a stone, a wall block, or planting of a tree).

If the vision appeals to you, pick up a baseball sized rock from your journey, a memory rock, and add it to the center inner circle. It's a further step toward making *a* labyrinth *our* labyrinth and even *your* labyrinth.

Covenant Groups

by Fran Schelling

The Membership Committee invites you to participate in a Covenant Group at UUFR-VA.

A Covenant Group, consisting of six to eight people, will meet twice a month for two hours, starting Thursday, January 7th at the UUFR-VA Church. The Group will end in May. This unique Group facilitates spiritual growth and mutual caring in a supportive, nurturing group setting. Each Covenant Group creates its own covenant, which governs the group's relationship and interaction. It is a safe place for all to be heard and to connect and share thoughts and feelings. The structure that we will be following prevents debates and interruptions.

Some of the suggested topics are: Getting to know you, Divergent Paths, Friendship, Forgiveness, Intimacy, Renewal, Expression of Our Values, and Those That Have Touched Our Lives.

While this is not a therapy group or worship service, it is a great way to develop friendships and a deeper understanding of yourself and others.

We now have fourteen people signed up and will most likely have two groups. If you are interested please contact Diana, Cliff, or me.

Who Are We? A New Look at UU

by Rev. Kathy Duhon

We Unitarian Universalists are a fascinating bunch—both those here at UUFR-VA, in our larger association, and through our history. Whether you are new to UU or interested in knowing more about ourselves and each other, there will be a great opportunity to do so beginning in January.

I will lead a Conversation called “Who Are We? A New Look at UU”, beginning on January 17th and continuing each month on the third Sunday, after the potluck lunch. These informal and enjoyable gatherings will take about an hour. You can attend all of them, or any of them—this is not a class, but a get-together.

In January we will begin by sharing our own religious journeys to UUism and talking about a little UU history. In honor of a certain special King in our heritage, King Cake will be served, in Louisiana Mardi Gras style. On the 21st of February, we will look at

our newest justice work, called “Standing On the Side of Love”, as well as some of our history of making a difference. Chocolate hearts will be served and you’ll get a gift of Love from our Advocacy office.

In March we will talk about what we believe, and how we do church life, (boringly called theology and polity, but we won’t be bored) and you’ll receive Irish blessings and have something delicious. (Yes, I believe food is important for our gatherings!) In April we will celebrate Poetry Month by looking at our idea of “holy scriptures”; and in future months we will examine our international ties, our own UU prophets, our work with youth, and more. There will be food and fun as we celebrate “who we are” as UUs.

No sign up is needed – just stay after on the third Sunday at UUFR-VA.

Board of Stewards

Bob Weekley, President
Caroline Shifflett, Vice President
Barbara Haynes, Treasurer
Diana Jamison, Secretary
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
Fran Schelling, Vice President for Membership

Newsletter

Deadline for articles: 20th of the month

Bob Prescott, Editor (editor@uufrappahannock.org)