



THE CHALICE

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

June 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

June 6 – Bob Weekley: “The Force of Fear: How Our Lives Are Controlled by Fear — For Better and Worse”

Fear is a natural and healthy emotion. Bob will explore how fear has been used to control and exploit people and how fear can steal our personal freedom.

June 13 – Cliff Schelling: “Lost in Translation”

Cliff will answer the question, “When, if ever, did Jesus become the Christ?”

June 20 – Rev. Kathy Duhon: “A Ramble with Henry David Thoreau”

From his amazing reflections on a simple, joyful life, which he recorded in *Walden*, to his gathering of the

neighborhood children, including Louisa May Alcott, for berry-picking in the woods, Thoreau has given us a model for communing with nature. We prepare for the Summer Solstice by taking a ramble with this important Unitarian philosopher of the woods. Please also join us as we celebrate the fathers among us.

A Potluck Luncheon will follow the service.

June 27 – Rev Karen Woodruff: “Roses, Thread and Doubt”

Images, stories and your own experience may help us see a past, present and future in our spiritual lives.

President's Corner

What can we expect for our Fellowship in the near future? Your Board of Stewards met for a two-day annual retreat to consider what has been accomplished, what we could do better, and what should be our goals. I want to share a few of the

many initiatives that were proposed and what we hope the Fellowship will accomplish in the coming months. I was elated by the enthusiasm and the ideas that were shared. Here are some highlights:

Who we are. Led by the Vision and Planning Committee, we endorsed a new and simplified statement of our mission which is included on the Sunday Bulletin covers: “A Caring Community dedicated to spiritual exploration, critical thinking, and social service.” We resolve to keep this in focus.

UU for Kids. We acknowledged again that the future of our Fellowship depends on attracting young families and their children. Our past efforts to get a children’s program firmly in place have been a mixed success. The board agreed that we need to put more emphasis and resources into this vital area, which we will now call “UU for Kids.” Since the retreat, I have met with members who have a passion for this program to learn what we need to do to move ahead. One outcome is that we need, at this stage in our growth, to build at least three programs to support our congregation: a “coming of age” program for older youth, a basic religious exploration program for younger children, and a child care program for the very young – so that their parents can feel comfortable coming to the service. Members have stepped forward to express support and some have offered financial support to endow “UU for Kids.” Please let us know of your ideas. These programs need volunteer leadership.

Music in Fellowship Services. The board noted that while our music program has been limited, we are acquiring more people with musical talent. We are exploring the possibility of a choir to rehearse and perform once a month, and we anticipate musical specials. If you have talents to contribute, let us know.

Meditation. Many have expressed an interest in the Fellowship creating a time for meditation and reflection, apart from our Sunday services. We are looking at the possibility of having a period of meditation on Sundays, perhaps from 9:45 to 10:15 before the service. We could hold guided meditation, silent meditation, and various forms led by members. Let us know your interest in this.

Memorial Walk. Many members are interested in establishing an area on our grounds for the permanent memorializing of our members, friends, and loved ones who have passed away. The Planning and Vision Committee has proposed a concept for how the area would be administered and planned.

You will note the pathways under construction between the building and the parking area. Your ideas and support of this project are welcome.

These are only a few of the areas where we are challenging ourselves to make this a Fellowship that truly serves the long term needs and interests of our members and friends. The ideas and support of all are needed to make these visions a reality. I am excited by the possibilities!

Bob Weekley

Phood and Philosophy

Tom and Shirley Kinney will host this month’s Phood and Philosophy in their home on **Saturday, June 5, at 5:30 P.M.**

Immigration is one of the five congregational study/action issues (CSAI’s) for 2010-2014 on the agenda for UU’s General Assembly in Minneapolis later in the month. The issue is the migration of people driven by economic, social, political, and environmental factors.

Is there a moral angle to the challenges immigration poses? Those challenges include legal status, access to social services, and protection of civil rights. Various states and countries are seeking solutions. What should we do? What message should we carry to GA for you?

Please call Tom or Shirley to let them know you are coming so they will have your place setting and chair warm for a great potluck followed by philosophical exploration.

Who's Who in UU

by Eve Jordan

Knowing something about the people who sit, stand and sing next to us at the Unitarian Universalist fellowship makes it so personable and pleasurable. With the amazing diversity and enormous talent we have in our congregation we begin with this first of a series of articles intended to explore this diversity.

I had the great pleasure to spend time with Devi (pronounced Davie) Herrsche in preparation for this profile. She is originally from Richmond, where for twenty years she worked with her husband, Ron, as co-owners of Westhampton Chiropractic Center. Now, on a relaxed and much smaller scale, Windmill Point Chiropractic and Therapeutic Nutrition is run from their home in White Stone. Devi and Ron moved to this area for a slower pace and to be near the water.



Devi and Ron have 3 children: Suguna Lorenzo, 35, is an artist living in Brooklyn; Melina Vaughan, 28, living in Charlottesville, is mother to Devi's two grandchildren, Savannah, 5, and Vivienne, 7 months; Mikela Herrsche, still living at home, is now 18 and ready to graduate. Devi has homeschooled Mikela since 2nd grade.

Devi has become an active member of UUFR-VA because she loves the intellectual stimulation, spiritual support, and open-mindedness of our congregation. She applauds the diversity of our Sunday services. To quote her: "Lay-led ROCKS!"

The Bay Center for Spiritual Development, where Devi attends Thursday meditations, recently invited her to present her film: IMAGO and the Image of God. Some of us UUs attended. Her metaphor of metamorphosis made an encouraging prediction about human evolution.

During a decade of contemplation, Devi discovered that special, perhaps even sacred, patterns are perpetuated dynamically throughout cosmic, human, and quantum scales. Devi began to use a tool she calls the Pragmatic Schematic to apply the power of universal patterns to questions in fields as far flung as consciousness studies, information theory, cybernetics, relativity, behavioral science, epigenetics, metaphysics, etc. Devi offers to teach us how to use the Pragmatic Schematic for personal breakthroughs in a course entitled "Becoming Healthy, Wealthy and Wise: Observing Spiritual Metamorphosis." Devi is a welcome addition to our congregation, indeed.

A Gardening Delight

Bob and Sue Adriance plan to host a Mulch-Spreading & More! workday at UUFR-VA on **Thursday, June 3**. Everyone is welcome to help. The party starts at 9:15 and work will continue until it gets too hot. In case of rain, the event will be moved to Friday, June 4.



Hank and Matthew Stupi play at Dedication of Andy Kelsey Labyrinth. More pictures coming soon to the web site.

Welcome New Members

The Membership Committee introduces & welcomes our newest UUFR-VA members to the Fellowship:

Cliff and Janet Hemming,
Devi Herrsche,
Eva Abel,
Terry Smith,
Bill and Chris Gimpel,
Tom and Helen Foster

Applause, Applause, Applause

by Shirley Kinney

Your Program Committee is working toward bringing more music into the Sunday experience. We've had music during the offering and sometimes during the meditation period. It seems the music sets the tone of the service and continues the feeling of peace and quiet contemplation into the entire morning service.

Although it's clear you are enjoying the music, the Committee requests, please, no applause following the musical interludes. It tends to disrupt the mood that has been set. If you enjoyed the music, please tell the musician following the service — it's always nice to hear compliments. There are rare occasions, however, when the music is so amazing that it just must be applauded. When that happens, let 'er rip!

The speakers, too, continue to be very good. In a lecture setting, applause following the speech is just good manners. In a spiritual setting, however, where the talk is meant to inform, amuse and inspire, let's let that inspiration settle quietly on our shoulders, without the necessity for applause to break the spell. Again, if the presentation has been truly amazing, then it should certainly be applauded. But, let's reserve it for those special moments.

The Worth and Dignity ...

by Shirley Kinney

Our Unitarian Universalist Seven Principles are a cornerstone of our faith. In an effort to further explore those Principles, we will often be using the Sunday service to examine the first Principle, "The worth and dignity of every person," in various aspects.

During the rest of the year's services, you will hear this Principle again and again. We will be exploring it in depth during our upcoming Welcoming Congregations series. It is the Program Committee's hope that by examining this Principle in many different ways, it will become a part of everyone's vocabulary.



Roses are shared during May 16th Flower Communion.

Family Restrooms

In order to accommodate those who need to use our restrooms as 'family restrooms,' inside locks have been installed.

TJD Annual Meeting & Name Change Results

From UUA Update for TJD Leaders

More than 200 men, women and children gathered for the multigenerational TJD Annual Meeting at historic Penn Center on St. Helena Island, SC April 30 - May 2, 2010. The meeting culminated with a luncheon on Sunday that celebrated the birthday of Unitarian Laura M. Towne, who traveled to the Sea Islands of SC in 1862 to begin a loving ministry of teaching and nursing the African slaves who were newly freed. A highlight for all who attended the meeting was the museum of Penn Center which eloquently tells the story of Towne's devotion to learning and caring for others.

The focal issue for the business meeting was the proposal to change the name of the district. President **Jim Key**, supported by all delegates, conducted the meeting with gracious and polite southern charm during the expression of differing views of the motion. The meeting's decorum was a true triumph of civility, integrity and good process. [The] by-laws amendment to change the name of our district failed by a narrow margin.

***Shh-h-h-h**

by Tom Kinney

*One spot in our parking lot expansion area is not mowed. The reason? A sitting wild turkey with 10 or so eggs. Peek carefully if you wish. While exploring, note that we have a plethora of bluebirds with us this year as well.

Yoga Classes

Yoga Classes are coming to the Fellowship. **Susan Johnson**, of our congregation, will be conducting vinyasa flow yoga classes at UUFR-VA starting on **Monday, June 7**. Classes will be on two levels: a gentle practice for those new to yoga or who prefer a lighter practice, and a more challenging practice for the more experienced. The first class is free. Susan has extensive training as a yoga teacher and is registered with the National Yoga Alliance. For more information, fees, and schedule, pick up a brochure on the sharing table in the foyer or contact Susan directly at (804) 436-2204 or email her at insideoutyoga108@gmail.com.

Welcoming Congregations

by Shirley Kinney

It's here! We've talked about becoming a Welcoming Congregation for years. We've kicked the idea around, we've argued over the title. Now it's time to DO IT.

As you probably know, a Welcoming Congregation is the UUA designation signifying that a congregation has taken certain steps to become more inclusive towards bisexual, gay, lesbian, transgender persons. In essence, it is an important series of workshops where we can openly, in a non-threatening atmosphere, among friends, examine our feelings, our biases, our concerns about BGLT issues. We can learn to become more sensitive to actions and words we didn't even realize were hurtful.

This series of workshops will be led by Sara Mackey – who better to help us create an open atmosphere of caring conversation and exploration? You may choose to attend all seven workshops. That would be wonderful! But, if that doesn't fit your busy schedule, then attend as many as you can.

Sessions take place on the third Sundays of the month, beginning June 20, right after the potluck lunch following the Sunday service. They will probably last about an hour, maybe a bit longer if we get involved talking and don't want to leave.

Everyone is encouraged to attend – gay, straight, whoever. Feeling like you don't need these sessions because you're already open and welcoming? You may discover here more about your feelings on this subject than you ever knew existed. Your contributions to the discussions may help someone else become more open and welcoming. This is important for all of us. Come be a part of our growth.

The Great UUFR-VA Yard Sale

by Shirley Kinney

The Great UUFR-VA Yard Sale was an outstanding success! Good for all of us! Thanks for the many donated items and thanks to the great turnout of volunteers! A most especial thanks goes out to Hank Stupi, the fearless leader and tireless worker of the sales. A total of \$1,730 was brought in from the sale. Additionally, in the last two months, \$1,830 has been raised by selling donated items on eBay and Craigslist, resulting in a year-to-date total from these two fundraisers of \$3,560. A special thanks to Kathleen Brooks — \$1,560 of the funds from eBay and Craigslist were from property donated by Kathleen. Have you got items that might be worth listing on eBay or Craigslist? Talk to Hank.

Also, if you have any books you want to get off your shelves, turn them over to me for selling on Amazon. All funds go to help UUFR-VA meet its goals for improving our services and presenting quality challenging programs, as well as just paying its bills.

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:

June 28: *The Art of Racing in the Rain* by Garth Stein

July 26: *The Enchantress of Florence* by Salmon Rushdie

August 23: *The Inheritance of Loss* by Kiran Desai

If you have a recommendation for a good read, or if you have any questions, please call **Elaine Weekley**.

Water Collection

by Jane Elkin

On September 12, we will join other UU churches on the “Sunday after Labor Day” with a Water Service, a tradition which began at a UU Women’s conference in the 1970s. Don’t forget to collect water during your summer travels and vacations to pour into the vessel as you tell us a story about your water. This will definitely be a Service for All Ages. To contribute ideas to the water service, please contact me.

We are Growing!

And as we grow, so do our needs; there is a need for more parking, a need for more chairs, a need for more songbooks, and a need for more programs. As our old-timers know, we fund these extra needs out of our pockets by giving earmarked checks for our various projects. We will include in *The Chalice* this funding status report of some of our projects over the next few months as a reminder as to where you can help better serve our members.

Our songbooks are purchased individually, some as dedications and some as memorials, as noted on the bookplates inside. To provide an additional songbook, please donate \$35 for each book and include a note as to what the book plate should say.

Project	Cost	Have	Need
Parking Lot Expansion-Step One (adds 12 spaces)	\$5,894	\$1,001	\$4,894
20 Additional Chairs	\$2,580	\$0	\$2,580
Welcoming Congregation Program	\$1,400	\$900	\$500
20 Additional Songbooks	\$35 ea.		

Your Finance Committee: **Tom Foster, Barbara Haynes, Tom Kinney, Lynn Langley, and Melinda Maddox**

Board of Stewards

Bob Weekley, President
 Caroline Shifflett, Vice President
 Lynn Langley, Treasurer
 Diana Jamison, Secretary

Vacant, Past President
 Shirley Kinney, Vice President for Programs
 Fran Schelling, Vice President for Membership

Web Site

<http://www.uufrappahannock.org>
<http://www.uufr-va.org>
 Bob Prescott, Webmaster

Newsletter

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