



THE CHALICE

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

May 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

May 3 – Dave Rowden: “TBA”

RE Topic: All Church Sunday

May 10 - Tom Kinney: “Gaia and the 7th Principle--Part I”

Lovelock's Gaia concept, which some have elevated to a spiritual level close to a religion, could be interpreted as speaking directly to our "interdependent web of existence" in the UU 7th Principle. Energy fueling Gaia, both internal and external to our planet, is an issue right in the middle of the 7th Principle and a hot topic these days.

RE Topic: Sacred Places

May 17 – Sara Mackey: “TBA”

RE Topic: Jonah and the Whale

A Potluck Lunch will follow the Service.

May 24 – Rev. Jim Sanderson: “Tending Our Garden”

Rev. Sanderson will lead a Flower Communion, and everyone is asked to bring a flower to the service. We will explore the garden as a metaphor for the human world.

RE Topic: Buddhism

May 31 – Shirley Kinney: “The Fabric of Our Lives”

Lorie Lowrey has completed the second of her quilt series, reflecting the lives of each member of our fellowship. The Fellowship will spend an hour strolling down memory lane, as the story of each quilted square is shared by the members represented in the quilt.

RE Topic: TBA

President's Corner

For those who may not have been present, on April 5, Caroline Shifflett announced to the congregation that she had decided to resign from her position as President of our Fellowship a few months before the end of her two-year term. This was prompted by the many professional and personal demands on her time and attention. Caroline asked me, as President Elect, if I would be willing to assume the duties of President a few months ahead of time. I agreed.

Caroline has been a conscientious, dedicated, and inspiring President. Under her leadership the UUFR-VA has flourished. The congregation is grateful to her for her leadership. Caroline agreed to continue as a member of the Board of Stewards in the capacity of Past President.

For my part, I am happy to serve as President. I am inspired by what you, the members of UUFR-VA, have accomplished and I am willing to do whatever I can to assist in the accomplishment of our stated mission:

- to inspire spiritual and intellectual growth, and provide a home for future generations;
- to serve the needs of our community; and
- to stand on the Unitarian Universalist principles in fostering the pursuit of truth, fairness, respect, and social justice.

I spoke to the congregation last Sunday about my vision for how our Fellowship is led and managed. We have grown to the point, as a lay-led congregation, where one small Board of Stewards can not do it all. Our various committees, made up of so many volunteer members, are what will ensure that we are successful in all three aspects of our mission noted above. Not only do the committees and other volunteers make it all happen, but that also is how we come together in fellowship and commitment. I hope that every single member and friend of the Fellowship will seek his or her own volunteer role.

For my part, I want to emphasize that I am open to your ideas, comments, criticism—whatever may be on your mind when you think about how our Fellowship can better meet its mission.

Bob Weekley

Finishing the Dream

by Tom Kinney

A handful of projects are underway to complete UUFR-VA's Home of Our Own—building the foundation for our future. Our large, coordinated building project is behind us and those funds are consumed. We now have individual project managers to help the open items to a successful conclusion. Each is separately funded or in need of a donor. Please touch bases with the following to learn the timing of how you can help each project's progress, either hands-on or with a financial boost. Here's what's happening:

- Sue and Bob Adriance are continuing their excellent work with landscaping and the nature path. Funds are needed.
- The interior trim is moving forward with Jim and Mitch Gallon. Shirley Kinney is the trim painting coordinator. This has been funded by the Trim Challenge.
- Terry Smith is installing the off-building exterior lighting (parking lot, walkway, and a "beauty" light for the building) to increase safety and security. Funded by an anonymous donor.
- The Ed Mobley Memorial lighthouse top (funded by the Mobley family), the labyrinth (in coordination with Andy Kelsey), the IN-OUT signs for the driveways, the Memorial Walkways between the parking lot and building, and a possible natural playground for the youngsters are all on Tom Kinney's plate.
- Expanding the parking lot has been quoted but no funds are available as yet.

Phood and Philosophy

Pirkko and Larry Graves will host the May Phood and Philosophy get-together in their home on **Sat., May 2nd, 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 **"Spirituality and the UU Spirit."**

A basis of UU is eclecticism and diversity. It embraces such interests as those stemming from social, scientific, religious and spiritual inquiries as well as those from the arts, among many others. We think, however, that, of these interests, "spirituality" currently predominates in our Sunday services. **Why? Why are we (or some of us) preoccupied with spirituality, at least on Sundays?**

To explore the question, here are some of Webster's definitions of "spirituality" that may aid our discussion:

1. Spiritual nature, character, or quality; spiritual-mindedness; opposed to "worldliness", "sensuality".
2. The rights, jurisdiction, tithes, or reverence due to the church, or to an ecclesiastic; respect; distinguished from "temporality".
3. The fact or state of being incorporeal.
4. An ecclesiastical body.

Please call in advance to let Larry and Pirkko know you are coming. We don't want to be short of chairs!

RE Notes

by **Jane Elkin**

We now have two vintage chalkboards for the RE room, provided by Terry Smith. The boards have cork strips, from which to hang artwork, and chalk ledges. The boards are perfect for displaying small art projects and cardboard posters. They may be written on, taped on, or painted white for a projection screen and whiteboard. Terry also provided woodworking tools, including a spokeshave, and a lesson on carving balsa totems.

Audrey Brainard led a beautiful children's Passover Seder. She mixed a nut-apple-wine Charoses, symbolizing the mortar used by slaves who built the cities of Egypt, and recollected 50 years of sharing Seders with Jewish friends. Audrey's friend, Laurie, a 1930s Jewish refugee, donated the children's Hagadah, the Jewish religious text that sets out the order of the Passover Seder, to UUFR-VA. In addition to the ten plagues upon Egypt, we recited the modern plagues i.e., war, hate, violence, and desecration of the earth. Our chazeret—horseradish root symbolizing the bitterness and harshness of the slavery which the Jews endured in Egypt —was imported from Northern Virginia. (Horseradish has been planted in the Elkin garden for future Seders.)

Resurrection, Crucifixion, Jesus, The Last Supper, and Symbols of Christianity were considered on Easter Sunday. (Donations of Christian symbols are needed.)

I'm grateful to the congregation for welcoming the extended Elkin/Williams family at the child dedication. The boys are now old enough to remember their UU dedication, with the white rose as the ancient symbol of life and purity.

Board Retreat: UUFR-VA Looks to the Future

by Bob Weekley

On April 11, the UUFR-VA Board of Stewards held an all-day Board Retreat to review our recent activities, our current situation, and to lay the groundwork for the future growth and success of our Fellowship.

One area of emphasis was UUFR-VA's governance and organization as we transition from a small group, meeting in a rented facility, to a larger congregation with our own property and building—along with the attendant new responsibilities, challenges, and opportunities.

Another ongoing area of emphasis is that of service to our congregation and our larger community, and new activities and opportunities to accomplish that—the path ahead. Board and committee members were challenged to be creative and to interact with members of the congregation in laying out this path ahead.

The main items of business of the Board Retreat are listed below. In order to keep the congregation informed in detail, the Board decided to place a binder on the UUFR-VA library shelves with the minutes of this meeting and subsequent meetings. Members are encouraged to peruse these minutes and to provide comments to Board and Committee members about how we can best achieve our mission.

- ✓ March Board meeting minutes discussion and approval.
- ✓ UUFR-VA's "Phood & Philosophy" Cookbook – 200 new copies being ordered.
- ✓ Treasurer's Quarterly Report received.
- ✓ Renting our building for community and private events.
- ✓ Utilities bills – need to review and reduce.
- ✓ Congregational financial support under review.
- ✓ Covenant groups initiative by Membership Committee; Diana Jamison to lead a task force in developing ideas.
- ✓ "All-Committee" nights will continue to be held quarterly.
- ✓ Conferences and training. Board agreed to partial funding for Jane Elkin to attend a 5-day RE Workshop at "The Mountain," and for two members to attend The Mountain Leadership Workshop.
- ✓ New-member recognition is being enhanced.
- ✓ Timing and organization of pot-luck after-service luncheons.
- ✓ RE Committee budget reviewed.
- ✓ RE Committee to consider preparation of a "Safe Congregation Policy."
- ✓ Building and grounds: no additional funds available for new projects. Projects that will proceed with volunteer labor are "Lantern Room" on roof, parking lot lighting, interior trim, nature trail, natural play area, and driveway signs. Projects that are not funded include the labyrinth, memorial walkway, and parking area expansion.
- ✓ Endowment Fund discussion and approval.
- ✓ A UUFR-VA brochure is under preparation by the Membership Committee.
- ✓ Rev. Kathy Duhon, a UU minister moving into the area, is interested in serving our Fellowship by speaking and in any other capacity.
- ✓ Bob Weekley to attend UUA General Assembly in Salt Lake City in June.
- ✓ UUFR-VA approached regarding "Adopt-A-Road" program on James Wharf Road.
- ✓ UUFR-VA Trustees: review and update of current trustees.
- ✓ Governance: looking into whether UUFR-VA should be incorporated in Virginia.
- ✓ Record maintenance and storage – suggestions for improvement.
- ✓ Committee functions and officer job descriptions being updated.
- ✓ Communicating with our membership an important function of the Board.
- ✓ The Path Ahead, and the Five-Year Plan discussions were deferred due to lack of time. These will be addressed in subsequent monthly Board meetings.

A Note of Gratitude

by Sue Adrience

The Landscape Committee thanks all who have contributed donations of time, money and/or plants in our continuing effort to beautify our UUFR-VA property. We've come a long way in the last year and there is a lot more to do. But, it takes a community and every bit of help is appreciated. Thank you.

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:

May 25: *Fathers and Sons* by Ivan Turgenev

June 22: *Remembering Babylon* by David Malouf

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

If you have a recommendation for a future read, please let us know. We're always on the prowl for winners which lend themselves to lively discussions. Call **Elaine Weekley** if you have any questions.

Book Sale!

by Shirley Kinney

Looking for some good books to read this summer? UUFR-VA is the place to find them! We're having a book sale on Sunday, May 10, right here at our fellowship. All books will be \$1. They are in very good condition, if not new. All proceeds go to our CME building fund. Come early—the good ones go first!

Safe Water

by Tom Kinney

The good news is that the concerns recently expressed about our well water were not substantiated by testing. UUFR-VA water has tested typical of all area homes and businesses that are supplied by private wells from our 700 foot deep aquifer. Measurements of Total Dissolved Solids (TDS) and pH fell within the normal range. Mid-Atlantic Laboratories has certified our water as potable—free of biological contaminants.

Geohydrologists refer to our water as sodium-bicarbonate type—a type prevalent on the East Coast and common worldwide. The water is soft and high in sodium. Those who must limit their sodium intake should consult their physician if there is concern about the amount of UUFR-VA water they may drink.

To help put the sodium content (200 mg/liter) of our water in perspective, *four* glasses of UUFR-VA water have the sodium equivalent of *three* cans of Hires Root Beer, *¼ serving* of Campbell's chicken noodle soup, *½ serving* of canned stewed tomatoes, or *three glasses* of Ocean Spray Light Cranberry juice—none of which are a normally considered a serious threat.

The hydrogen sulfide smell detected in our water is also typical of our aquifer. However, we rarely notice it in our home water unless we go away for a week or more. Hydrogen sulfide (the smell of rotten eggs and automobile catalytic converters) is a gas that is kept in solution in the aquifer by the very high pressure at the bottom of deep wells. And, just like popping open a pressurized can of soda lets the fizz out, when the pressure is decreased by bringing the water to the surface, the gas bubbles out. And, like soda, it takes time to go flat (lose its gas). Our water sometimes sits in the pump surge tank and the hot water heater for a week or more at a time. This allows the gas to bubble out and create the smell when we turn on the faucet. Once fresh water enters the tanks, the odor will recede. The gas is not harmful in the quantities we experience in our homes or at UUFR-VA.

Remember the Hungry

by Pam Collins

Please remember the hungry when you next go shopping and bring non-perishable foods to our collection box on Sundays.

Compromising the Truth

Jim Kenley connects the spirit of Unitarian Universalism with his Quaker roots on our website's Opinion Section, Observations. View the column @ http://www.uufrappahannock.org/UU_Observations.asp.

Board of Stewards

Bob Weekley , President
Barbara Haynes, Treasurer
Diana Jamison, Secretary
Caroline Shifflett, 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
Dave Rowden, Vice President for Membership

Newsletter

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