



THE CHALICE

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

September 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

September 6 – Mike Knez: “Mental Health Recovery and Spirituality”

Mental Health Recovery is becoming the model of treatment in Virginia and the nation. What is it and what does it have to do with spirituality? A personal and professional view from a consumer and a provider of mental health services.

RE Topic: A Candle For Us

September 13 – Sara Mackey: “Deep Listening: Pastoral Care for a Fellowship Without a Pastor”

A lay-led fellowship, naturally, needs to take a different path when it comes to the pastoral care of its members. Join Sara Mackey in considering effective ways for lay people to care for each other in the context of a Unitarian Universalist fellowship.

RE Topic: Grandmother’s Gift

September 20 – Rev. Jim Sanderson: “Happy New Year!”

Rev. Sanderson will look at the festival of Rosh Hashanah and the Days of Awe and how Jewish tradition speaks to some of our core Unitarian Universalist values.

RE Topic: A Little Jar Labeled Freedom

A Potluck Luncheon will follow the Service.

September 27 – Rev. Kathy Duhon: “From 'The Belly of the Beast' to 'Dancing With All Your Might': Jewish Wisdom for Our Time”

The High Holy Days of Judaism are coming to a close, so we will examine a couple of passages in the Hebrew Scriptures in a way that is both provocative and playful. May ancient Jewish wisdom help turn us toward well-being.

RE Topic: What If Nobody Forgave?

President's Corner

Looking at UU in Perspective

Sometimes I like to step back and look at our Unitarian Universalist heritage in perspective. I am so appreciative of those who have gone before us and helped illuminate the path.

Scholars of the wisdom traditions of the world see a common core – certain values that seem embedded across all human cultures. Despite the wide differences among religions, these core values are reflected in the teachings of these world religions. One such scholar, Huston Smith, condenses these embedded core values to three virtues:

Humility: the capacity to regard oneself in the company of others as one, but not more than one; manifested in political terms as equal rights and value for all under the law.

Charity: to regard one's neighbor likewise as one, as fully as oneself; compassion, mercy, and love, expressed in kindness, nurturing, patience, and forgiveness.

Veracity: not just truthfulness, but the capacity to see things exactly as they are; truth-seeking as well as truth-telling. To recognize our own capacity for evil. Veracity is the opposite of ideology or dogma.

As we Unitarian Universalists celebrate our own core values, I am inspired when I note how fully our own principles embody these universal truths. We **affirm and promote:**

- **The inherent worth and dignity of every person;** [*Humility, Charity*]
- **Justice, equity, and compassion in human relations;** [*Humility*]
- **Acceptance of one another...** ; [*Humility*]
- **A free and responsible search for truth...** ; [*Veracity*]
- **The right of conscience and the use of the democratic process...** ; [*Humility*]
- **The goal of world community with peace, liberty, and justice for all;** [*Humility*]
- **Respect for the interdependent web of all existence of which we are a part.** [*Humility, Charity, Veracity*]

This should encourage us to share with others our positive and constructive way of thinking and living.

Bob Weekley

Phood and Philosophy

Pirkko and Larry Graves will host this month's Phood and Philosophy in their home on **Saturday, September 12th, 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 **"Pets and UU"**

For most of us, pets are an important part of our lives. What are your thoughts regarding pets as part of your UU life? In some UU fellowships, pets are not allowed on the property and are excluded from all activities. In other fellowships, a range of activities take place:

- Pets are included as part of the intergenerational service;
- There are annual "Blessings" of pets, *a la* blessing of animals on St. Francis Day;
- Deceased pets are celebrated with services, mementos, photos, etc.; and
- Programs exist to feed the pets of economically struggling families.

Come share your thoughts. And share your favorite anecdote about your pet.

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

Save the Dates

October 11: LGBT National Equality March

October 21-22: Annual UUFR-VA Fall Adult Retreat

LGBT National Equality March

by Annette Marquis, District Executive, UUA Thomas Jefferson District

A great wave of enthusiasm has washed over many persons and congregations in the TJD for the opportunity to stand on the side of love with other LGBT supporters around the country and to demand full equality for lesbian, gay, bi-sexual, and transgender people. Securing rights state-by-state, county-by-county, city-by-city, school board-by-school board is a never-ending process designed to delay, discourage, and defeat LGBT people from receiving equal protection under the law. On **October 11, 2009**, activists from around the country will march on Washington to demand full equality for LGBT people on the national Federal level.

We Unitarian Universalists have long stood for equality for all people and have been proud supporters of same-sex marriage equality. I have challenged you this summer to join me in broadening this call to demand full equality for LGBT people by sending 1,000 people from our district to the march. That's about 10% of each congregation's membership, representing the percentage of LGBT people in the general population.

For more information about the 2009 LGBT National Equality March, visit <http://www.nationalequalitymarch.com>. Thank you for all of your continuing efforts on behalf of LGBT rights. I hope you will join me in this next and, hopefully, final phase of the LGBT Rights Movement.

Library Addition

by Shirley Kinney

Our UUFR-VA library includes many perspectives and religions. Curiosity led me to the biographical L. Ron Hubbard, Messiah or Madman by insider Bent Corydon. Hubbard, a successful science fiction writer, later authored Dianetics, the Modern Science of Mental Health and built a personal improvement franchise around the subject.

Corydon supports Dianetics, Scientology's roots, which uses trained confessional-style interviewers urging members to confront their emotional and rational thought interactions. A skin galvanometer is used during the interviews to identify emotional "hot" subjects the interviewer then probes.

Corydon eventually discovers, contrary to Hubbard's claims, that Dianetics is partially plagiarized from the works of 1930's engineer-turned-psychotheorist, Count Alfred Korzybski, spiked by Aleister Crowley's anything-goes themes. While praising the coaching interview technique, Corydon's book tracks Hubbard's transition from the franchises into an adulatory, tax-exempt religion and then on to a life at sea as an international tax fugitive.

The contrasts between Scientology's peace message and the unrestrained violence Corydon and LRH, Jr. report as perpetrated by Hubbard, Sr. upon the "non-VIP" membership and the war devoid of ethics against Scientology's critics is most unsettling. Corydon was there from franchises to the religion to the years at sea and thereafter, making it a hard book to put down as Hubbard's life unravels, and yet Scientology helps people and survives.

Pick up a book from our growing library that interests you and tell the Chalice about it. Others may like to join you in that read.

Donations for UUFR-VA eBay

We now have an eBay account and are looking for items to list for auction. Please contact **Hank Stupi** if you'd like to contribute.

A Lovely Thank You

by Sue Adriance

The Landscape Committee thanks Elaine Weekley for donating two lovely azaleas which have been planted along the path with the others clustered there. Fall is a good time for adding new plantings. If you are preparing to thin or get rid of any excess plants in your garden, please consider sharing. Speak to Bob or me for our current needs.

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:

September 28: *A Coffin for Dimitrios* by Eric Ambler

October 26: *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows

November 23: *The Elegance of the Hedgehog* by Muriel Barberry and Alison Anderson

Please note the change in the previous schedule for September and October. The books were switched to accommodate the reading required for the "Big Book."

The "Big Book" selection is *Bird Without Wings* by Louis de Bernieres. The dinner and discussion will be at Indian Creek Yacht and Country Club at 5:45 p.m., Wednesday, October 28. Sue Haugan will lead the discussion. Please join us for a delightful evening.

If you have a recommendation for a future read, please let Shirley Kinney know. We will be choosing books for the beginning of next year at our September meeting. Call **Elaine Weekley** if you have any questions.

RE Notes

by Jane Elkin

I would like to express my gratitude to the UUFR-VA congregation for supporting me this summer at RE Week at The Mountain. Jefferson and I enjoyed the summer camp experience of the UU Conference Center in North Carolina's Great Smoky Mountains. We star-gazed, labyrinth-walked, had playground time with other UU moms and kids, and enjoyed the huge, lush rhododendrons from Meditation Rock. I met a young Director of Religious Education (DRE) who memorized thirty poems in honor of her thirtieth birthday. Spirited Connie Goodbread, Southeast District's Religious Education Consultant, was the main speaker of the week.

Connie's program, *We Are the Leaders We Have Been Waiting For*, integrated the works of Peter Steinke, Rabbi Edwin H. Friedman, and family therapist Murray Bowen. The week provided 14 of the 75 hours of training required in the Associate DRE credentialing program. Steinke's, *Congregational Leadership in Anxious Times*, which I'm reading and recommending, is on the credentialing program reading list.

I'll be sharing ideas from Connie's program for sometime to come:

- *We (UUs) are standing on the side of love*
- *How to create change in a congregation*
- *The "Honoring the Child" policy on the Nashville UU church's website*
- *Freedom of the pulpit*
- *Worshipping with our children.*

Next summer we may head to RE Week at the UU Conference Center off the coast of New Hampshire, Star Island.

Many of us enjoyed last spring's adult RE class on Ethics. Options for future adult classes from Tapestry of Faith include *Harvest the Power*, on Lay Leadership; *Principled Commitment: a Program for UU Couples*; *Spirit of Life*; and *Spirit of Practice*. For more information, visit: <http://www.uua.org/religiouseducation/curricula/tapestryfaith/index.shtml>.



Relaxation and good company were the order of the day at the Annual UFR-VA picnic. Keeping cool in the shade, centered in the back of the photo, are hosts Roger and Liz Failmezger.

Annual Picnic

by Elaine Weekley

One of our great UFR-VA traditions is the Annual Summer Picnic. It was held again this year in Morattico at the riverside home of Roger and Liz Failmezger. We thank them again ever so much; they had everything arranged for our gathering at The Rivah on August 9. We had typically sunny, hot, and steamy picnic weather, but with plenty of shade, loads of delicious food and icy drinks, and fantastic fellowship with friends. It couldn't have been better!

Last Call

by Shirley Kinney

September 15 is your last chance to sign up for our annual fun-packed UFR-VA retreat. This year we're gathering at the Lodge at Westmoreland Park, just 49 miles from Kilmarnock. The price is low—only \$70 per person. The dates are October 21 and 22.

The weather service has assured us the weather will be perfect. We will be just inches from the Potomac River beach. Call to reserve your place. Call now!

Looking Ahead

Work on the 2010 budget will soon begin. Now is the time to ensure that your interests and priorities are addressed in the process. Additionally, in keeping with the Finance Committee's legal responsibilities, the Board has asked for proposed revisions to the bylaws in response to 1) a change in Virginia laws regarding churches, and 2) because UUFR-VA has grown from the back porch bylaw time to something much more. Please don't hesitate to share your thoughts on either the budget or bylaws with the Board of Stewards or us.

Your Finance Committee

Tom Kinney, Chair
Barbara Haynes, Treasurer
Lynn Langley, Assistant Treasurer
Tom Foster, Legal Consultant
Melinda Maddox, Rental Coordinator

First Annual UUFR-VA Yard Sale

by Hank Stupi

This spring, we plan to hold our First Annual Yard Sale. We are hoping for lots of donated items at that time. Please keep this in mind as you do your seasonal cleanings. More details will follow. For additional information contact me via phone or email.

Need a Gift?

A great one to consider is the UUFR-VA cookbook, [Phood and Philosophy](#). Enthusiastic users continue to give it unsolicited spontaneous rave reviews.

Christmas is coming! See Fran **Schelling** or **Elaine Weekley** to get your copies.

Community Service

by Shirley Kinney

Many of us have been looking for a role for UUFR-VA in the community—one that isn't being filled by another organization. Your Community Service Committee may have found it. Drawing on our Fellowship's surprisingly large number of Spanish language speakers and former teachers, we are proposing we combine those talents by offering an English as a Second Language (ESL) program to the often-unseen Latino migrant worker population.

Your Board encouraged the Committee to set up this program, so a small group of us met with Barbara Elbeze, an ESL teacher from Northern Virginia, and Nina Thompson, who works closely with the Latino community as translator and facilitator. We discovered that many of you have an enthusiastic interest in participating in a program like this.

So, on September 25 from 2:00 to 5:00 in the afternoon, Barbara Elbeze will train any and all of you who are interested in teaching or helping reach out to a population who is sorely in need of our services. If you would like to be a part of this, please come, or talk to Bob Weekley, Kathleen Brooks, Diana Jamison, or me for more details.

We anticipate beginning the actual classes by October 10—one day a week, one or two hours per session—with classes lasting until early December. You need not commit to the entire time, but it would be nice if you did. We are looking at having perhaps three or four teachers at each session, depending on the number of students we have. We have many of the materials we will need for teaching already. We're hoping to include singing and teaching games as a part of the sessions as well as more traditional exercises for the students.

You say you don't speak Spanish, and you have never taught? No problem! The classes will be conducted in English. We will give you the materials and show you how to teach them. Your talents are just what we are looking for!

Does all of this sound exciting to you? Then come join us on September 25 to learn more. You will be helping people who are looking for a way to help themselves. What could be more rewarding than that?

Board of Stewards

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