



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

March 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

March 7 – Pirkko Graves: “Psychological Correlates in the Development of Cancer”

Studies over several decades propose a link between certain psychological characteristics and the development of cancer. The link is intriguing in an (apparently physical) disease such as cancer. Exploring this association will advance our understanding of the mind-body interaction.

March 14 – Caroline Shifflett: “Laughter Yoga”

Laughter Yoga is a series of laughing exercises designed to help you realize your union with Spirit.

March 21 – Rev. Kathy Duhon: “Please Call Me By My True Names”

Thich Nhat Hanh’s poem by this title is our inspiration to examine the importance of naming and seeking the truth about who we are, and who everyone is. We will be searching at the intersection of Judaism, Christianity and Buddhism to understand what it means to have been called by our true names.

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

Who Are We? A New Look at UU Conversation

We’ve had two marvelous gatherings for conversation about Unitarian Universalism, and everyone is welcome for this third – previous attendance in not necessary. Our conversation will center on what we believe and how we are as a congregation – our UU theology and polity. We’ll have about 45 minutes together after the potluck lunch.

Please write and bring your own “elevator speech” – what you would say if someone asked you what Unitarian Universalism is during the short time you were riding in an elevator together.

As a treat, we’ll share something delicious and a few Irish blessings. Thanks so much for your participation.

March 28 – Hank Stupi: “Stuttering: A Challenge to the Spirit”

Hank has dealt with stuttering since he was a young child. He will discuss how it affected him at different stages of his life and how confronting his problem openly as an adult has strengthened his character and spirit.

President's Corner

People new to our UU Fellowship ask me questions pertaining to "membership." Questions like:

- If I come to the services, should I become a member?
- What are the qualifications for membership?
- What difference does it make if I become a member, or if I don't?
- Are there advantages to being a member versus just attending?
- If I become a member, does it involve financial obligations?
- Can I become a member if I am a member of another church?

Our tradition of membership is quite simple. Stated briefly, if you begin to feel that you are part of us and the Unitarian Universalist tradition, you may feel that you would like to stand with us and to identify with Unitarian Universalism. Our Bylaws state:

Any person demonstrating an understanding of the Unitarian Universalist Living Tradition and striving to be in accord with the Unitarian Universalist Principles may join this Fellowship. Membership is initiated by signing the Membership Book and committing to an active participation in the Fellowship as demonstrated by a contribution of time and/or money.

We do not push our congregants to become members but we are delighted when, of their own accord, they decide they want to join us. We want *everyone* to feel welcome, member or not. So, let's return to your questions.

Qualifications? An understanding and acceptance of the UU Principles, and a commitment to give of time and/or money, are our primary qualifications. The Principles and Sources are printed in our hymnal. You decide your own level of commitment.

Advantages? As a member you become a part of the worldwide family of Unitarian Universalists. You receive the excellent magazine, *UU World*. Other than that, the main advantage is the feeling that you are a committed part of this wonderful group. As a lay-led fellowship we need your ideas and efforts to accomplish our mission in the community. Our UU Fellowship always benefits from fresh leadership.

Member of Another Church? Some of us are members of another UU church because we are in transition or living in two communities. In that case, because we pay an assessment each year to the district and national UU organizations on behalf of each member, we only need to know which church you consider your primary church. If you are a member of another church that is not UU, that is your business. We have had people maintain their affiliations with other churches even as they joined with us.

If you are considering membership, feel free to speak to me or to any of the board members to get your questions answered. If you don't feel that you are quite ready to commit to membership, remember that you are always welcome here. If you are ready to commit, we are especially honored.

Bob Weekley

Community Service Committee

by Lorie Lowrey

In February, Eve, Marge Rowden, and I worked at the Interfaith Warehouse sorting, labeling, and shelving donations in the kitchen and linen rooms. While we were there, several clients in need of linens came to the Warehouse. We helped Yvonne Williams, the Warehouse coordinator, select and distribute sheet sets, blankets, comforters, and pillows. Yvonne is always there when the building is open and is very organized, efficient, and personable.

We could really use a couple more volunteers to help at the Warehouse. Every three months, two of us work for two hours on a Monday morning. We think that the third or fourth Monday of the month works best for most folks. The Warehouse is open Monday mornings from 10:00 to 12:00, and Wednesday evenings from 5:00 to 6:00.

Sue Adriance and Eve will be working there this month. And one Saturday this month, we will be working on a project for Hands Across Middlesex. Whether you are a member of this committee or not, if you have a couple of free hours this month to help us out, we would be most grateful. Please contact me on Sunday at UUFV-VA.

Phood and Philosophy

Barbara Haynes and Sue Adriance will host this month's Phood and Philosophy in the UU Fellowship home, **366 James Wharf Road, in White Stone, on Saturday, March 6, at 5:30 P.M.**

Since Aging is not optional: Come prepared to share lessons you have learned in the art of living.

- What are your words to live by?
- How would you counsel someone from a younger generation?
- Do you think that American society is too youth-oriented?
- Are there opportunities for members of the older generation to play a vibrant role in society? Give some examples.
- How does the prevailing culture affect one's perspective on aging?
- What advice would you give to someone on surviving life changes?

Directions to 366 James Wharf Road:

- *Traveling from Kilmarnock on Route 3:* Head South, and continue through the traffic light in White Stone approximately 1/2 mile; turn right onto James Wharf Road.
- or -
- *Traveling from the Middle Peninsula on Route 3:* Head North and, after crossing the Robert O. Norris Bridge, proceed 1 mile; turn left onto James Wharf Road.
- *On James Wharf Road:* Travel approximately 0.3 miles. The Unitarian Universalist Fellowship of the Rappahannock Church will be on the right at 366 James Wharf Road.

Please call **Barbara** or **Sue** to ensure accommodations for everyone. You can also email Barbara. Plan to bring a dish and a bottle of wine to share.

"Do you really know what a Welcoming Congregation is?"

Your Welcoming Congregation Committee



Randal Tyler and Thea Marshall provided a celebration filled with romance and drama on Valentine's Day.

Silent Auction

by **Hank Stupi**

Lorie Lowrey has donated an original watercolor entitled "Blue Crab". It was painted in 2008 by Andrea Pinter of Urbanna, VA. This matted and mounted piece measures 16"H x 18"W and is ready to frame. It is still in its original protective cellophane sleeve. It can be viewed in the church foyer. A bid sheet will be available with a minimum starting bid of \$40. The auction will end on March 28.

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:

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

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

May 24: *Olive Kitteridge* by Elizabeth Strout

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

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

UUFR-VA Yard Sale Update

by Hank Stupi

The UUFR-VA Yard Sale is being planned for Saturday, **May 1**. We are hoping for lots of donated items, so please keep us in mind as you begin your spring cleaning.

Kathleen Brooks, while cleaning out her living space in anticipation of moving, has identified many items that she would like to donate to the yard sale. But Kathleen has no storage space. If anyone has available space to store her donated items until the yard sale, please contact Kathleen. You can also contact me.

To make this event an unbridled success, many volunteers will be needed for all sorts of tasks, such as: pick-up, storage, and pricing of donated items; advertising and sign-making; early morning set-up prior to sale; bake sale items; and clean-up and disposal of unsold items. There's much to be done, and so much potential with this sale. Your help will ensure our success. Thanks.

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)