



# THE CHALICE

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

July 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

**July 4** – Thea Marshall: “... and justice for all”

Thea Marshall, with help from Eva Abel, will explore those words as they relate to the Declaration of Independence, through a song or two and a reading or commentary or two.

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**July 11** – Mike Knez: “Tomorrow’s Catholic”

Mike will present an examination of the book, "Tomorrow's Catholic: Understanding God and Jesus in a New Millennium" by Michael Morwood, MSC. He will particularly examine Father Morwood's vision of Catholicism, indeed Christianity, as it relates to the seven principles and four sources of Unitarian Universalism. As a not-quite-cradle Catholic, Mike will bring his personal experience with growing up Catholic to the discussion. His hope is that a renewal of the fundamental message of Jesus of Nazareth within “the church” will bring about spiritual healing for a hurting world.

**July 18** – Rev. Kathy Duhon: “God Laughs and Plays”

“God Laughs and Plays” is the title of a recent book by an agnostic naturalist, as well as a sermon by a medieval mystic and a poem by a sociologist. This seems to be an appealing image for many. Find out if it grabs you as we laugh and play for this lighthearted summer service.

*A Potluck Luncheon following the service will precede the second of Sara Mackey's workshops on "Welcoming Congregations."*

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**July 25** – 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*

### **Meeting the Spiritual Needs of our Public and Private Selves**

“...walking into an average evangelical church is like ‘walking into a non-alcoholic cocktail party.’ Quiet reverence is gone, and in its place is a chatty, mingling informality, ‘where words flow like wine.’” I was intrigued by this quotation in a *USA Today* Forum essay by Rev. Henry Brinton, pastor of the Fairfax, Virginia, Presbyterian Church.

The thrust of Rev. Brinton’s essay is his observation that churches (or spiritual fellowships if you prefer) serve the needs of people in dual roles—both as a place to deepen one’s spiritual experience by sharing the journey with others, and also as a place for individual reflection, contemplation, and a time for quiet. He is concerned that this second role is being diminished in many churches.

Regarding the first role, he notes, “In the search for personal spiritual fulfillment, nothing can replace the joy and lasting value of sharing one’s faith journey in person with another human being.” At our own UU Fellowship we have experienced this in our services and especially in our small group meetings, such as our Covenant Groups and often in “Phood and Philosophy” gatherings.

Regarding the second role, churches, synagogues, temples, mosques, and fellowships have long been places where people can escape from the world and find an atmosphere for individual contemplation, reflection, and communion with a deeper aspect of being. Such places are sanctuaries from the drumbeat of daily life, not centers of social life or group therapy.

The inner peace that comes from prayer and meditation is one reason that Buddhism is growing in the United States, according to Rev. Brinton. A recent Pew Forum Survey noted that Buddhism has climbed to the third most practiced religion in America, right behind Christianity and Judaism, and this growth is predominantly among native-born Americans.

I believe balance is the key. Some members of our fellowship prefer the more public practice and others, the more contemplative and quiet. As I mentioned in last month’s *Chalice*, we are planning to set aside more time and a place for deepening contemplative experience. And we want also to continue the open sharing of our spiritual journeys and lives. Both can enrich us. Both can bless our spirits.

If you have thoughts on this, please let me know.

*Bob Weekley*

### **Phood and Philosophy**

**Bob and Elaine Weekley** will host this month’s Phood and Philosophy in their home, on **Saturday, July 10, at 5:30 P.M.**

**(Note:** Normally P&P meets on the first Saturday of the month, but due to the many July 4<sup>th</sup> weekend activities, it is scheduled a week later.)

The topic for the evening will be **“Our Personal Heroes/Sheroes and Their Legacy.”**

**Everyone is invited.** Bring a dish or two to share and your preferred drinks. Weather permitting we might meet outside on the screened porch. Please let Bob and Elaine know if you are coming so they can prepare the space.



Melinda Maddox hosted the Blessing of the Animals in June

## Choral Singing at The Mountain

Dr. Ken Nafziger will present *Choral Singing: The Art of Community* at The Mountain August 1-5. Musical directors, choir members, and congregants who enjoy singing are encouraged to attend.

More information is available on the website:  
<http://mountaincenters.org/2010ChoralSinging.pdf>

## Don't Walk Around Without Your Shirt!

by Shirley Kinney

Did you notice at our recent yard sale all the UUFR-VA shirts and hats being worn by our group? Have you hungered after one of your own? Well, today's your lucky day! Yes, you, too, can possess a quality golf shirt or sweatshirt or hat with our own logo embroidered on the front.

All sorts of wonderful colors are available—just ask Lynn Langley or Lorie Lowrey or me how to go online to see the available colors. Sizes range up to XXX Large, (although you look like you could easily fit into a Small or a Medium).

Prices for the golf shirts and sweatshirts are \$18 for Small – Xtra Large (add \$2 for XX Large and \$3 for XXX Large). Hats are \$15.

Order forms are available on the Sharing Table or from Lorie Lowrey, Lynn Langley, or me. Deadline for taking orders is July 30.

## 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:

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

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

**September 27:** *Let the Great World Spin* by Colum McCann

**October 25:** *The Girl With the Dragon Tattoo* by Stieg Larsson

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



Hank Stupi and Cliff Schelling with guest performer, Bill Gurley

## Who's Who in UU

by Eve Jordan



*It wasn't high tea (my suggestion), but we did meet at Charlotte's in Kilmarnock for coffee. This is such a great assignment!*

**Eva Abel** is a graduate of Lancaster High School! She moved here for 3<sup>rd</sup> grade, with her grandmother, Thea Marshall, who had adopted her. We discussed the possibility that she could be classified as a been-here, and realized that was too much of a stretch. Eva is a licensed clinical psychologist; having done her undergraduate work at William and Mary, she went on to get her Doctorate in Psychology at Antioch College. Eva spent her time between W&M and Antioch working with autistic children, and enjoyed it enough that she considered this as a future possibility. However, she is glad she decided on a wider range of clients. She joined Merlin Steider, LCSW, who has a practice in Gloucester and Kilmarnock. Eva works out of both offices.

Beginning in September, 2009, Eva spent several months studying for her licensure exam at The Local in Irvington. The environment was supportive, and provided breakfast, lunch, and dinner depending on the needs of the day. It was a wonderful place to study. Also, folks at The Local knew what she was studying for. She explained that such public efforts put pressure on her, and of course she couldn't embarrass herself by not passing the exam ... and *it worked!* She took the exam in January/February and was licensed in March. She is publicly expressing a deep gratitude for the space and the support of the amazing people at The Local who were there with her throughout the process.

Eva came back to the Northern Neck to be with her family, and discovered the UUFR-VA through Thea and Donald. Previously, she had not been formally involved in spiritual or religious activities, having infrequently attended High Holy Day services at a synagogue, but felt no connection. She enjoys the UUFR-VA because of the interesting people, the speakers, and the open-minded nature of the Fellowship.

Eva's grandfather was a charter member of the Kiwanis Club here in Kilmarnock, and she became a member as well when she moved here. The Kiwanis focuses on children, has two big fundraisers each year, and donates their money to local organizations.

Thea and Eva will be giving a talk on The Art of Helping on Wednesday, July 28<sup>th</sup> at 7:30 A.M. at the Presbyterian Church in Kilmarnock. Serving part time and weekends with the Community Services Board, Eva is available to do psychological evaluations at the hospital or sheriff's office, determining services needed and discussing safety issues. In addition, she enjoys the group classes at the YMCA, practices yoga and is looking forward to the classes that will be held at UUFR-VA with Susan Johnson. She runs every other day.

And, for the first time, Eva started growing vegetables—creating her own organic garden. Starting with seeds, Eva successfully raised 100 tomato plants. She has given plants to clients to represent all sorts of things in their lives—a beautiful symbolism. Everyone gets at least two plants...just in case, she says. Eva, a vegetarian, loves to cook. Asian food and hot and sour soup are her specialties. With a great circle of women friends scattered throughout the country, living here with her family, and enjoying her practice, Eva's life is enriched beyond measure. In addition to all of this, she helped Diana Jamison organize Helpers and Healers at the Bay Center, and is the Secretary for the Tidewater Chapter of the Virginia Psychological Association. So, if you need anything done, and need a busy person to do it...

It is indeed a pleasure to have this young, energetic, creative woman with us at our UU Fellowship.

## We need some help!

We continue to postpone the need to canvas our members annually via a Pledge Campaign. A church with no annual fund drive is rare indeed. Your excellent response to our fellowship's needs has made that possible.

Five years ago, when we needed a Home of Our Own, our then-small group of members stepped forward with checks and today we all enjoy a new building with no mortgage. They knew we needed space to accommodate those who had yet to find us. We now have a much larger group of members, and we are so happy UUFR-VA is being found and members' needs are being met. Now we need to provide for the next wave of Discoverers that are looking but have yet to meld their journeys with ours.

So please take a moment, think about how UUFR-VA enriches your life, and what you can do to accommodate our fellowship and those currently on their path toward finding us.

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.	\$35	\$665

Please add a second check to Sunday's offering marked with your designated project.

Your Finance Committee thanks you for the continuing generosity: **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

Tom Kinney, 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: 20<sup>th</sup> of the month  
Bob Prescott, Editor (editor@uufrappahannock.org)