



# THE CHALICE

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

September 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

**Note:** Morning meditation information is now included in Sunday Programs. Please see Cliff's Meditation Primer elsewhere in The Chalice.

### September 5 – Jane Elkin: “Water Communion”

**Cliff Schelling** - Introduction to Meditation;  
Silent Meditation with Music

Bring water in a small container from your recent travel: from a glacier, a sea or from the garden hose. We will combine the water in a vessel as we share our words and stories. The choral music of activist Carolyn McDade, author of “Spirit of Life,” and “We’ll Build a Land” and a creator of the water service in the 1970s, will accompany the service.

### September 12 – Caroline Shifflett: “Further Along My Spiritual Journey: Souvenirs from an Unexpected Detour”

**Caroline Shifflett** - Semi Guided Meditation

Caroline will explore some of the gifts she has received during an unexpected and outrageous detour in her spiritual journey. The talk will focus on love, forgiveness, acceptance and change.

***The Annual UUFV-VA Picnic at the Failmezzgers’ will follow the service.***

### September 19 – Rev. Kathy Duhon: “Forgiveness This Day: Peace on Tuesday”

**Eva Abel** - Breathing Meditation

Forgiveness is important every day, and yet religions find a need to set aside special times to emphasize forgiveness, such as the just completed High Holy Days of Judaism. Forgiveness is a foundation of peace, and this Tuesday is the International Day of Peace. Come join us this Sunday for forgiveness and peace.

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

### September 26 – Shirley Kinney: “Banned Book Week and Life After Death”

**Ann Kelsey** - Walking Meditation

Banned Book Week is celebrated every year on the last week of September. The history of book banning is disturbing and stark. To honor this week, Shirley will honor those books that have been banned around the world, as well as share some life-after-death stories from a new book, "Sum", which presents alternative ideas about life after death. "Sum" is a controversial book which no doubt will face some challenges among those who still wish to ban books.

## *President's Corner*

### **Who we are. Are we okay?**

We live in an ethnically and culturally diverse community. In our First UU Principle we *covenant to affirm and promote the inherent worth and dignity of every person*. Does our congregation reflect the diversity of our community?

Ongoing discussions within our Fellowship and within the Unitarian Universalist Association have been exploring this question. Some have raised concerns as to whether we are an exclusive group in which people who are seen as different are not made to feel welcome.

This can be a sensitive issue. I am speaking here only for myself, based on having been a member and board member with the UU Fellowship of the Rappahannock since the year it was chartered. I can say that since the earliest years of our Fellowship we have consciously examined our hearts and our policies to understand better why we are, so far, not reflective of the diversity in our community.

We have taken proactive steps to reach out, to partner with other community organizations, including churches and faith-based organizations. We serve, hands-on, with others in the community to help those in need. We have received support and encouragement from minority members of our community. So why isn't this reflected in the faces of people that sit in our sanctuary?

I don't have an answer to that question. I do know we are not the only church with this concern. I do think it would a mistake to try to attract minorities just to *prove* our diversity.

People have joined our Fellowship because our openness, our message of liberal religion, and our friendly and welcoming congregation have attracted them. As we grow and mature, as we develop programs for young families, as we remain a congregation with open hearts, we may find more

people from other ethnic groups also filling our seats on Sundays. I look forward to that day.

If you have comments on this column, please feel free to share with me.

*Bob Weekley*

### **Phood and Philosophy**

There will no Phood and Philosophy evening this month, as we spend our time preparing for the big UUFR-VA picnic. Thea Marshall will host a Phood and Phrolic in October.

### **The Annual Picnic**

by Elaine Weekley

On **Sunday, September 12th**, immediately following the service, the **Annual Picnic** will be held at the Failmezger property on the Rivah. Please bring something to sit on, as well as a dish or two and drinks to share. In case you want to barbecue, a grill will be provided. Swimming is also an option. Much fun and fellowship at a spectacular waterfront site will be the order of the day.

## Anti-Racism Conference, Richmond, October 8-10

### UUA Announcement

Good news: None of us has forgotten the major snowstorm that forced cancellation of the Anti-Racism Conference in February, but the event has been rescheduled for October 8-10, and all of the acclaimed and very busy speakers and workshop leaders are able to be part of the conference.

The Host Committee at First UUC, Richmond, led by Wendy DeGroat and Denise Rimes, is hard at work - revamping materials, confirming schedules, making new travel plans, arranging lodging, etc., etc. Their hard work will be evident very soon on the TJD Website's ARC page under "News and Events". Please look for it.

26 persons requested and were given refunds of their registration fee last spring. 62 others asked us to hold their registration information and their fee payment, which has been done. Those folks will receive an email in the next week, asking confirmation of their plan to attend. If they confirm, they will be registered and paid, and will not need to do anything further.

Special note: we have received word that the Virginia Tea Party will gather in Richmond on the same weekend, so hotel rooms may be at a premium. Please make your reservations as soon as possible once the hotel information is posted.



John Adams and Thomas Jefferson traded verbal spars Aug. 1<sup>st</sup> at UUFR-VA.

## UUFR-VA Book Sale

by Shirley Kinney

The last week of September has been designated as Banned Book Week. What better way to demonstrate that we UU's read what we choose than to have a book sale? So, beginning September 26, and running for a couple of weeks, we will have a used book sale in the Fellowship foyer. These are books you have donated but, for various reasons, could not be sold on our ongoing Amazon.com site. They're great reads at great prices. Pick up a bagful as you support your fellowship. All money collected will go into the Endowment Fund.

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

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

**November 22:** *The Great World* by David Malouf

**December:** No meeting

The "Big Book" choice for this year is a duo – *Old Filth* and *The Man In The Wooden Hat*, both by Jane Gardam. One is told from a man's perspective and the other, from a woman's. Our dinner and discussion will begin at 6:00 P.M. on Wednesday, October 13, at the Indian Creek Yacht and Country Club. Please read the books and join us – the more the merrier! Call **Elaine Weekley** by Monday, October 11, to make your reservation.

## A Meditation Primer

by Cliff Schelling

Meditation will be held every Sunday morning, beginning September 5<sup>th</sup>, from 9:45 to 10:15. If you are unfamiliar with meditation, perhaps the following brief explanation will be helpful:

Meditation is the practice of paying attention. There are two basic types of practice, concentration meditation and mindfulness meditation.

In *concentration meditation*, the meditator focuses attention on a single object (e.g. the breath, a picture, a figure, the flame of a candle) while consistently bringing the mind back to concentrate on the chosen object.

In *mindfulness meditation*, meditators often center themselves by focusing on their breath but then shift to an open focus: monitoring their thoughts, feelings, and sensations. It is a way of self-transformation through self-observation.

It's always about training the mind to pay attention, becoming aware of your breathing or changing thoughts, feelings and sensations. It is about noticing what's happening in the moment without resisting, holding on or conceptualizing. It is seeing things as they really are.

Meditation is often used as a formal discipline to prepare people to live mindfully. In other words, through meditation they learn how to pay attention. This skill is then used to focus on themselves, others and the world around them. They see more of what's happening and notice the causes. This awareness leads to avoiding behaviors that produce suffering and embracing behaviors that lead to happiness. People who meditate often say their practice leads to greater awareness, peace, compassion and joy.

An easy way to begin is by sitting comfortably with your eyes closed or half open. Focus on your breathing out, in and the pause in between. When your attention drifts, which it will, just return to your breathing. Even my Shetland Sheepdog knows, if she can sit and stay she will get a treat.



Eve Jordan celebrated her 38th birthday at UUFR-VA by handing out programs to her friends and admirers.

## Our Library is Growing

by Shirley Kinney

Thanks to the generosity of Cliff and Janet Hemming, our UUFR-VA bookshelves have some new volumes, giving us a broader perspective on world religions.

We now have a three volume The Creeds of Christendom by Philip Schaff. Volume One is "The History of Creeds;" Volume Two is "The Greek and Latin Creeds;" Volume Three is "The Evangelical Protestant Creeds." The Hemmings also donated a six-volume set of Sacred Writings of world religions. These include from Buddhism, The Dhammapada; from Hinduism, The Rig Veda; from Confucianism, The analects of Confucius; from Christianity, The Apocrypha and The New Testament; from Judaism, The Tanakh; from Islam, The Qur'an.

Ann Kelsey has donated two volumes on Tai Chi.

All the books in our UUFR library are available for you to check out. Just write your name and the book and the date on the check-out sheet on the foyer shelves. Please remember to return the book so others can enjoy it as well.

*From time to time, Rev. Dubon will share some of her Nutshell UU Histories.*

## **Nutshell UU History: Frances Ellen Watkins Harper (1825-1911)**

**by Rev. Kathy Duhon**

Frances Harper taught science, and wrote and published poetry, novels, essays, and speeches—a remarkable achievement for an African American woman in the 19th century. She wrote, "*We are all bound up together in one great bundle of humanity, and society cannot trample on the weakest and feeblest of its members without receiving the curse on its own soul.*"

Frances was born to free African American parents in Baltimore. She worked for the Underground Railroad and spoke out for abolition, women's suffrage, and temperance. She joined a Unitarian church in Philadelphia. What a great example of courage and action she leaves us.

Another quote from her: "*We want more soul, a higher cultivation of our spiritual faculties. We need more unselfishness, earnestness and integrity. Our greatest need is not gold or silver, talent or genius, but true men and true women.*"

## **Memorial Advisory Meeting – September 29**

**by Bob Weekley**

An important vision of our Fellowship is to create an area on our grounds which will provide the opportunity for a fitting and eternal memorial for those we have loved who have gone before us.

Members have developed a proposal to present to our congregation and friends that reflects the inspiration received so far. We would like to share these ideas with you and get your own response, and perhaps additional ideas. No final decision will be made until we have received input from those who want to participate in the advisory process. We have done preliminary work and used donated funds to get to a point that current concepts can be visualized.

To gather your ideas and to move ahead with the realization of the memorial project, we will meet on Wednesday, September 29, at 7:00 P.M. at the Fellowship. If you can arrive a bit early, please wander the pathways that have been laid out between the parking area and the building. In the meeting, concepts for how the area can be used for memorializing those dear to us will be discussed.

All are welcome to participate in this advisory meeting.

## **UU For Kids – Getting Started**

**by Bob Weekley**

All of us know that the future health of our Fellowship depends on having programs that are attractive and friendly to young families. Starting a viable and continuing children's and youth program is essential.

In order to "walk before we can run," the Board of Stewards has proposed that we start with children's and youth programs on the basis of once per month.

We see the need to accommodate three age groups, though they may be small: (1) a "Coming of Age" group, young people in middle or high school or soon to enter; (2) an elementary school level group; and (3) child care for the very young ones.

Initially it has been proposed that we designate the third Sunday of each month as "Family Day". On that day we could have the UU for Kids meetings of the three age groups. (There has been some discussion of the Coming of Age group meeting at a different time, or day of the week, depending on what works best for the young peoples' schedule.)

To provide for the needed support and get started, we need to enroll our children and youth. For children that would be interested in the "Coming of Age" group, please contact Mike Knez. For the elementary and younger group contact Sue Adriance.

Once we know what our possible enrollment is, we can move forward with a concrete schedule. Additional ideas and suggestions are welcome.

## Who's Who in UU: Tom and Helen Foster

by Eve Jordan



After attending services at UUFR-VA for years, Tom and Helen Foster are newly arrived members. They are not, however, new to Unitarian Universalism; in 1971 Helen, Tom, and their daughter participated in a Unitarian Universalist fellowship in Somerset, NJ. Later when Helen and Tom moved to the eastern shore of Virginia, there was no local UU fellowship, so Helen and the children attended an Episcopal Church. After the Fosters moved to Richmond, they were pleased to find the First Unitarian Church of Richmond and now enjoy dual membership with UUFR-VA and the First Unitarian Universalist Church of Richmond, Virginia. Tom and Helen were attracted to the Unitarian Universalism because of the combination of rationality, respect for science and other relatively objective sources of knowledge, respect for the natural world and respect for individuals' own approaches to religion. Drawing on a rich historical and cultural base is quite attractive to them. Unitarian Universalism provides a forum for study, fellowship and spirituality that is important to the Fosters.

The Fosters' primary residence is in Richmond, where Helen is a psychiatrist in private practice, and a clinical professor in the Department of Psychiatry at Virginia Commonwealth University. Tom is a

director and shareholder of McCandish Holton, PC. His law practice focuses on tax, employee benefits and state law organizational issues. Specific areas of practice include: tax incentives for open space land preservation, international payroll taxes, corrections of defects in employee benefit plan operations and the organization of medical practices. Their home in Richmond is a condominium townhouse behind and overlooking a wooded hillside in Byrd Park, beside the James River.

When down in this part of God's country, the Fosters live in Topping, near Locust Grove Farm in Middlesex County. The property was originally purchased in the 1920's by Helen's great, great uncle. Helen's grandfather, who died when her mother was a teenager, was from Saluda. (Helen's grandfather's sister, Aunt Virginia McCandish Evans, was the mother-in-law of Gen. Lewis B. "Chesty" Puller.) Helen has been vacationing at Locust Grove Farm with her family since she was a three-year-old. Tom started visiting the Farm when he began dating Helen in 1966. The Fosters continued using the Farm after they married and had children. In 2000 they purchased a cottage on Meacham Creek.

The Fosters' daughter, Becky, lives in Colorado with her husband, Adam, and their seven-year old daughter, Nancy. Becky is a ski instructor and a special education teacher. Adam is a forest ranger, and Nancy (at 7!) is a nationally-ranked skier and rising second grader. Peter, the Fosters' son, is a dentist. He lives in Williamsburg with his wife, Kim, and their four-month-old daughter, Erica. Kim was a middle school social studies teacher for many years, and a guide at Jamestown. She now stays at home with Erica.

The Fosters enjoy their family and outdoor activities including hiking, canoeing and bicycling. The place in Topping, in addition to being a good place for the canoes and kayaks, is also a place for Helen's forward-rowing wooden boat.

In addition to her role in the medical profession, Helen is a poet. Her poems have been published or are scheduled for publication in Citizen Jane, The Pharos, and JAMA, The Journal of the American Medical Association.

## **GREEN SHADOWS ACROSS A GREEN LAWN**

Coming upon the green shadows of old  
Trees across a green lawn on the way  
To losing my mother,  
I look up at mackerel sunrise  
Cobbled gold and bronze.  
When my brothers and I were small,  
We saw a stair-step sunset  
And imagined our grandmother  
Rising to heaven. But I am sixty,  
Not seven or eight. Our grandmother,  
If living, would be one hundred eighteen.

When I arrive, I find Mother  
Sleeping, breathing beside  
A blue-wave frieze on a monitor, her old  
Heart swollen, galloping in sinus waves,  
Lubbing so loud I can hear each beat without a  
stethoscope.  
When I speak, she labors to awake  
And—with a look  
That evokes everything—swaddles my grief  
Until my brothers come, and she turns to ivory  
In our arms.

Helen Montague Foster, M.D.

Reprinted from The Pharos (summer 2008) copyright 2008 by  
Helen Montague Foster, MD. By permission of Alpha Omega  
Alpha Honor Medical Society.

### **Board of Stewards**

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

#### **Web Site**

<http://www.uufrappahannock.org>  
<http://www.uufr-va.org>

Bob Prescott, Webmaster

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

#### **Newsletter**

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