



THE CHALICE

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

October 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

October 3 – Bob Weekley: “Soap Box Sunday”

9:45 Meditation: **Diana Jamison** - Semi Guided

This is your opportunity to share your inspiration, your passion, and your insights. What do you want to share with the congregation? Soap Box Sunday is back by popular demand. Volunteers will have three to four minutes to speak on a subject of their choosing. For ideas, you might choose to share a favorite reading or poem, an inspirational anecdote, a special pastime or joy, or a concern. The speaker's time will be controlled, and we ask that no one raise partisan political matters.

October 10 – Tom Kinney: “Peace and Justice”

9:45 Meditation: **Cliff Schelling** – Silent

Peace, Liberty, and Justice for all, through the democratic process, is a priority theme for most UU's. It is an amalgam of our fifth and sixth Principles of the seven that guide the UU's. UU's share this common theme with our country's Founding Fathers who knew we needed the right tools to achieve that mission. In “We the People . . .,” we have those tools.

October 17 – Richard Cutler: “The Biology of Human Aging and Longevity: Past, Present and Future”

9:45 Meditation: **Caroline Shifflett** - Semi Guided

Richard Cutler, an internationally known Molecular Gerontologist, will discuss the biology of human aging and longevity. Recent progress will be reviewed in our understanding of why the aging processes exist and what options may be available in the near future to decrease its rate of expression and thereby increase the healthy and productive years of human lifespan. Evidence will also be presented that slowing down the rate of human aging, by even a small fraction, could have a significant effect in controlling the ever increasing rate of medical cost of the aging populations of developed countries throughout the world.

A Potluck Luncheon will follow the service.

October 24 – Sara Mackey “The Possibility of Prayer”

9:30 Meditation: **Eva Abel** – Eating

Often Unitarian Universalists say that they don't pray, don't know what to pray for or who to pray to. What might prayer look like if there were no WHAT or WHO involved? Join Sara for an exploration of this mysterious and powerful spiritual practice.

October 31 – Jim Sanderson: "The Many Masks of Halloween."

9:45 Meditation: **Bob Weekley** - Musical

Halloween is an ancient holiday that has gone through many evolutions. It is a Holy celebration to some, a children's festival to others and a commercial opportunity to still others, as well as having several additional aspects. What are its messages for us? Celebrate by wearing a costume — if you dare!

President's Corner

The Joy of Participation

I can't resist devoting a President's Corner to honoring the many in our UU Fellowship who do the day-to-day tasks that make everything happen. You may have heard this before. It deserves attention.

Our Fellowship is doing well by almost any measure — the quality of our Sunday services, the attendance numbers at our services and events, the activities we sponsor, our support for the larger community, our fiscal soundness, and most of all by the sense of caring participation among members of the congregation. I believe that we are doing well because so many are happy to share in the work of the Fellowship.

But this is a two-way street. Yes, the Fellowship thrives because people are motivated to pitch in — AND the volunteers thrive because of the joy they experience in working with others to make good things happen. I recently read something related from the UU Association:

Imagine if the practical and administrative work of the church—meetings, planning, teaching, etc.—were understood not as a necessary evil but as an integral part of the mission of the church to nurture us spiritually. What if lay leadership were not a means to an end but an end in itself?... Imagine church

not as a place led by a few overly taxed volunteers but one where leadership is a broadly shared ministry that members of the community undertake for the deep joy of it.

People who come to Unitarian Universalism seeking spiritual goods are likely to be disappointed so long as they have the outlook of consumers in search of material goods. If their connection to our liberal faith is to grow into something more rewarding, they have to give up the consumer mindset and begin to think of themselves instead as shareholders, investors, co-owners in what happens in church. ... Active participation in the life of your spiritual community gives you an acknowledged stake in it, empowering you to make that community your true spiritual home by infusing it with your values.

We are reminded of this loving work constantly — those who provide our talks on Sunday; those who perform the music; our Caring Circles who make the service go smoothly, provide refreshments, and maintain contact with those in their Circles. And remember those who prepare the Sunday bulletins, who plan the services many weeks in advance, who provide an article for the area newspapers; those who care for our beautiful building and grounds; those who work with other community organizations to provide help to those in need; those who maintain our membership and financial records so responsibly; those who collaborate on the sound investment of our funds for future growth; those who look for additional ways to support the needs of our membership; those who concern themselves with our vision and plans for the future; and those who serve on the Board of Stewards to coordinate all this activity. Oh yes, there's the remarkable guy who edits and publishes this excellent newsletter and maintains our website! I could continue, but you get the idea.

May all of you who do so much for this Fellowship find yourselves as blessed as those you bless by your service.

Bob Weekley

Phood and Phrolic

Thea Marshall and Eva Abel will host a “Phood and Musical, Storytelling Phrolic” in their home on **Saturday, October 9**, beginning at **5:30 p.m.**

Eva will lead sing-and-play-alongs and such; Thea will encourage story telling by the unmusical. Please bring your phavorite musical instrument, and odds and ends...tambourines, maracas, drums, etc. and/or phavorite story. And don't forget your phavorite phood and drink!

Everyone is invited. Bring a dish or two to share and your preferred drinks. Please let Thea or Eva know if you are coming, so they can prepare the space.

Nutshell UU History: Alexander Graham Bell (1847 – 1922)

by Rev. Kathy Duhon

One of my favorite museum visits ever was to the Alexander Graham Bell museum in Nova Scotia. Bell is best known for his invention of the telephone and for founding the Bell Telephone Company. He worked with an African American, Lewis Lattimer, a fellow Unitarian, on the drawings that helped secure the patent for the first telephone. Bell also invented an early phonograph, using a wax-cylinder.

What Bell is less well known for, but worked hard at during much of his life, was work with the deaf. He helped to teach deaf people to speak without sign language. Many of his scientific pursuits were directed to the needs of the deaf.

Bell is in the American Hall of Fame, honored for his scientific accomplishments, but we should also honor him for his work to help others reach their potential.



Good Eats were plentiful at our UUFR-VA Rained Out Annual Picnic.

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:

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.

Morning Meditation Gets Started

by Bob Weekley

A Sunday Morning Meditation time is now a reality. Each Sunday morning, from 9:45 to 10:15, a number of us gather in the sanctuary for a time of reflection, quiet, focus, and being together in spirit. The way the meditation is conducted varies from week to week and is being announced in advance in *The Chalice* and the Sunday bulletins. To participate, it is not necessary to attend every week, and if you have not attended and would like to give it a try, all are welcome. So far, the feedback from those participating has been very positive.

Others, who gather in the foyer before 10:15, while the Morning Meditation is in session, have been very thoughtful in keeping the noise level low in respect to the meditators. Thank you, all.

Caring Circles

by Fran Schelling

A vital purpose of the Caring Circle is to provide an expedient way to stay in touch and to disseminate information whenever possible. For example, we can call one of our own who has been absent from services for awhile; can inform each other whenever someone is ill, is grieving, or needs help; can ask for assistance if UUFR-VA is called upon for a community outreach effort; or can quickly confirm cancellation of services should unsafe weather conditions arise.

In addition, by the Chairpersons assuming responsibility on a rotating basis, we can assure that the duties required for each Sunday service are fulfilled. The responsibilities are: to provide greeters and distribute the Sunday bulletin; to pass the contribution basket; to ensure that coffee is available; to provide refreshments; to set up and take down serving and seating arrangements for potluck lunches; to clean up the kitchen; to check that the building is ready to be closed (audio equipment, lights and heating and air conditioning setting); and to ensure that the building is secure before leaving.

Your Chairpersons are: Marge Rowden, Eve Jordan and Barbara Haynes.

Thank you for all that you do to make this fellowship run so smoothly.

Now that Summer’s Over

To mark this annual transition, Sue Adriance is seeking helpers for a Fall Clean-up of the UUFR-VA landscape. The event will commence on Friday, Oct. 22nd at 9:15 a.m., with a rain date of Saturday, Oct. 23rd. Volunteers are encouraged to bring clippers & pruners, gloves, a rake and possibly a shovel.

There’s nothing more satisfying than a little fellowship on a brisk fall morning. It’ll be fun.

Who's Who in UU: With Chris and Bill Gimpel

by Eve Jordan



Wanna know about chiggers? Bill is our man!

This charming and interesting couple are members of the Unitarian Universalist fellowship in Annapolis, Md., and have been since the mid '70's. There are about 650 members in this congregation, with two services. Quite a difference from our UUFR-VA!

Chris grew up in a Unitarian Universalist church in Erie, PA. Bill grew up south of Boston, with a Unitarian mother and a non-church Lutheran father. As a child, Bill walked to the Congregational Church, which was a hell fire and brimstone kind of experience. He was in a Youth Group with this church, and when the youth pastor was absent for a while, the young people asked where he had been. Basically, the pastor replied that he had 'saved all the youth and now I need to save your parents....' Because Bill's mother was a Unitarian Universalist, the pastor declared that she was going to hell unless she was saved. At that point, Bill, who knew what a good human being his mother was, left the congregation. Mother's influence prevailed.

When he was 17 years old, Bill was at Star Island, a Unitarian Universalist Conference Center, which is off the coast of Portsmouth, New Hampshire (and apparently quite lovely), and he met Chris, who was 18 at the time. They dated a bit and then came the

inevitable disconnect as life intervened. After college, Chris worked briefly, as an au pair (unheard of for an American girl at that time) for a family in Paris. She lived on the seventh floor of the host family's apartment building, in a tiny maid's room which was a walk-up – no servant elevator. The couple became reacquainted when Navy Bill came to call. He had to knock on the third floor service entrance to see Chris. And it got serious from there

When they decided to get married, and had set a date, the wedding coincided with the Dominican Republic crisis, and darn it, Bill's ship was part of the naval blockade. Bill put in a request to leave the ship to get married, and it went into the trash can. Unknown to him, Chris and her mother wrote a letter to President Johnson and Senator Jacob Javits. Bill put in a second request for leave, and on the bottom of the request he noted that about 150 people would be inconvenienced if he was not able to get leave. He went to the Captain's quarters, and the Captain, who took the crumpled-up leave request out of the trash basket, had no doubt heard from a higher power. He told Bill that, lucky Bill!, another ship was leaving the blockade. If Bill could get to the ship, he could get home. So Bill was headed for Norfolk. While en-route, Bill got into a card game and won around \$500 – on the way to the wedding! The winnings financed their honeymoon. On the second day of their honeymoon, Chris really knew her man – she suggested that they go fishing! That musta' sealed the deal.

After they married, Bill went to graduate school at the University of Maryland, and earned a PhD in entomology. His career began with the Maryland Department of Agriculture. Chris was a teacher in several fields, first with the hearing impaired, then preschool, and finally an ESOL teacher in Prince George's County Public Schools. They raised their two children in Bowie, Md., where the kids attended public schools. Their daughter, Maren, is now on the Eastern Shore working for a non-profit, where she and her husband band birds in the spring and fall and track migrations. Their son, Rob, is a cute 34 year old bachelor, trained in geology, who is currently a landscape contractor in Annapolis. Both kids enjoy the outdoors, like their dad. Chris enjoys the theater, crossword puzzles, literature – .not so outdoorsy.

Both of the kids share an interest in the arts, literature and crossword puzzles — just like their Mom.

Chris and Bill came to the Northern Neck and found a much different culture than they were accustomed to. People are much friendlier, and certainly more trusting. (When meeting a neighbor for the first time, the guy told Bill to help himself to any of the tools in his shed.)

Renovating an old house, Chris and Bill have come to know a number of contractors in the area. They found the Northern Neck through Chris' college friend, whose husband just happened to be a real estate agent. Lucky for us, the Gimpels found just what they were looking for. It is an old waterman's house, definitely a handyman special, that anyone else would have torn down. It is on Taylor's Creek, secluded and quiet. Though not boaters, Bill keeps

busy with endless renovations, as well as keeping bees, catching crabs and raising oysters, both to eat and to save the Bay. The oyster garden is very successful, with a reported bumper crop, and who knows about the effect on the Bay!

Another interesting fact: they own two places in New Hampshire with family, where there is no sales tax or income tax. However, the real estate tax makes up the difference. Their tax bill is high, and has a notation: awesome view. It is not an objective identification for tax purposes, so Bill wants a bumper sticker for his car that says REPEAL THE VIEW TAX. Unfortunately, the point would be lost on people down here.

This is a fun and funny couple. Between the chigger expert and an oyster bumper crop, to say nothing of natural honey, we have hit pay dirt with these two.

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

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