



THE CHALICE

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

December 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

December 5 – Bob Weekley: “At the Intersection of Religion Avenue and Political Street: Collision or Accommodation”

9:45 Meditation: **Bob Weekley**

Should churches be involved in political matters? Can churches avoid being involved in political matters if they stand for principles fundamental to their faith? What are the right boundaries? Does it matter what you believe? These questions have perplexed the American citizenry since the founding of the Republic. Bob will address these questions through the lens of the Unitarian Universalist principles.

December 12 – Hank Stupi: “My Break of Insight”

9:45 Meditation: **Caroline Shifflett**

In 2007, during a clinical trial of an experimental drug, Hank was hospitalized for a psychotic break. Over time, he successfully recovered from his psychosis. His curiosity led him to research, and explore, the workings of the mind, which has helped him better comprehend his break from reality. Hank will be sharing his experience and understanding of that psychosis.

December 19 – Andrew McKnight, singer, songwriter, guitarist: “The Inward Winter Dares to Bloom”

9:45 Meditation: **Cliff Schelling**



Winter is a time for hibernation, for transformation beneath the surface when all seems dormant to the casual eye. But that inward focused energy during the season of low light and short days prepares us for the promise and peril of emerging into the warm spring sun. Andrew's songs trace both the transformation and the rewards for taking the risk to emerge from our cocoon into the season of renewal.

The Christmas Party will follow the service.

December 26 – Shirley Kinney: "The Day After Christmas and What I Have Learned"

9:30 Meditation: **Eva Abel**

President's Corner

The inventors of the calendar may not have known how things would work out for us who followed hundreds of years later, but perhaps they were trying to do us a favor by putting December, with its traditional festive days, at the end of the year. Unfortunately, for many, December has spun out of control.

During the earlier part of the year, things go along as expected – spring budding out with its rains and winds, then the dead heat and laziness of summer, followed by the riotous colors and cool air of fall. It is all taken in stride.

Then December hits us. Everything that did not get done earlier in the year has piled up and needs to be done. Christmas becomes a time of anxiety – “I can’t find anything for Hortense.” Winter finally bites us hard. Darkness settles in. Fake cheer in a round of parties. “Have to have folks in.” Day before Christmas – more shopping. Then, “Can’t miss the sales.”

One of our beloved Unitarian mentors, Henry David Thoreau, observed, “Our life is frittered away by detail.” But he offered a remedy: “Simplicity, simplicity, simplicity! I say let your affairs be as two or three, and not a hundred or a thousand... Simplify, simplify.” How to do this? “Live deliberately,” says Thoreau. Mindfully. “To affect the quality of the day, that is the highest of arts.” (*Walden*, 1854)

May we cherish this season, not dread it. We can share the traditional joys of the holidays sprinkled over the month – Hanukkah, Winter Solstice, Christmas, and Kwanzaa. We can live the end of another year mindfully and artfully. We can take time, much time, for those we love. We can let go of anxiety and, as Thoreau wrote, “...affect the quality of the day...” At our little lighthouse on James Wharf Road we will come together to make music, share our stories, and enjoy the beauty of our wooded setting near the Rappahannock.

Wishing all a season of love, peace, and simplicity!

Bob Weekley

Phood and Philosophy?

Phood and Philosophy, our monthly potluck and discussion event, is enjoying its seasonal hiatus. Check for details of January’s get-together in the upcoming edition of *The Chalice*. But, this month, enjoy the fellowship and frivolities at the December 19th Christmas Party.

Christmas Party Spectacular!

Once again UUFR-VA is ushering in the holiday spirit(s) with a Christmas Party at the home of **Tom and Shirley Kinney**. Immediately following the service on **December 19**, grab a bottle or two of wine, a dish or two to pass, and your Santa hats, and head on over. There will be lots of food, wonderful conversation, music, decorations—what more could anyone ask for at this time of year!

Please call Shirley or Tom with questions or suggestions.

Knitting Group

by Jane Elkin

If anyone is interested in starting a weekly daytime knitting group, for experts, beginners, women, and men, at UUFR-VA after yoga class, please contact.

Nutshell UU History: James Pierpont (1822 - 1893)

by Rev. Kathy Duhon

When I think of Christmas Carols, I believe the one that comes to mind quickest, because of its great popularity, is Jingle Bells. This was written by a Unitarian, James Pierpont, a musician and songwriter.

He loved music as a child, and he wanted to play the piano that was in the church in which his father was a minister. Unfortunately, his father was sure that music was a waste of time and forbade him to even touch the piano. James persisted though, and found a friendly neighbor, and used her piano. He must have had a joyful spirit – the lyrics are about fun and laughter. He died in 1893 at the age of 71.



Diana Jamison and Cliff Schelling discussed Buddhist Psychology during their November service.

Covenant Groups

by Fran Schelling

Starting in January, our covenant groups will be meeting on the first and third Thursdays of the month, from 7:00 to 9:00 P.M. Please let me know if you are interested in participating and getting to know more about yourselves and your fellow UUFR-VA members.

See you on January 6th at our UUFR-VA building.

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:

November 22: *The Great World* by David Malouf

December: No meeting

January 24: *Winter's Bone* by Daniel Woodrell

The group is always on the lookout for excellent books which lend themselves to lively discussions. If you have a suggestion, please call **Elaine Weekley**.

Devi's Got a Brand New Blog

by Devi Herrsche

My new site, spinandspan.wordpress.com, is now up and running. In case blogging is new to you, here's how it works. On the *pages*, listed on tabs just under the site's heading, I have written some personal articles about how I found my spiritual path, about some unusual experiences I've had, about my meditative process, etc. Below the *heading* and *pages*, there are *posts*. Most of them include illustrations and even an occasional animation. Each *post* reveals a few paragraphs, and if you want to read the entire article, you just click the "Read More" button. At the very end of each *page* or *post*, you may see comments written by readers of my blog, and there you will find an invitation to write your own comments. Should you choose to write a comment, your words will be attached to the *page* or *post* so that others can benefit from your insights and commentary. Also included is a list of other websites and blog sites that I appreciate. You can visit any of the recommended sites by simply pointing your cursor to the link and clicking.

That's it. It's easy and fun to blog.

GA Announcement

by Annette Marquis - TJ District

The UUA General Assembly 2011 is just around the corner, both in terms of time, June 22-26 will be here before you know it, and location, the 2011 GA will be Charlotte, NC. The last GA hosted by the TJD was in 1993, and I don't anticipate another one for many years into the future. So, if you've never been to GA, this is your chance. Plan to come to the Charlotte GA to experience Unitarian Universalism like you've never experienced it before. Join with 3,500 UUs from around the country to make decisions together, worship together, learn together, and take action together. I can assure you it will be an experience you'll never forget.

At GA 2010, I challenged the congregations in the TJD to send 25% of their members to GA in Charlotte. Although it clearly was a stretch goal, I don't think it is outside the realm of possibility if you start now. Here are some things you can do to promote GA in your congregation: announce it in all your congregation's communication tools, such as your newsletter, Facebook page, Twitter, website, order of service, and bulletin board; anywhere and everywhere you post information, start creating a list of those who have committed to attending; put up a 25% goal thermometer in your Fellowship Hall to show how close you are getting; hold educational forums about past GAs and what to expect in 2011 (show videos from the UUA website of past GA events); hold a fundraising event to support those who can't afford to go or to pay for youth to participate; call the TJD District Office to reserve a Sunday to host the GA Chalice in your congregation; make plans to car-pool, rent a house together, or otherwise keep costs down and encourage participation.

So why is this important? Why do all these things? Because there is nothing like GA to get a real understanding of what Unitarian Universalism is all about and what it can be. It is often participants' first exposure to the multigenerational and multicultural community within Unitarian Universalism. It is a time to learn from other congregations about what works well and what doesn't. It's a time to lend your voice

to make a strong statement to the world on a significant social justice issue. And it's a ton of fun. But most importantly, it will make your congregation stronger, more vital, and more committed. It is a transformative experience for anyone who opens themselves to it.

I sincerely hope I will see you there!

Welcoming Congregations Change

by Shirley Kinney

Our last Welcoming Congregation workshop is scheduled for January 16—that's a change from our normal third Sunday meeting. Please plan to attend as we wind up this important program for our Fellowship.

Everyone is welcome. That's **January 16**, immediately following the Sunday service.

Annual Business Meeting

by Bob Weekley

Our annual congregational business meeting will be held on **Sunday, December 12**, right after the morning service. This will be a short but important meeting to elect officers, to approve changes to the bylaws, and to get updates on the activities and business of your Fellowship. Key committees will discuss their activities. The President of the Board will share some of the thinking about what to expect during the coming year and over the longer term. Members will have the opportunity to provide their ideas and feedback.

Members should have received ballots by now. Please complete your ballots as soon as possible and bring to the meeting or mail to Diana Jamison as noted on the ballot. If you have not received your ballot, more will be available at the meeting on December 12.

I hope all members will attend. Friends and visitors are welcome to attend as well, but only members may vote.

Uh-oh! SRO!

At our Sunday morning service on November 14 we approached the threshold of **Standing Room Only**. Our attendance hit 60—we have only 60 chairs. The previous week attendance was 53. And it is not even the holiday season yet with its many visitors and extra family members. It's past time for action.

If everyone could find it in their heart to write a check for a generous amount, note on the check that it is for "chairs," and drop it in the Sunday morning offering, or mail it to the Fellowship, we can provide seats for all of our expected members and visitors.

With those funds indicative of a vote of support, we will be able to order 20 additional chairs. As of November 21, we need \$1617 to be added to the donations already received.

Your Finance Committee thanks you for your continuing generosity: Tom Foster, Paula Greenwood, Barbara Haynes, Tom Kinney, Lynn Langley, and Melinda Maddox

Multiculturalism Workshop with Rev. Paul Raso

UUA Announcement

The Rev. Dr. **Paul Raso**, director of the Center for the Study of Religious Freedom at Virginia Wesleyan College, will lead a consideration of "*Unitarian Universalism - A Religion for Our Time*" in a program January 14, 15 and 16, 2011. The event will be hosted by the **Williamsburg UUs**.

Raso has said, "We face a major turning point in Unitarian Universalism, and our decision whether to stand or move will shape the identity and set the course of our religious movement for the twenty-first century. In a word, our turning point can be summed up in the term multiculturalism."

Who's Who in UU: Lynn Langley

by Eve Jordan



Lynn Langley, a self-described Navy brat, was born in Long Beach, California, and has lived all over the country as well as Japan. When she went to work for the federal government, she had to list 21 different addresses, with 19 different schools. Her family finally settled in Northern Virginia, where Lynn graduated from Jeb Stewart High School in Falls Church. From there she went to Knox College in Galesburg, Illinois, and graduated with a degree in sociology. Lynn recognized early on that going to work for the federal government meant a good retirement, with more potential for earlier retirement than in many professions...and with a degree in sociology, what better place to work?

In 1967, she was hired by USIA, where she worked for the Voice of America. It was a wonderful place for a 21 year old. There were a lot of diverse people working there from many different countries. Lynn worked in the administrative field, in personnel as well as budget, where she became a specialist. She began at a professional entry level position and then onward from there became the Deputy Budget Officer for the Voice of America. Working at "the Voice" was great, but Lynn eventually moved up to the parent organization, United States Information Agency. Although, not as much fun as "the Voice", she moved into higher-level positions and looked forward to that future of a great retirement.

In 1968 Lynn met Sharon Coulter, also a budget analyst working for the federal government, while playing women's fast pitch softball in Fairfax County.

Later they played in Washington, D.C., and traveled on weekends playing in softball tournaments and in an East Coast travel league. They played in Pennsylvania, New Jersey, Delaware and Maryland, and as far north as Staten Island. In the off season they enjoyed playing women's basketball and pick-up volleyball and touch football.

For years Lynn vacationed in Key West, FL, and in 1979 she and Sharon began coming to Mathews on a regular basis where they visited a friend on Gwynn's Island. Visits on weekends began a love affair with the people, the atmosphere, and Mathews. In 1985, while living in Northern Virginia, they bought their first weekend cottage on the Piankatank River in Middlesex County. In 1988 they had an opportunity to purchase their current home, "Hollie Landing," on beautiful Cobbs Creek, and so they moved their weekend home down river and into Mathews County. Cobbs Creek, which flows into the Piankatank River, a short run by boat to the Chesapeake Bay, is an exquisite location, with many Great Blues, loons, ducks, and osprey, with an occasional bald eagle. Lynn and Sharon commuted on weekends from 1985 until 1996, rarely missing a weekend and always taking their vacations on Cobbs Creek.

While her last years in government service were trying, the weekend escapes to Cobbs Creek allowed Lynn to survive her last 10 years of Federal employment in Washington DC. Finally, after 29 years of federal service, Lynn had an opportunity to abolish her own position and retire early. Ironically, when Lynn retired in March 1996, Sharon had an opportunity to transfer to Richmond. These two opportunities allowed Lynn and Sharon to leave Northern Virginia and move permanently to "Hollie Landing." A major remodeling project began in December 1996 and was not completed until August 1997. Lynn lived through and supervised the renovation while Sharon escaped everyday to Richmond. They now look back and like to tell folks that the mistake they made was to make the house big enough to hold all the "stuff" they brought instead of

getting rid of all the "stuff." They share their home with Lynn's 12-year-old lab/border collie mix.

Completing her duties as renovation supervisor, Lynn joined the Mathews Volunteer Rescue Squad in the fall of 1997. She became an ambulance driver and First Responder and is now doing administrative work for the Squad—maintaining records and making sure all communications equipment is working properly. Lynn always encourages folks to think about "giving back," noting that all volunteer rescue squads are in need of personnel.

For several years Lynn has been attending weekly Tai Chi classes in Mathews sponsored by the Bay School for Cultural Arts. Some people call Tai Chi a moving meditation. She practices Tai Chi for its many benefits: peace, inner calm, focus, energy, balance, stress relief, and body control.

Lynn works out at the Mathews Curves as often as possible; is an avid reader (mysteries are her favorite) and a sports enthusiast (a lifetime Redskins fan); enjoys boating, fishing, and kayaking (when time and old age permit); and after retiring from a 5+year part-time job last March, has just returned to the ranks of part-time employment.

Lynn came from a family where religious education was not important. As an adult she never found a church that felt right for her. One day at Curves, she overheard a conversation regarding Unitarian Universalism. She went online and found the UUFR-VA in White Stone. At that time her mother was in assisted living at Mayfair House in Kilmarnock, and since she was going there every Sunday, she decided to stop at the Women's Club. Lynn truly believes there is no such thing as coincidence and says finding Unitarian Universalism and UUFR-VA was no coincidence. This was what she had been seeking. We are very fortunate to have her, not only as Treasurer, but as benefactor. Lynn and Sharon were donors of the wonderful piano that we enjoy every Sunday. It is a great pleasure to have her here.

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: 20th of the month
Bob Prescott, Editor (editor@uufrappahannock.org)