



THE CHALICE

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

January 2011

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

January 2 – Bob Weekley: “Got Spirit?”

9:45 Meditation: **Bob Weekley**

A beloved Unitarian Universalist hymn sings of “Spirit of Life.” What is it? Bob will discuss “Spirit of Life,” how we got it, and how we engage it.

January 9 – Rev. Alane Cameron Miles: “Spirituality of Renewal”

9:45 Meditation: **Eva Abel**

Sometimes we forget that the bleak landscape of winter is the pause before the rebirth of Spring. There are spiritual practices that make the most of the bleak seasons of life, reminding us of the greater cycle of which we are a part. Rev. Miles will share some of these traditions and her own thoughts on wintry spirituality.

January 16 – Rev. Jim Sanderson: “What Are Human Rights?”

9:45 Meditation: **Diana Jamison**

Rev. Sanderson raises the question of what rights, if any, do we have simply because we are human. Where do they come from? How do we justify and defend them?

The monthly potluck lunch will follow the service.

January 23 – Dave Rowden: “Adam Smith and Theory of Moral Sentiments—Why What You Think You Know About the Father of Classical Economics Is Probably Wrong”

9:45 Meditation: **Pam Collins**

Long before Adam Smith wrote Wealth of Nations, he wrote The Theory of Moral Sentiments. In his time, this was considered his greatest work. Join us, and find out why Smith was an *Enlightenment* giant on par with Jefferson, Hume, Franklin, and others. Smith had a remarkable understanding of all aspects of human behavior and motivation that went far beyond economic activity. Learn how our lack of knowledge of his understanding of human behavior and its motivations has led us astray from Smith’s original vision and into the cold objectivism of modern classical economics that has contributed to our current economic situation.

January 30 – Eva Abel: “The Art of Helping”

9:45 Meditation: **Kathy Duhon**

Eva will present reflections on helping, caretaking, and self-sacrifice. We will explore how these ideas play into our choices and behaviors, and employ a few exercises to encourage self-exploration and growth.

President's Corner

Where do we go from here? When the calendar flips to a new year we often think about where we've been in our lives, where we are, and where we are going. I have those thoughts about our UU Fellowship.

In 2011 we mark twelve years since being chartered as the UU Fellowship of the Rappahannock. Those years have been characterized by the joy of sharing in the work of building the dynamic Fellowship we have today. Now, more than ever before, we are building connections with each other and with newcomers, and creating more activities and programs to support each other and the community. Yet, it seems to me that we stand on the threshold of new challenges.

The adage is old but true that no organization stands still as time passes; either it grows and thrives or lapses into staleness and decay. The members of the organization determine which course it will take.

"Build it and they will come," the saying goes. In 2010 this saying became reality. With your support we now are in the process of adding more seats and parking spots to accommodate increased attendance.

The Vision and Planning Committee will increasingly be interacting with the congregation to share what they see as the next steps in our journey. There are alternative paths to our future, and I trust that every member and friend will be thinking about how we step into that future.

My own hope for the immediate future is that we find a way to fully support a children's program – "UU For Kids." We now have members and friends with children from toddler age to teenage, although we don't see the young ones that often. We do know that the future of our Fellowship depends on attracting young families. The Board of Stewards has budgeted for teaching support. But a viable kids' program needs separate spaces to accommodate the different age groups. We lack that.

Many of you may remember that our original architectural concept included an additional section connected at the far end of the building to provide room for education and admin. Maybe it's time to dust off that plan.

Let's trust together that 2011 will be another great year in the UU Fellowship of the Rappahannock. Let's find a way to accommodate the growth that will keep our Fellowship strong and dynamic. Your ideas and suggestions are always welcome.

With best wishes to one and all – may you be blessed in this new year.

Bob Weekley

Phood and Philosophy

Diana Jamison and Charles VanDenburgh will host this month's Phood and Philosophy at our UUFR-VA home at **366 James Wharf Road** in White Stone, on **Saturday, January 15**, at 5:30 P.M.

They will be showing a movie called "**Friends of God: A Road Trip with Alexandra Pelosi.**"

Take a remarkable journey with Diana, Charles, and Alexandra across the heartland to uncover the religious, cultural, and political beliefs of evangelical Christians, including Jerry Falwell, Ted Haggard, and best-selling author, Joel Osteen. Alexandra interviews both leaders and the rank-and-file believers. Be prepared to be surprised and possibly bewildered.

Everyone is invited. Bring a dish or two to share and your preferred drinks.

Covenant Groups

by Fran Schelling

Starting this month, 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.

Nutshell UU History: Caroline Augusta White Soule, 1824-1903

by Rev. Kathy Duhon

Caroline Augusta White married her husband, Harry Soule, a Universalist minister, in 1842, leaving her first career as a school administrator. They raised five children, but Harry died in 1852, leaving Caroline in financial straits. She wrote and taught and moved into a log cabin to save money.

Later she moved to New York City and wrote and published Guiding Star, a Sunday School publication. She also began the first women's association of any denomination. She met the many challenges in her life with great strength.

She went to Scotland in 1875 for health reasons and decided to return in 1878 as a Universalist missionary, the first foreign missionary of the Universalist Church of America. She was ordained in 1880 and became minister of St. Paul's Universalist Church in Glasgow.

Defibrillator Ready — Just In Case

by Bob Weekley

Our Fellowship has purchased something we hope we never need but, if we do, it can save a life. Thanks to a suggestion from the membership, UUFR-VA has purchased a state-of-the-art defibrillator which is activated and ready for use. This Phillips HeartStart defibrillator is designed for home use by non-professionals in case of sudden cardiac arrest. You will find it hanging prominently in the kitchen near the fire extinguisher.

The defibrillator is clearly marked for ease of use without extensive training. As soon as the operator opens it and pulls the green tab marked "Pull," the machine begins to give clear, loud, detailed voice instructions, step-by-step. To give us more confidence if it were necessary to use it, a DVD is being circulated so that everyone can observe the operation and understand how important it can be.

In the case of sudden cardiac arrest, if the heart is not restarted within minutes death will occur.

Remember, it is equally important for someone to call "911." A telephone is located in the back room of the Fellowship building.

We encourage everyone to become familiar with these emergency procedures.

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:

January 24: Winter's Bone by Daniel Woodrell

February 28: The Alchemist by Paulo Coelho

March 28: Housekeeping by Marilynne Robinson

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**.



The **River Readers** "Big Book" dinner and discussion at Indian Creek Yacht and Country Club was held on October 13. The attendees were, from left to right, Adrienne Green, Jill Latell, Pirkko Graves, Shirley Kinney, Ann Kelsey, Elaine Weekley, Sue Haugan, and Eve Jordan.



Were you there? Wasn't it great!

by Shirley Kinney

I'm talking about the Andrew McKnight concert UUFR-VA hosted on December 18. It was a bitter cold winter night, with slippery roads and snow falling—yet thirty-six brave souls gathered in our Fellowship Hall, hands clapping, feet keeping time with a marvelous performer.

Andrew sang, played an amazing guitar, and told stories of his life and creative process. He sings beautifully, and that alone would have been great. He plays amazingly, and that alone would have been great. He told funny touching stories, and that alone would have been great. But, all together, it was an evening to be remembered.

Your Program Committee sponsored this evening as a treat for our Fellowship, and also as a means of reaching out to the community. Both goals were well met—a third of those attending that evening were visitors to our Fellowship. And, more visitors came to Sunday service on the 19th because Andrew McKnight was performing—a service that drew fifty-five in attendance.

So, in every way, the evening was a smashing success. Consequently, the Program Committee is already planning future musical evenings in the coming year, perhaps one in the spring, one in the summer, and one around Thanksgiving. Thanks to all who helped in making this event the success it was. Thanks to all who prepared food to serve during intermission.

Yoga Solstice Celebration

by Bob Weekley

Some thirty yoga practitioners from the Northern Neck and the Middle Peninsula celebrated the Winter Solstice (and the full moon), on the night of December 21, at the UUFR-VA. While 108 vigorous sun salutations may sound a bit different than the usual holiday parties of abundant food and drink, the participants were enthusiastic.

Susan Johnson organized the event and invited other yoga teachers and students in the area. The Fellowship sanctuary was beautifully lit by candles and the Christmas tree, while soft music played.

Yoga participants provided \$300.00 in contributions to UUFR-VA community charities and brought foods for the food bank collection. It's been a successful holiday event for all concerned. Thank you, Susan, and all of the yoga folks!

A Second of Excitement

by Tom Kinney

On a recent Sunday morning, we had a plethora of candles lit during our celebration. As one member reached across the pyre to light yet one more candle, it looked for all the world like her sweater sleeve had caught fire. A shout went out and, after some excited wrist slapping, we realized that it was only a reflection of the flames in her silver bracelet. During that second of excitement, thoughts of **Fire Extinguisher** ran through my mind and likely the minds of others. So here's a brief reminder:

In the "normal" hot spots in the building, we have two fire extinguishers. A large one is at shoulder height in the kitchen adjacent to the hall door. A smaller one is at knee height in the electronics closet off the sanctuary. And while we are on emergency items, please note Bob's article on the newly-purchased defibrillator.

Take a minute to locate these three pieces of emergency equipment at your next opportunity. It's important that we are all familiar with our safety equipment.

New Books in Our Library

by Shirley Kinney

Six books have been added to our UUFR-VA library, all donated to us. Check them out!

The MacKinnon Years – A compilation of 90 sermons by the Reverend John G. MacKinnon, from 1959 to 1969 minister of All Souls Unitarian Church, Indianapolis, Indiana.

The Gifts of the Jews—How a Tribe of Desert Nomads Changed the Way Everyone Thinks and Feels by Thomas Cahill. Within the matrix of ancient religions and philosophies, life was seen as part of an endless cycle of birth and death; time was like a wheel, spinning irrevocably until ancient Jews began to see time differently, as a narrative whose triumphant conclusion would come in the future. From this insight came a new concept of men and women as individuals with unique destinies, and our hopeful belief in progress, and the sense that tomorrow can be better than today. This book is an exploration of the origins of some of our oldest and most closely held beliefs.

The Best of Humanism – A compilation of humanist thought and philosophy throughout history, including Camus, Mill, Ingersoll, Russell, Kurtz, Einstein, Byron, Khayyam, Wine, and many others.

Pagan Christs by J. M. Robertson – Robertson's most distinctive thesis is that the Gospel story of the Last Supper, The Agony, the Betrayal, the Crucifixion, and the Resurrection was a mystery play which later came to be accepted as an account of real happenings, and that the make-believe of drama is an evolution from the primitive and savage reality of human sacrifice.

Humanist Manifestos I and II – A document outlining a philosophy for survival and fulfillment in our time. Since its publication, it has provoked debate over humanist recommendations for the future of humankind in the areas of religion and ethics and over humanist views on the meaning of life; civil liberties and democracy; the right to suicide, abortion, and divorce; euthanasia; sexual freedom; worldwide ecological and economic planning; and the building of world community.

Deceptions and Myths of the Bible – Is the Holy Bible Holy? Is It the Word of God? by Lloyd M. Graham – The author writes that the Bible is a steal from pagan sources. Its Eden, including Adam and Eve, were taken from the Babylonian account; its Flood and Deluge is but an epitome of some four hundred flood accounts; its Ark and Ararat have their equivalents in a score of Deluge myths.

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Newsletter

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