



THE CHALICE

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

March 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

March 6

Thea Marshall: “Commemorating the Civil War’s Sesquicentennial Anniversary”

9:45 Meditation: **Eva Abel**

Stories, re-creations, books, songs, and TV specials will abound in the coming months, commemorating the great and terrible War Between the States. Thea marks the occasion with some of her Civil War tales and poems by Unitarian Walt Whitman. Songs and music, played and sung by Eva Abel and Hank Stupi, will accompany the presentation.

March 13

Caroline Shifflett: “Laughter Yoga”

9:45 Meditation: **Cliff Schelling**

Caroline Shifflett will present a program on Laughing Yoga. Yoga means union, and what better way to realize your union with the interdependent web than to share laughter? Caroline will lead the congregation through a series of laughing exercises designed to help you realize that union. No experience necessary.

March 20

Sara Mackey: “Embracing Our Roots”

9:45 Meditation: **Ann Kelsey**

When we Unitarian Universalists think about diversity, it's helpful for us to consider where we came from, not just individually, but as a denomination. What do we as people of faith have in common with our neighbors in mainline denominations?

The monthly potluck lunch will follow the service.

March 27

Bob Weekley: “Soapbox Sunday”

9:45 Meditation: **Diana Jamsion**

Bob will moderate "Soap Box Sunday," providing members an opportunity to share their inspiration, passion, and insight. What do you want to share with the congregation? Soap Box Sunday is back by popular demand. Volunteers will have 3-4 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.

President's Corner

At our modest Unitarian Universalist Fellowship on James Wharf Road in rural White Stone, Virginia, we deal with some of the biggest questions that people ponder. Our Sunday talks veer between topics of spirituality one week and scientific concepts the next. This veering actually places us – perhaps inadvertently – in the forefront of the leading scientific, religious, and philosophical thought emerging today.

The world is learning more about scientific pursuits that unambiguously link brain activity with spiritual practices through a new field of study called *Neurotheology*. Researchers have found that people in deep meditative states have consistent changes in measured brain activity. Similar changes have been found among Christian monks and nuns in prayer, Buddhists and Hindus in meditation, and Pentecostals speaking “in tongues.”

Andrew Newberg, director of research at the Myrna Brind Center of Integrative Medicine at Thomas Jefferson University and Hospital in Philadelphia, is the author of a recent book, *Principles of Neurotheology*. One experiment he describes is teaching a mantra to older people who were experiencing memory problems. After eight weeks, meditating only twelve minutes per day, brain scans and tests showed a ten to fifteen percent improvement in mental clarity and memory.

Do the links between spiritual practices and brain activity mean that what people have defined as “God” is merely a mental phenomenon? Or, does the phenomenon indicate that there is something external to us in the world that hundreds of generations have experienced and defined as “God?”

Nor is this a trivial matter. The John Templeton Foundation currently devotes some \$70 million per year in research grants related to “the big questions,” like interdisciplinary research about “human purpose and ultimate reality.” Sir John Templeton’s vision was about the possibility of acquiring “new spiritual information” through scientific research.

Bringing this back to James Wharf Road, I can only say, “I don’t know about such things, but I am open.” I do know that Sunday Morning Meditation, sitting in a quiet space with others from our Fellowship for thirty minutes in a meditative state, calms my mind, deepens my feeling of reverence for life, and fosters a sense of togetherness in spirit with my meditating companions.

Consider trying it for a few weeks – Sunday mornings from 9:45 to 10:15.

Bob Weekley



Pat McNeil, a lighthouse keeper from Cape Lookout, was a recent visitor to our lighthouse-inspired home.

Card Shark Baby Shower for Baby Billie/y Shifflett

by Eva Abel

Bring yourself, a dish of food to share, and a gift card from your favorite baby store to celebrate the soon-to-be Baby Billie/y Shifflett!

All are welcome after the service on March 27th for Caroline and Matt's baby shower. Come celebrate!

Nutshell UU History: Phebe Ann Coffin Hanaford

by Rev. Kathy Duhon

Phebe Ann Coffin Hanaford was the first woman minister ordained in New England. in 1868. She had been a Quaker and a Baptist, but converted to Universalism. As a Universalist minister, she championed women's rights, suffrage, peace, and temperance. At age 91, she voted in one of the first elections open to women voters.

Phebe wrote: *"Man was not made subject to woman, nor should woman be subject to man. Neither men's rights nor women's rights should be considered, but human rights — the rights of each, the rights of all. Men and women rise or fall together."*

Phebe was an author and biographer, famous in her day for the biographies of Abraham Lincoln and Charles Dickens. She wrote the huge volume, *Women of the Century*, which continues to be used as a resource for women's history.

Phebe herself was always making history, having done several things for the first time as a woman. These included: being chaplain of a legislative body — the Connecticut Legislature, offering the ordaining prayer for her son, exchanging pulpits with her son, and officiating at the marriage of her daughter.

Phebe had a relationship for over 40 years with Ellen Miles, her companion and assistant in ministry. She wrote tenderly and appreciatively of this love.

Phood and Philosophy

Sue Adriance and Barbara Haynes will host this month's Phood and Philosophy in our UUFR-VA home at **366 James Wharf Road** in White Stone, on **Saturday, March 5, at 5:30 p.m.**

The book, *Battle Hymn of the Tiger Mother*, by Amy Chua, has caused a storm of controversy due to her accusation that American parents are raising a nation of losers. She maintains that her strategy of never accepting anything less than perfection prepares children for "the tough world out there" and the self discipline they learn allows them "to compete in the fierce global economy." Topics to be discussed include:

- Is she correct? Are Chinese mothers superior to their American counterparts?
- To what extent do you think authoritarian parenting is effective?
- What type of parenting strategies/styles did you and/or your parents use. Did they achieve the desired outcomes?
- Are we raising a nation of "weak-willed" and "indulgent" people as maintained in the book?

Directions to 366 James Wharf Road:

- Traveling from Kilmarnock on Route 3: Head South, and continue through the traffic light in White Stone approximately 1/2 mile; turn right onto James Wharf Road
- Traveling from the Middle Peninsula on Route 3: Head North and, after crossing the Robert O. Norris Bridge, proceed 1 mile; turn left onto James Wharf Road

Travel approximately 0.3 miles. The Unitarian Universalist Fellowship of the Rappahannock Church will be on the right at 366 James Wharf Road.

Bring a dish or two and a beverage to share.

Please RSVP Sue or Barbara so that we set up enough chairs and tables.

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:

March 28: *Housekeeping* by Marilynne Robinson

April 25: *The Corrections* by Jonathan Franzen

May 23: *A Woman in Jerusalem* by A.B. Yehoshua

If you have a recommendation for a noteworthy book which would generate a lively discussion, please call **Elaine Weekley**. We will be choosing books for the remainder of the year soon.

Northern Neck at Home

From our UUFR-VA Mailbox

Dear Friends,

More than a year ago, at dinner with friends, one said to me, "My husband and I are getting older. He does not want to go to a retirement home but we cannot afford to stay in our home much longer." I responded, "Yes, you can!" Our conversation turned into a loose knit support group of five or six couples who have been meeting monthly for over a year to support each other in our homes as long as we are able.

In Alexandria, Virginia, mountvernonathome.org is sponsored by several local churches. It is organized to enable people to stay in their homes as long as

possible. Capitalhillsvillage.org, beaconhillvillage.org, and Celo Life Cycles are but a few of similar organizations.

I would like to help organize a Northern Neck at Home. It would likely include interested people in clusters; for instance, in the White Stone, Weems, Irvington, Kilmarnock, Wicomico Church, Burgess, Heathsville, and Reedville areas. (Also Middle Peninsula, if interested) The clusters would meet at least monthly, determine their needs like plumbing, electrical, repair, drivers, nurses, house cleaners, and yard workers. Each would develop their own mission statement and determine what kind of organization they want to develop to support and enable their cluster to be successful.

I will set a convenient time to meet at the Bay Center for Spiritual Development, 31 Noblett Lane, Kilmarnock, for further discussion of this idea with interested persons in March 2011. If you are interested, please contact me.

Sincerely,
Hal White



Eva Abel and Hank Stupi enhance a program with a musical interlude.

Sponsor a Local Child

On April 8, 2011, over 100 Lancaster Primary School third grade students will, once again, travel to Washington, D.C. The students will visit the National Zoo; tour the monuments and memorials; and see the White House, the United States Capitol, and museums. The trip is provided by the Lancaster Education Foundation (LCVEF).

LCVEF is a 501C(3) organization whose mission is to enhance and advocate educational excellence and expand learning opportunities for students in the Lancaster County Public Schools. Your tax deductible contribution of \$40 will open the eyes and minds of one child. Please send your donation to:

LCVEF
P.O. Box 928
Kilmarnock, VA 22576
Web site: LCVEF.com

A Wine Country Holiday

Unitarian Universalist Fellowship of North Bay

The **UU's of Napa, California**, proudly announce the sixth season of our **Wine Country Excursions**. Again, we offer a variety of options for an inside look at one of America's most beautiful areas, internationally known for fine wines, gourmet dining, and spectacular vistas.

There is much to see and do in the Napa and Sonoma Valleys; such as, wine tasting at renowned and boutique wineries; visits to art galleries and museums; and exploring the natural beauty of our hills and valleys on miles of hiking and bike trails or by car on our highways and back country roads. Napa is an hour from San Francisco by car or ferry.

We offer two choices: Both start with comfortable lodging in members' homes with full breakfast (up to 3 nights). You can choose a 2-day "Wine Country Excursion," a guided, personalized tour conducted by one of our members--some with wine industry

experience--or lodging and self-guided touring. If desired, we provide guidance, maps, etc/ UU ministers will be personally guided by our minister, Rev. Bonnie Dlott.

The program runs from April through October. Our fees are below market rate for comparable services, and ***all proceeds go to our small fellowship***. For complete details contact: Tom Wilson (707-254-7443) or 2wilsons1dog@comcast.net

We look forward to sharing our lovely "home" with you!

Getting to Know Our Spiritual Neighbors

Thomas Coye, the Pastor of St. Andrews Presbyterian Church in Kilmarnock, and our own Cliff Schelling will teach a five-week course during Lent which will examine the world's five most influential religions: Hinduism, Buddhism, Judaism, Christianity, and Islam. Each religion will be viewed from its historical and theological context as well as the spiritual experience it offers.

The course will be held at St. Mary's Episcopal Church, located at 3020 Fleeton Road in Reedville. Members of the wider community are invited to come and learn about this important subject. A light supper of soup and bread will be provided before each class. Supper will start at 6 p.m., and the class will begin at 6:45. The first class will be held on Thursday, March 10th. The dates on which classes will be held and the subject of each class are below.

Mar 10 - Course Introduction; Hinduism
Mar 17 - No class
Mar 24 - Buddhism
Mar 31 - Judaism
Apr 07 - Christianity
Apr 14 - Islam

Those with an interest should contact Cliff Schelling.

Who's Who in UU: Joyce Hodges

by Eve Jordan



Joyce Hodges has a picture in her home of the place that her granddaddy built in the early 1900's. This ranch house in the Texas Panhandle looks like the Ponderosa. The large white house, set amidst lots of acres, was Joyce's home for 16 years and is still occupied by family.

Because Joyce grew up during the depression, living on a farm made it a bit easier for her family. She had one brother and two sisters, and her father was a practical, down-to-earth guy. Her mother, who is 1/8 Cherokee, taught Joyce to be deeply caring about individuals, and this has guided her life.

Joyce attended a one-room schoolhouse during her early years, eventually ending up in Booker, Texas, where she completed high school in 1950 with a class of 16 students. After graduating, Joyce went to West Texas State in Canyon, Texas. She majored in Business Administration, minoring in Speech and English, with no interest in training to be a teacher — a chosen field for many young women at that time.

During her senior year, Joyce met Jim Hodges, who was going to college under the GI Bill; they married shortly before her graduation. There is a wonderful story behind this event. Her daddy had married off

two daughters and did not like paying for big weddings, so he made the young couple an offer they did not refuse. If they ran off to get married, he would give them \$500. They got married in Tucumcari, New Mexico — no expensive wedding to be had there!

While Jim was completing his BA, Joyce went to work for the West Texas State Athletic Department. There, Joyce had the opportunity to be in a press box during a football game to take notes for the football coach. A woman being invited to be in the press box was such a big deal at the time that the local Amarillo paper did a story on this anomaly.

In 1955, Jim got his BA, and they moved to Amarillo where Joyce found employment with International Harvester and later Sun Oil Company. Meanwhile, Jim got his MEd degree in 1956 and taught social studies in junior high school and high school. While living and working in Amarillo, their daughter, Jan, was born. Four years later, Jim got a fellowship for Purdue University in Indiana. Despite her previous lack of interest in teaching, Joyce decided to join Jim in the teaching profession and earned her Secondary Teaching Certificate right before the move to Indiana. Unfortunately, the teaching environment proved unsatisfying, and Joyce resigned after one year. Jim completed his Master of Arts in Teaching Economics, and a year later, the Hodges moved to Boulder, Colorado, where Jim worked on his PhD.

Joyce was a substitute teacher for a short while, and then went to work as a secretaru for Planet Oil and Mineral Company. In Boulder, she was exposed to New Age ideas; such as, yoga, nutrition, healthy lifestyle, and new ways of thinking. Change was about to happen! She was a secretary, but was learning drafting and other skills for the year that she worked for Planet. She then went to work for Sun Oil in Denver. She was quickly promoted to the position of Petroleum Landman, a person who writes contracts and leases property for the drilling of oil and gas, and was the first female member of the American Association of Petroleum Landmen in Colorado. In 1973, Jim got his PhD, and Joyce got her PHT – otherwise known as Putting Hubby Through.

Their next move was to Richmond in 1974, where Jim taught Social Studies Education at Virginia Commonwealth University. At this time Joyce got her real estate license, and from 1974 to 1979, she worked as an agent with Coffee & Company. Soon after getting her broker's license, Joyce started her own company, Great Adventure Realty. Later she became a partner in Sentinel Realty.

Joyce went into network marketing in 1980 and is still actively engaged. She describes network marketing as a business for people who want to better their lives and the lives of others through using healthy products, sharing those products with others, and earning money at the same time—building teams of leaders with a vision of “people helping people.” She began with Shaklee products in the late 70's and now is involved with Vollara, a Dallas based company that specializes in air purification and water ionization, as well as nutritional products. Joyce believes that to change society we must change ourselves, which changes the people around us, which in turn changes the community, state, nation, and world. Network marketing is a way of accomplishing this goal.

Joyce is deeply immersed in New Age thought and philosophy. She was an Area Director for the Charles J. Givens Foundation back in the 80's and later attended other programs in New Age thought. She recently completed the Centerpointe program from Bill Harris. Some of the concepts she lives by are: take total responsibility, what you believe is true for you, and life works to the extent you keep your commitments. During her early networking

years, Joyce volunteered with Meals on Wheels and served as President of the West End Business and Professional Women (BPW), as Regional Director for BPW, and as President of the Richmond Council of Women's Organizations.

Jim Hodges was loved by all. He was a great guy who always had a good time, a master gardener who loved to share his crops, a teacher who played guitar for his students, and a wonderful singer. For Joyce and Jan, well, he was the light of their lives. Jim made the transition in 2007.

Joyce moved to the Northern Neck because of her close relationship with Devi and Ron Herrsche, who is her chiropractor. She came to the Unitarian Universalist Fellowship because of Devi's positive attitude about the Fellowship, and Joyce felt this would be a wonderful place for her to practice her spiritual values. She is delighted to have joined the congregation officially.

Joyce has plans for the building in her back yard, perhaps having a space for meditation, classes, and other spiritual practices — she likes the idea of having a local gathering place for continuation of her spiritual work -- and to house her extensive library of books, CD's, and tapes (which she is willing to share). With Devi's help, Joyce is looking forward to being part of the change that she feels the world is ready for.

We welcome Joyce, and look forward to having her share her experiences and ideas with us.

Board of Stewards

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<http://www.uufrappahannock.org>
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Newsletter

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