



THE CHALICE

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

July 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

July 3

Milena Van Sant: “The Life of a Child and Her Parents Under Two Totalitarian Regimes”

9:30 Meditation: Diana Jamison

Milena's presentation will be an autobiographical sketch about life under Nazism in Berlin and Austria, and Communism in Prague, now the Czech Republic. The experience accentuates what it meant to live without the freedoms we enjoy in this country.

July 10

Hank Stupi: “Music Is What Emotions Sound Like”

9:30 Meditation: Pam Collins

Our music coordinator — singer, songwriter, and guitarist — Hank Stupi, will perform a selection of original material. His songs deal with a range of subjects which not only will inspire the listener, but also will elicit a broad range of emotions — from joy to sadness to hope and lots in between.

July 17

Rev. Jim Sanderson: “Akhenaten the Heretic Pharaoh”

9:30 Meditation: Eve Jordan

What happens when a society's God King rejects the gods? In Ancient Egypt, one Pharaoh did just that. It was a religious revolution, of sorts, but not necessarily the good kind.

The monthly potluck lunch will follow the service.

July 24

Shirley and Tom Kinney: “Things, They Are a-Changin’ — in the Religious World, within UUism, and at UUFV-VA”

9:30 Meditation: Susan Johnson

Shirley and Tom Kinney, freshly returned from the 2011 UU General Assembly, will share the vision from Charlotte (NC, that is) on religious evolution, UUA evolution, and what it might mean to UUFV-VA's evolution.

July 31

Liberty Lehr: “Ways Children Learn”

9:30 Meditation: Bob Weekley

Known to the Fellowship since her Naming Day nine years ago, Liberty will lead the service ... with the help of Hank Stupi on music and members of her family and, maybe, friends.

President's Corner

What Is A Healthy Fellowship?

Of the many Unitarian Universalist fellowships that have been started across the U.S., many have grown to be vital and long-lived congregations, while others have dwindled, and some have died. All were begun with high aspirations, but, even so, some failed to fulfill their missions along the way. In its short history, the UU Fellowship of the Rappahannock has maintained excellent health and has thrived.

As with people, good health has its indicators. A healthy fellowship is focused on its mission; it cares for the individual members of its congregation; it provides a variety of spiritual, community, and social services and programs; and, by such actions, it attracts new members. Growth is an indicator of good health; stagnation or decline is an indicator of trouble.

Sometimes, we hear a concern about “growing for growth’s sake.” What does this mean — growing just to boast about numbers? Our Fellowship has grown because we have been a healthy fellowship that has focused on its mission. According to our Covenant, we provide a “community of caring,” and a place for “celebrating our joys,” for “refuge in time of need,” and for “reflecting on and pursuing our religious journeys.” We strive to do just that — provide a warm and caring home where we can explore our spiritual path, fully supported by others who are also on their journeys. UUFR-VA fills a need unavailable elsewhere in the Northern Neck, and those who have found this Fellowship are grateful to have found such a home.

Looking to the future, I believe we must continue to strive to maintain the Fellowship’s health. A priority is to be truly welcoming to all, including young people and young families. They may be an “indicator” we need to address.

I have heard some say that they don’t expect “UU for Kids” to flourish at our Fellowship. Yet I know of young families right now who are very interested in the UU Fellowship of the Rappahannock, but also want a place that will provide for the needs of their children as they grow. So far, we have not provided the proper space — the needed classrooms — to maintain a viable children’s program. Some see this

as the “chicken-and-egg” dilemma: we don’t have kids, so we don’t need a facility for them; but, we won’t have kids if we don’t have a suitable facility.

When Elaine and I first started coming here, we couldn’t find a Unitarian Universalist congregation. What a joy that UUFR-VA is here now! And I believe we have an awesome responsibility to maintain the health of what we, together, have built. Together we can do it! I welcome your comments.

Bob Weekley

May Leadership Retreat Attendees



Sitting left to right: Bill Gimpel, Shirley Kinney, Chris Gimpel, Marge Rowden, Lynn Langley, Bob Weekley. Seated on floor: Tom Kinney. Photo taken at seaside overlook in Southern Shores, NC.

A Special Thank You

Dear Ones at UUFR-VA,

You have been so wonderful to me during my hospitalization and recuperation, and I want to thank you all so much. For the cards, the candles lit, and good thoughts and prayers, for the visits and the delicious food, for helping “cover” our needs when my son was at school, and for all your kindnesses, thank you and bless you. Your thoughtfulness and care has made a big difference, and I really appreciate it. I am mending slowly and hope to be back among you sometime.

Love,
Kathy Dubon

Phood and Philosophy

Bob and Elaine Weekley will host this month's Phood and Philosophy, our monthly potluck and discussion, in their on **Saturday, July 2nd**, at **5:30 P.M.**

The evening's topic will be: *Aha moments!* In the course of your life have you ever had flashes of insight? Have you experienced significant changes in your understanding of life? Have you changed your priorities as a result?

Each person's story is important. We want to hear those stories.

Please contact Elaine or Bob so they can be sure to have enough chairs, etc. Plan to bring a dish and a bottle of wine to share.

Covenant Group Meeting

by **Hank Stupi**

Tuesday, July 5, 7:00 p.m. to 9:00 p.m. New participants are welcome.

Topic: "Too Much Stuff." We all have too much stuff. It is in our daily lives, and we are never satisfied; we always want more stuff. Have you ever considered how much the stuff we have contributes not only to the stress in our lives, but the stress it causes for our planet?

How much stuff do we really need to make us happy? Those that benefit the most from the stuff we accumulate are the manufacturers and retailers of stuff. They constantly bombard us with ads promoting more useless stuff. We allow these ads to influence us to the point that we have shelves overflowing with stuff. We end up renting storage space to store our excess stuff so that we can make more room to display more stuff. The clutter becomes unbearable so we box it up, store it, and, after seeing the nice clean uncluttered shelves, we are compelled by the next ads we see to go buy more stuff.

Foodbank News

by **Sue Slate Donaldson** — **Northern Neck Food Bank Backpack Buddy Program**

The Northern Neck Food Bank (NNFB) has begun a new program to address hunger in Lancaster County. It is a national program called "Backpack Buddies." This program provides food, distributed in backpacks, for two breakfasts and two lunches and is sent home on Friday afternoon for children who received a free breakfast and lunch at school. The backpack food is to help families with food during the weekend when food may be short. NNFB has received a grant from the Central Virginia Food Bank (CVFB) for 30 backpacks a week which we began to distribute at Lancaster Primary School in April. However, when the school sent letters home to eligible families at Pre-K through first grade, 60 families applied. This means that there are 30 children eligible for "Backpack Buddies," but no funding is available to purchase the food.

We estimate that buying food retail would cost about \$10 per child per week. We are hoping to get some of this food from the NNFB Food Drives and to be able to purchase a small amount through CVFB, but as a rule, they do not stock the kind of food in **small containers** that we will need. We are, therefore, looking for funding for 30 children at \$10 a week. For anyone who may be interested, we will also need volunteers to pack the food and deliver it on Thursday afternoon at 2:30 P.M.

If you could help in any way, with a check for any amount, the adoption of one child, or volunteer to support this program, please call me at 804-435-6894 or email me at ssdonaldson@kaballero.com. Checks should be sent to:

Northern Neck Food Bank—Backpack Buddies
P.O. Box 93
White Stone, VA 22578

According to the Lancaster School System, almost 62% of their students receive free or reduced breakfast and lunch. This means that those children go home to situations where there is not enough income to feed them adequately. Our current economy has only made this worse. Any volunteer help or funding could help one more child eat better.

Thank you for your consideration.

UUFR-VA Movie Night

by Devi Herrsche

Our first “Friday Night @ the Movies” will be at **7:00 P.M. on July 15th** at our UUFR-VA home. The movie is “Whale Rider.”

If you own a movie, or movies, that would be appropriate for showing at our “Friday Night @ the Movies,” please let me know by return email. Also, if you have seen a good movie in the past, heard about an upcoming movie that sounds interesting or seen a trailer that looks intriguing, please nominate that movie for a future showing.

I will compile a list of nominated movies and available movies and then send you the listing and ask for feedback and/or votes. We will try to accommodate a variety of tastes and genres.

Movie Night is intended for us to come together and have some fun. We may be inspired or uplifted, have our minds and/or hearts opened, or just be together with yet another opportunity for intelligent dialogue. These events will not be advertised to the public. They will be private showings for us and our friends.

We are not charging anyone to see the movie, but we do hope to receive donations that will enable us to purchase blackout shades for the sanctuary. Having shades will certainly enhance our experiences of multi-media presentations on Sunday mornings.

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:

July 25: *The Imperfectionists* by Tom Rachman

August 22: *The Book Thief* by Markus Zusak

September 26: *Tinkers* by Paul Harding

October 24: *People of the Book* by Geraldine Brooks

We're always on the lookout for a noteworthy book. . If you have a recommendation, please call **Elaine Weekley**.

Janet and Cliff Hemming

by Eve Jordan

What does the term “Old Dogs Rest” bring to mind? Home to two old mutts and an old married couple? Yep! Casey and Nemo, Janet and Cliff. They all share a beautiful property in White Stone with magnificent views of the river. Their home was designed by Janet with the help of an architect. It is a serene and lovely place, beautifully landscaped, with a separate building designed as a studio and workshop for the grownups, Janet and Cliff.

Cliff grew up in Meridian, Mississippi, a town of about 40,000 people, and, at sixteen, he moved in with his grandmother in Texas. He went into the Army after high school and, once there, he realized that was not the life he wanted. After the Army, Cliff returned to Meridian for one year of junior college, where he found he had a talent for calculus. His future path was set. As a co-op student working part-time, it would take forever to graduate, so he went to the University of Texas (where he had established residence) and shortly earned his B.S. in electrical engineering. Next, Cliff went to graduate school at Southern Methodist University (SMU). Fortunately, the GI Bill allowed him to complete Ph.D.s in Computer Science and Electrical Engineering.

Janet was born in Irving, Texas, just outside of Dallas. She was the youngest of three daughters, raised by an engineer father and perpetual student mother, who believed that their daughters could do anything. Janet was given an erector set at age 10. She took tests well, and got a Betty Crocker Homemaker of the Year award! She was also class valedictorian and received National Merit and engineering scholarships. She went to SMU and, after trying other disciplines, majored in Industrial Engineering. As a co-op student, Janet was employed by Baylor Medical Center. Her boss (an ex-professor) was an excellent mentor and had tremendous confidence in Janet's abilities. The experience she gained in the hospital enabled her to raise the efficiency level of the entire organization. Janet says that it was a matter of applying common sense to the processes, which resulted in maximum results. So simple!

One of Janet's SMU roommates attended a class Cliff was teaching, and, through her, Janet and Cliff finally met. In 1973, they married while Janet was in her senior year. Cliff was working for Southwestern Medical School as an associate professor, trying to

teach research medical doctors how to use a computer. After Janet's graduation, they moved to Ohio where Cliff went to work for Bell Laboratories as a researcher and Janet went to work for Ohio Bell. Janet was in a management position, and, when a union contract came up for ratification, there was a strike, and she was expected to cross the picket line. The entire experience was demoralizing, so they left for Texas, where Cliff returned to teaching — this time at East Texas State University. Janet went to work for Southwestern Bell doing work on artificial intelligence for circuit design. She described Cliff as a hermit, but a gifted teacher, with an insatiable curiosity, especially about people. He is a charmer.

From Texas the couple moved to North Carolina, where Cliff began working with Lowes to automate their operations. He retired from Lowes in 1992 and began teaching again. Janet taught at a community college part-time while looking for an engineering job in their very small town. She landed a job in a small bank, and this became her niche. She helped the bank computerize their operations and developed expertise in mergers and acquisitions. Janet was in banking for 25 years, and, when she retired in 2001, had a staff of about a thousand people. Cliff had already been diagnosed with heart problems, and was retired, as well. Janet then began consulting for super regional banks and retired from that job in 2007. Cliff's health was fragile by then, and it was time for her to stop. Time to really retire!

Janet and Cliff were interested in moving close to water — not in a big city — and when a friend suggested the Northern Neck of Virginia, they came from North Carolina and found a property with potential. In 2002, they moved to Virginia and bought a house in Farnham because there was no place to rent with the puppy dogs. They lived there while they built the house in White Stone, which they moved into in the fall of 2004.

Cliff was diagnosed with rheumatoid arthritis, a progressive disease, in 2002. In 2008, he had a really bad time in the hospital with pneumonia and congestive heart failure. It was about five months before Cliff could get out of a chair. Home health care nurses were convinced that he would never walk again, but that did not turn out to be the case. He has other health issues, as well — compression fractures in his spine and neuropathy in his feet, which means he will always have to use a walker. Last year, he had double-bypass surgery and back surgery. Dealing with pain is something that Cliff knows well. He has no air of self-pity — more an acceptance and an attitude of “let's do the best we can with what we have.” There is serenity about Cliff, and an assurance that Janet is always by his side. Having been married for 38 years, they have the easygoing relationship of a couple who even can finish each other's sentences.

The Hemmings visited UUFR-VA while the congregation was still in the Woman's Club and came back when the new building was completed. They met Hank, and Cliff volunteered to be the yard sale cashier. He had his bypass surgery, unexpectedly, one week later, and Hank checked on him all the time. Janet and Cliff both loved the sense of community. What an interesting group!

So here they are. Janet and Cliff have taken on lots of responsibility. She is on the Board of Stewards, co-chair of the Membership Committee, works with the Committee for the Memorial Area, and recently agreed to be UUFR-VA's representative to the Tidewater Cluster. Cliff put together and organized a schedule for maintenance of the church. He also organized the congregation's equipment manuals. Actually, Cliff takes credit for the couple's presence at UUFR-VA. Although he is a loner, and she is an introvert, he recognized that she needed to make friends and get involved in something that would be meaningful outside of her work as caregiver. Once again, UUFR-VA hit the jackpot with these two!

Board of Stewards

Bob Weekley, President
Diana Jamison, Vice President
Lynn Langley, Treasurer
Kathy Duhon, Secretary

Tom Kinney, Past President
Shirley Kinney, Programs Chair
Janet Hemming and Marge Rowden,
Membership Co-Chairs

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)