



THE CHALICE

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

August 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

August 7

Rev. Alane C. Miles: “Don't Scrub Your Belly Button”

9:30 Meditation: **Diana Jamison**

Rev. Miles will be speaking on the necessary unpleasant parts of life. Inspired by African American Protestant theology, the endangered species of India, and obsessive twittering — in other words, her usual eclectic combo. The service will be filled with strange facts and stories.

August 14

Helen Foster: “The Gift of Guilt, Poems and Perspective”

9:30 Meditation: **Pam Collins**

Helen Foster is a poet, psychiatrist, and a Clinical Professor in the Department of Psychiatry at VCU. Her poems have been published in The Journal of the American Medical Association, Rattle, and Pharos.

August 21

Bob Weekley: “Spiritual, But Not Religious”

9:30 Meditation: **Bob Weekley**

What does it mean? According to polls, people who view themselves as “spiritual but not religious” are a fast-growing segment in a religious landscape where mainline churches are losing congregants. Can religion interfere with spiritual development?

The monthly potluck lunch will follow the service.

August 28

Dan Madden: “TBA”

9:30 Meditation: **Eve Jordan**

President's Corner

Does Religion Make People Happy?

“In study after study, researchers have found that religion makes people happy.” That is one of the conclusions from a study in the *American Sociological Review*: “Religion, Social Networks, and Life Satisfaction.” The study found that half again as many people who attend weekly religious services report “extreme satisfaction” with their lives compared to those who don’t attend.

“Why?” the study goes on to ask. “Is it because churchgoers feel loved by God? Is it because they sleep easy at night, knowing where they’ll go after they die?” The answer given to both of these is “no.” Then what is it?

It turns out that people who attend religious services are happier because of the friends they have made in their church. The finding is that “people who have friends from their congregations are more likely to be happy than those who have the same number of close friends through nonreligious affiliations.” The study also goes on to report that private religious practices, such as praying at home, are not linked to greater life satisfaction. “What really seems to make people happy is the sense of belonging that comes from a combination of religious identity and religious friends,” that is, being with friends who hold similar views about religious matters.

I could not help relating this to our own Fellowship. Many of our members and friends tell of the joy they have discovered here. Our people readily volunteer their time, talent, and treasure to support the Fellowship. Our people enjoy helping one another, working together, singing together, and meditating together. Those who contributed their views on the UUFR-VA forum expressed happiness and gratefulness for our Fellowship. I believe they bear out this study – having a circle of friends who support one’s views on life’s ultimate questions and who hold the same values is of extremely high worth. That is what many have found at our small Fellowship.

Bob Weekley

UUFR-VA Supports Boys & Girls



The Unitarian Universalist Fellowship of the Rappahannock (UUFR-VA) recently donated funds to the Boys and Girls Club of the Northern Neck in support of its expanded programs and increased attendance. Currently, the Boys and Girls Club has a grant for matching funds which will double donations from the community.

Funds for this donation were generated by a community-wide yoga night held at the UUFR-VA church and organized by Susan Johnson, a local yoga instructor, to celebrate the winter solstice. In the photo, Bob Weekley, UUFR-VA president, is shown presenting a check to Larry Long, Executive Director of the Boys and Girls Club of the Northern Neck.

UUFR-VA Yard Sale News

By Hank Stupi

The UUFR-VA Yard Sale is planned for **Saturday, September 24**. We are hoping for lots of donated items, so please keep this in mind as you clean out your basements, garages, attics, etc. Many volunteers will be needed for all kinds of tasks, such as: sorting and pricing donated items, early morning set-up prior to the sale, baking items for sale, and the clean-up & disposal of unsold items — just to name a few.

More details will follow soon. For additional information please contact either Paula Greenwood or me.

Phood and Philosophy

Pirkko Graves will host this month's Phood and Philosophy, our monthly potluck and discussion, on **Saturday, August 6th, at 5:30 P.M.**

"Changing the Philosophy on Racism" will be the topic inspired by Thea. Listed among the advantages identified for the location of UUFR-VA is being across the street from the historic site of the A.T. Wright High School, the first black high school in Lancaster County. Plus, we are neighbors with Mt. Vernon Baptist Church, whose founders had firsthand experience with slavery. Much has changed in the relationships between the races since those earlier times. Much is still left to be done. What are our UUFR-VA opportunities to make a difference?

Please contact Pirkko or email her so she can be sure to have enough chairs, etc. Plan to bring a dish and bottle of wine to share for a lovely evening with a beautiful view and lively conversation.

Nutshell UU History: Who Am I?

(Hint: A Unitarian Woman)

by Rev. Kathy Duhon

Many years ago I saw this little "quiz" version of a biography and thought you'd enjoy it.

1. I was born in 1810 in Cambridgeport, Massachusetts, and I was a Transcendentalist.
2. I was founding editor of the periodical, "The Dial." I was a literary critic for the New York Times. Do you know who I am?
3. I was the first female foreign correspondent and the first female war correspondent. Now do you know who I am?
4. I was known as the "Mother of the Feminist Movement?" Any ideas yet?
5. I wrote *Woman in the 19th Century*, the first major treatment of women's issues published in the U.S. Who am I?
6. I died in a shipwreck at the age of 40 in 1850. Now do you know who I am?

(I'm Margaret Fuller)

UUFR-VA Calendar on uufrappahannock.org

Our Fellowship has reached the point where we need to better schedule use of our building. A few members have scheduled meetings or activities in the building and found it already in use by some other group at that time. Also, we have made the facility available for outside rentals, such as weddings, social gatherings, and so on. This is the good news — our lovely building is a convenient and special place for meetings, activities, yoga, etc.

In order to make it easy for folks to know when the building is in use, and for what purpose, a UUFR-VA Calendar has been placed on our web site. To see it, just go to www.uufrappahannock.org and click on the "View Calendar" button under the description of the upcoming service. When you see the calendar, just click on an event, and any additional information will pop up.

For the time being, contact Cliff Hemming to add an event to the calendar. The process will soon be replaced with an electronic form. As a backup to Cliff, Bob Weekley, Bob Prescott, and Shirley Kinney also can add events.

Covenant Group Meeting

by Fran Schelling

The UUFR-VA Covenant group will be meeting in the summer the first Tuesday of the month.

On August 2nd, at 7:00 pm at the UUFR-VA building, the topic will be "Confession — Good for the Soul." Rev. Jennifer Ryu did a service on this in June, and several of us felt that we wanted to continue the dialog.

Hope to see you there.

Bibliophiles — Opportunity Awaits!

by Shirley Kinney

Our Fellowship has been given a set of exquisite books to sell on Amazon.com. These are gorgeous editions — some of which have never been opened and are wrapped in protective plastic. Their value cannot be appreciated on Amazon, so we are offering them to you to purchase. Give them as gifts — add them to your own library. It's a rare opportunity.

The covers are leather-bound with gold edges on the pages. Some books are illustrated. A few have the owner's name inside.

There are thirteen books in the set:

A Good Life – Newspapering and Other Adventures by Ben Bradlee

This is a signed first edition (number 122 of 1400)

Rabbit Is Rich by Updike (book is new and still wrapped)

Rabbit Redux by Updike (book is new and still wrapped)

Truman vol I by David McCullough (book is new and still wrapped)

America in Search of Itself; The Making of the President by Theodore White

David Copperfield by Charles Dickens

Ivanhoe by Sir Walter Scott

A Tale of Two Cities by Charles Dickens

Crime and Punishment by Dostoevsky

Citizen Hearst by Swanberg

Quo Vadis by Henry Sienkiewicz (book is new and still wrapped)

Ben-Hur by Lew Wallace (book is new and still wrapped)

In the Arena by Charleton Heston

This is a signed first edition (number 1030 of 1700)

In addition, there are six brand new equally gorgeous books — all are still in wrappers, all have the gold edging on the pages. The books are Judaism, Islam, Catholicism, Protestantism, Hinduism, and Buddhism.

The books may be bought individually, but they are amazing as a set. Individually, the books are priced at \$10 each. The set of thirteen books are priced at

\$100 a set. The set of six religious books are priced at \$50 a set.

The books will be on display in the Fellowship's foyer. Contact me to buy the books.

RETREAT INVITATION

October 9, 10 & 11

by Diana Jamison

Choosing Love Joy and Freedom is the theme of the Fall UUFR-VA Retreat. Meet up with friends and members of the Fellowship in Virginia Beach following the Sunday Service on October 9th. Plan to join a welcoming activity at 4 PM in the atrium, after checking into your room at the Seaside Motel.

Dinner on Sunday night will be hosted at 7 PM at Murphy's Irish Pub, a moderately priced restaurant located within walking distance from the hotel. Bring your voice, your poetry or your musical instruments to the pub for an informal hootenanny after dinner. You will have the choice of dining at other local restaurants for your remaining meals. The retreat program is being designed to tickle your creativity and your funny bone. In addition to some group activities that will be held in the atrium of the motel, there will be time for meditation, swimming, beach walking, site- seeing, and visiting The Heritage Book Store at The Edgar Casey Institute.

The Retreat will conclude with lunch and a final walk on the beach on Tuesday afternoon. Talk to Devi Herrsche or me, the program coordinators, to offer suggestions or ideas, or to obtain additional information. A sign-up sheet, along with information about the Seaside Motel, is located on the sharing table in the UUFR-VA foyer. Call 800-348-7263 for your motel reservations.



Who's Who in UU: Diana Jamison

by Eve Jordan

Entering Diana Jamison's house is a unique experience ... there is a subtle energy that one senses ... then there is the color: a red pedestal dining table, beautiful red sofa and chair, large statues of terra cotta soldiers, and of course, the paintings. Especially pleasing is the portrait of Diana done by her daughter, in the first grade, painted with gray hair, bright red lips and loving eyes. This delight holds its own next to Mom's professional work. Her studio in the rear of her home is a room with the smell and feel of an artist – warm and comfortable, vibrant with color, creativity and comforting visuals.

When she came to the Northern Neck, it was not as an artist, although the desire to create has been present since her early days of creating costumes for her paper dolls, sewing a Barbie doll wardrobe for her sister, making jewelry and playing with fabric art. When trying to decide a career direction at the age of 18, it was Diana's interest in other creative processes, the mind-body interaction, art communication and science of healing that led her to become a psychiatric nurse, and later a psychotherapist. She completed a hospital-based RN program in Colorado, later earned a BA in psychology at UNC – Wilmington, and then a Masters Degree in Social Work at V.C.U. in Richmond. In addition to being a student, she became a wife, a mother, a boutique owner and a practicing nurse. By this time her life took a difficult turn and she found great support in learning to be a

single Mom, and raising her son with the assistance of several loving families and the support of the lay-led UU community. She has since become very active in the UU Fellowship, serving on the Board of Stewards, organizing Sunday morning meditations, and occasionally leading a service.

Diana met a friend and mentor in Charles VanDenburgh, when she took her first oil painting class from him over five years ago. He taught Diana to understand that color harmony is always present in Mother Nature. Pay attention to nature and you will know what colors go together. Diana often paints from her own photo references from scenes that she has captured throughout her travels. With Charles' encouragement Diana has been able to paint in public venues like the First Friday in Kilmarnock. They exhibit together at various local venues. They will exhibit at the Universalist Galleria in Richmond, for the first time, in the fall. They are also planning to exhibit at Hampton Days, in September, a three day festival. Diana has learned and grown from her experiences with art; she has learned to keep working at it, not to be intimidated by the paint, and to enjoy the process. For the benefit of all of us, she will have a three evening art class at the Rappahannock Art League, where participants will paint for three hours, with wine, appetizers, and lots of fun – no talent required.

As a therapist for 35 years, many venues and lots of successes, Diana really loves what she is doing today, and cannot imagine not doing it. She and her colleague, Carol Winter-Allen, have designed the Women's Odyssey and Self-Exploration group, a process to help women identify and transform their stuck spot – be it weight loss, grief, or loneliness. They teach participants to use strategies to identify and defuse barriers to change on multiple levels of consciousness, to develop the art of communication, and to clarify on a metaphysical level the spot to be identified and transformed at the end of eight weeks together. Their plan is to take this on the road, helping women as they travel and play, doing the things they like best. We are indeed grateful to have her with us at the Unitarian Universalist Fellowship, not only as a Board Member, but as a friend, creative partner and active participant in our community.

PRIVATE SHOWING FOR UUFR MEMBERS & INVITED GUESTS

FRIDAY NIGHT @ THE MOVIES



TEMPLE GRANDIN

HBO FILM • 103 MINUTES • UUFR SANCTUARY
FRIDAY, AUGUST 19TH • DOORS CLOSE AT 7:15

Spirited * Courageous * Triumphant

Having Aspergers Syndrome, Temple Grandin sees the world like no other, taking snapshots of the world in her mind, and recalling them without thought. Her peculiar communication skills and intelligence sheds new light on pre-conceived norms of autism. This is the true story of a girl who could not speak until the age of four and who was discriminated against for social disabilities, yet whose indefatigable spirit overcomes all odds to first earn a PhD then a PETA award for developing humane methods of taking care of livestock.

**BYO SNACK & DRINK
FREE * DONATIONS APPLIED
TOWARD THE FUNDING &
FACILITATION OF FUTURE
UUFR MULTIMEDIA EVENTS**

366 James Wharf Road, White Stone, VA (804) 435-7577

Memorial Vision Update

Thanks to everyone for your feedback on the memorial area vision. The committee and some guests met in early July to further refine the vision based on your input. Listed below are the issues and the current thinking.

Privacy/Noise

Some expressed concern about privacy and noise at the proposed location. We reviewed the plot plan for the entire UUFR-VA property to see if there was a better suited area. After discounting the area under power lines that has restrictions and the areas that are designated for future building expansion, the only other suitable area is along the nature trail by the road. Input from people who have worked in that area while clearing the nature trail is that the noise from the road is a significant distraction. The committee believes that the currently designated wooded area between the power line and the building is the best location. To help address the privacy and noise issue, we have added to the funding estimate for a living screen planted rather than waiting for members to transplant red cedars from the woods. That might take quite a long time and the sizes could vary significantly. Also, we continue to pursue the purchase of adjoining land that would provide additional options. Roger Failmezger is interested in helping with this and is contacting landowners to see if they are interested in selling.

Name

There were several good suggestions for the name of the area. The committee reviewed the list and chose "Pathways of Remembrance" as the best. We hope that when you walk the pathways you will remember those who have gone before and contributed in so many ways to make our fellowship what it is today.

Clutter

Some members were concerned by all the potential types of memorials that were shown on the board. They felt that if all these items were put in the small area that it would look cluttered. These were just examples of what could be done by individuals and there was no expectation that they would all be located in the memorial area. We expect that families will have many ways that they want to memorialize their loved ones. Some may just want the name plate that the fellowship will place on the large boulder. Others may want to add individual memorials. This

could be done in many ways — planting a tree, contributing to an already identified need such as a Religious Education building, adding to the labyrinth area, or adding to the design of the Pathways of Remembrance. We are exploring working with a landscaper to design, construct, and maintain the area. Also, it is expected that there will be an ongoing committee that will assist families to determine what type of memorial they would like and where it should be placed. If needed, this group will also help with purchase and installation which will be especially helpful for families that do not live in the area.

Next Steps

Tom has been able to secure a commitment for the large boulders at no cost other than delivery and installation. The funds required to install the boulders, upgrade the pathways, and put on the initial plaques comes to about \$5000. The cost to purchase and install the living screen is estimated at \$2500. These items are now listed on the project funding board in the foyer. We would ask that you review these current plans and provide us with any additional feedback by September 1st. If funding is obtained by then, we could possibly start work this fall. This timeframe is heavily dependent on the contractor who is providing the boulders — and since he is donating them, we will need to work on his schedule. We will continue to work on refining the plans and welcome additional feedback.

The Memorial Committee

Janet Hemming, Cliff Hemming, Tom Kinney, Thea Marshall, Brown Mobley, Bob Weekley

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:

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**.

Thanks to the Kenleys

by Shirley Kinney

Thanks to the generosity of Jim and Betty Kenley, two books have been donated to our UUFR-VA library – The Five Gospels and Humanism as the Next Step.

The Five Gospels — What Did Jesus Really Say? is the report on the search for the authentic words of Jesus, the work of the 1985 Jesus Seminar, composed of a distinguished group of biblical scholars. In pursuit of the historical Jesus, they used their collective expertise to determine the authenticity of the more than 1,500 sayings attributed to him. According to the Seminar, no more than 20 percent of the sayings attributed to Jesus were uttered by him.

Be sure to check these new additions to our library. You'll find them in the Fellowship's foyer bookshelves.

An Additional Funding Opportunity for UUFR-VA

To all those who appreciate UUFR-VA and what we together have created here ...

In December 2010, President Obama signed a bill that extended a provision previously in the Tax Extenders and Alternative Minimum Tax Relief Act of 2008 that allows IRA owners, age 70 ½ or older, to make *tax-free* charitable donation of any amount up to \$100,000 to tax-exempt entities, such as UUFR-VA. This opportunity may apply to you or to a UUFR-VA friend that you know.

Under the old rules, any distribution from an IRA would have been included in the gross income, thus subject to taxation. A corresponding contribution deduction for a gift to UUFR-VA would have been limited to 50 percent of adjusted gross income (and possibly other deduction limitations.) As a result of the above law, the distribution from an IRA directly to UUFR-VA is *not* included in your Adjusted Gross Income (AGI). Also, such a donation to UUFR-VA fulfills part or all of your federally required minimum distribution from an IRA without increasing taxable income.

If you, or someone you know, are looking for a way to make additional cash contributions to avoid an increase in your AGI that will cause more of your social security income to be taxed; if you don't itemize deductions thus get no credit for charitable donations; if you have an income level that causes exemption phase-outs or deduction limitations; if you are looking for a way to make additional contributions above your current 50 percent of AGI limit; or if you need a way to avoid the tax implications of the required minimum distribution, the IRA charitable contribution path might be right for you.

Additionally, you can steer your gift to any area of UUFR-VA: our Endowment where contributions create investment income supporting UUFR-VA in perpetuity, our Growth and Opportunities Fund (either targeting specific projects or future "Big Steps Toward Vision 2020" account), or our week-to-week Annual Operating Fund. Checking with your tax advisor as to the specifics of your situation is always recommended as some less common limitations, complexities, and opportunities exist that our brief article cannot address.

Keep in mind, however, that this important provision expires December 31, 2011. So, IRA tax-exempt charitable giving can only be made in the next five months.

Attached is a letter of instruction that you may wish to use in directing your IRA custodian regarding a tax-exempt donation to UUFR-VA. Please check with any one of your UUFR-VA Finance Committee members if you have any questions or require more information.

Best Regards,

-Your Finance Committee

Barbara Haynes, Chair

Paula Greenwood

Lynn Langley

Marge Rowden

Tom Foster

Tom Kinney

Melinda Maddox

**SAMPLE LETTER TO DIRECT AN IRA CHARITABLE DONATION
TO THE UNITARIAN UNIVERSALIST FELLOWSHIP OF THE RAPPAHANNOCK**

Date:

Name of IRA Custodian (Fidelity Investments, The Vanguard Group, etc)

Address

City, State, Zip Code

RE: IRA charitable donation provision of the Pension Protection Act of 2006 as extended thru 2011 by PL 111-312.

Dear Custodian, Trustee, or Plan Administrator:

Section 408(d)(8)(A) of the Internal Revenue Code permits an IRA charitable donation directly from an IRA custodian to a qualified tax-exempt charity. As the owner of IRA (*name of IRA account and account #*_____) that is in the custody of your organization, I request that you transfer from that account the sum of \$_____ to the Unitarian Universalist Fellowship of the Rappahannock, tax identification number 54-1899033, P.O. Box 1266, White Stone, VA 22578. It is my intention to make a Qualified Charitable Distribution (QCD) to UUFR-VA from my IRA as permitted by law. This QCD will fulfill part or all of my IRA required minimum distribution for this year.

I further affirm as follows:

- I am age 70 ½ or older. My birth date is _____.
- The IRA charitable donation is an outright gift to UUFR-VA – I will not receive any benefits in exchange for this gift. It is not directed to any entity or purpose that is not qualified to receive an IRA charitable donation under the stated Act.
- I understand that an IRA charitable donation is available only for 2011 with a maximum of \$100,000 from all of my combined IRA's (traditional and Roth).
- I will not incur federal income tax liability as a result of this charitable donation therefore I do not elect withholding of income tax for this donation.
- I understand that this IRA charitable donation can be applied to my required minimum distribution in 2011 at my option.

Thank you for your attention to this matter. Please do not hesitate to contact me with any questions at the address and phone number on file.

Sincerely,

Name of Account owner

Medallion Signature Guarantee:

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)