



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

September 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

September 4

Rev. Kathy Duhon: “Brother Lawrence’s
Practice: Spiritual Gems for Our Time”

9:30 Meditation: **Ina Fuller**

We will explore what a 17th century Carmelite monk has to say to us which is relevant for our lives, (assuming that none of us are anywhere near being monastic!). Gems of wisdom from Brother Lawrence will hopefully surprise and delight you.

September 11

Sara Mackey: “Flowers and Cows:
Remembering September 11”

9:30 Meditation: **Pam Collins**

Ten years after the heart-scalding event that changed us forever, people of faith are called to remember this day with hope and compassion. You are invited to gather with members of our fellowship and our speaker, Sara Mackey, to share this tenth anniversary with a caring community.

September 18

Tom Kinney: “Good, Evil, and the Biggest
Question Before We Humans ...”

9:30 Meditation: **Jane Elkin**

Some of us, including our friends and neighbors, choose to personify both evil and good while wrestling with issues we all face. Something or other is the ultimate evil or the epitome of good. We occasionally assign White Hats and Black Hats rather freely. But what happens when we consider major historic events that contain sizeable components of both? And how do we move from that conundrum to address the largest and most far reaching question ever facing our species?

The annual Picnic on the River will follow the service.

September 25

Thea Marshall: “In Praise of Parker”

9:30 Meditation: **Eve Jordan**

The service will explore Dorothy Parker’s life, loves, and battles against injustice, through Parker’s poems, wisecracks, and stories. She lampooned the stupid, the hypocritical and the pretentious. Her influence and contributions to women’s history, Thea believes, is much underrated.

President's Corner

Communicating

The success of any organization depends on good communication among its members, whether the organization is a family, a company, a volunteer group, a civil agency, or a church. An unsuccessful organization is often one where the failure to communicate well has contributed to failure to meet its mission. Our UU Fellowship of the Rappahannock has done well in the area of communications, and all the signs indicate we are a healthy group – welcoming new members, taking on new challenges, and deepening our own spiritual exploration.

Rev. Jane Dwinell publishes a newsletter, *Small Talk*, directed to the leadership of small churches. Recently she shared some thoughts for those who are not the leaders of the organization – in particular, the need for good communication throughout the congregation. Here are some of the tips Rev. Jane offers:

- Is something bothering you? Talk to the leader in charge of that area. If you're unsure who that is, ask any board member. Complaining to your friends does not communicate the problem. Things will not change until the right people know about it.
- Before you raise your concern, consider how you could help solve the problem. Your ideas will be helpful, and you may find a volunteer niche that no one else has stepped up to.
- Do not be offended if the leadership listens to your concern, but then deals with it in a different way than you would have. Often many paths are suggested, and the leadership is responsible for choosing the one deemed most suitable for all, and for the mission. Not being able to please everyone is one of the challenges of being a leader.
- Show up and participate. Often the more involved you are the better understanding you have of the challenges and work of the Fellowship. The various activity groups, in addition to the Sunday services, help you get to really know others, and for them to know you. Informal communications channels are opened.

- Respect the democratic process. Become well informed about matters facing the congregation, attend meetings, and make your voice heard.
- Remember to thank your leaders. Rev. Jane's last point is one we often take for granted. Committee chairs, committee members, and other volunteers tend to put in a lot of time and effort on details that may not be generally visible. But this quiet work is what makes the organization thrive and accomplish its mission. Letting your appreciation be known is not only gracious but also is a great form of feedback.

Showing appreciation and lending a hand are rewarding to both the Fellowship and the doer. I am so pleased with how the members of this congregation pitch in to keep things running and to make them better.

Bob Weekley

UUFR-VA Picnic

By Shirley Kinney

Be sure to save the date--**September 18**--for our annual UUFR-VA Picnic on the River at the home of Roger Failmezger in Lancaster County.

Bring lots of food to share, plenty to drink, and a chair to relax in. We'll be on the River, so bring your beach toys and swim suits and cool off. Join us immediately following the Sunday service and help us make this annual event even more fun than ever!

Nutshell UU History: Mary Oliver

by Rev. Kathy Duhon

This is the 10 year commemoration of that awful attack on September 11th. I was making final preparations for a morning UU class, beginning at 10, and got the call to turn on the TV just after the first tower was hit. We all remember the distress, fear, confusion, despair and hope of that time of terror and togetherness. Like most ministers across the country, I threw out my preparations for the following Sunday and began again. Oddly, I wrote my only sermon that is a poem. It just came forth. I read a great deal of poetry for those days and months that followed, and it was comfort and sustenance. Mary Oliver is one of my favorite poets, and she stood by me, on my nightstand, seeing me through.

She is a poet extraordinaire, and a Unitarian Universalist. Mary Oliver won the Pulitzer Prize for Poetry in 1984. Three of her writings are in our hymnal, including one that finishes this way:

Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting – over and over announcing your place in the family of things.



Liberty Lights the Chalice as Ann Kelsey looks on proudly

Religious Traditions and Aid in Dying

by Hank Stupi

I am a member and staunch supporter of Compassion & Choices, a leading non-profit organization that works to improve care and expand choice at the end-of-life. I recently read their [Summer 2011 magazine](#) in which the following article appeared, "Religious Traditions and Aid in Dying" by Rev. Madison Shockley. In the article Rev. Shockley begins by saying, "The majority of religious traditions regarding aid in dying have an unsurprising consensus that leans against any ecclesiastical endorsement of the practice." His article summarizes the various positions of the world's major religions. Here's what he had to say about UU's: "Unitarian Universalists advocated aid in dying before any other religious community. They passed a national resolution in 1988 affirming the right of terminally ill patients to control their end of life. Characterized by a wide diversity of backgrounds and beliefs, Unitarian Universalist supports self-determination in dying as well as legislation to protect the right to die according to one's own choice."

Yet another reason, that I am proud to be a Unitarian Universalist.

Socrates Café

by Cliff Schelling

Civilization is a response to the question "How can we live well together?" and is at risk in an environment dominated by ignorance, fear, hate and polarized thinking.

Socrates Café is a path to becoming the informed and rational thinkers that democracy demands. It's all about the UU principle regarding a "free and responsible search for truth and meaning".

Socrates Café is a community creating process dedicated to civil thoughtful discourse and will begin at UUFV-VA on Thursday, September 8th at 7:00 pm.

“Circle Of Life”

by Fran Schelling

*“Each of us brings a separate truth here,
We bring the truth of our life, our own story...
We all bring our truth with us.
May we recognize the truth and the story in everyone's life.
And, may we hear and honor the truths that we all bring as we
gather together...
Together we have truths
Together we have a story.
Together we are a community”.*

On September 6th, 7:00 at the UU building we will kick off a new season. The day and the frequency have changed. We are meeting once a month on Tuesdays. Our topic will be “What do you Love”?

We were calling ourselves “Covenant Groups”, but we didn't seem to be interested in creating a covenant, so I would like to change our name to “Circle of Life” (Group).

Other UU Churches have “Circles of Life Groups” and some of those groups are: lunch with friends group, caring circles, women's support group, craft group, and so on.

For some of our new members, you may ask why join a Circle of Life group? I can think of at least 4 reasons:

- Participate in a supportive, nurturing group setting that facilitates spiritual growth and mutual caring.
- Transformation of self and others by truly being seen and heard and witnessing the stories of our lives.
- Explore your own values by articulating them in a supportive setting.
- Develop a friendship with interesting people you might otherwise never get to know.

We follow a format and we each get 5 uninterrupted minutes to tell our story. *What is said in the group stays in the group!* Each month a different member picks a topic and facilitates. If you get stuck trying to pick a topic, we have a list to draw from. There are usually 6-10 members in a group. If the group gets too big we will make two groups. We need a facilitator for September. If you email me we can discuss a topic.

Some of the topics we had over the past months have been: “Is *should* ever a good word”, “How I want to be remembered”, “Synchronicity” & “Blessings In Disguise”.

Looking forward to another year! I hope you are all comfortable with our new name!

Phood and Philosophy

Phood and Philosophy, our monthly discussion group, will be on hiatus in September. Members are invited to attend our Annual Picnic on the River. Good food, good discussion, good friends.

Ladies Luncheon September 12th at El Charrito by Eve Jordan

The UU Ladies Luncheon on August 8th was a great success with 19 of us coming together, joined by Billy Shifflett – who was a real hit. We will meet on Monday, September 12th at 11:30 at El Charrito Mexican Restaurant, located at 652 N. Main St. in Kilmarnock, and do hope you will join us. It's fun! Let me know you're coming so we can count you in!

Cleaning House

by Lorie Lowrey

Chem-Dry will be coming to clean the carpet at 1:00 on **August 31st**. It will need to dry the rest of that day and the next day (September 1st). Please do not walk on the carpet during those times. Thank you for your cooperation.



Who's Who in UU: Ina Fuller

by Eve Jordan

You might think that a girl born in the Midwest, raised during the Great Depression and married to a Southern Baptist would be just an ordinary person, a careful and conservative sort of person. However, Ina Fuller, daughter of a farmer in Warren County, Illinois, is definitely not that ordinary person. Her early years followed the pattern of others growing up during those difficult economic times: she remembers gypsies coming by the house in covered wagons, people working for food and an opportunity to find shelter in the barn, and her father eventually selling the farm and relocating the family to Peoria, Illinois when she was 13 years old. Before her graduation at 17, a recruiter from the FBI Peoria office, Mr. Coffee, came to her high school, signing up young girls for positions in Washington, D. C., to work as fingerprint technicians. After graduation, she boarded a bus and moved to D.C., and went to work. While on a train to Chicago she noticed a very attractive man, and since the seat next to her was empty, she invited him to sit next to her. It was love at first sight! This was Wilburn (Bill) Fuller, 36 years old, graduate of VPI and N.C. State, who wanted to be a farmer. She wanted a goat, so they had a plan. Bill had joined the Army, and was on his way to California, where he was stationed (at that time the Army was drafting older men, so he enlisted instead of being drafted). She went back to work in D.C., but she and Bill maintained contact daily; the future seemed uncertain, and she followed him to California three months later, where they were married. He

never went overseas. She found work in an aircraft company – a different experience. They were in California from November to March 1943, when they relocated to the Northern Neck in 1945 where Bill taught agriculture at schools in White Stone, Reedville and Wicomico Church. Teaching was not for him, although he loved agriculture and farming. He decided to try farming and eventually he and Ida bought property, 30 acres between Long Cove and Short Cove, on Tipers Creek. Monthly payments were \$49.00, and that included a house to live in. He finally found his calling when he went to work as a cabinet maker's helper, and retired at 65 in the beginning stages of Alzheimer's disease.

Ina had stayed home to raise the kids - there were three, her daughter Peg, and sons Henry and Arthur (now deceased). Her marketable skill was caring for the sick, so she trained as a certified nursing assistant at Rappahannock Community College, then became an LPN, but found that she was not suited for nursing, so she went to massage school in Williamsburg. (Later, she received an Associate's Degree in Business Management, for her own personal satisfaction). She worked with Arlene Crabbe, a local massage therapist - they had gone to school together, practiced together, and supported each other in many ways. Ina gave light touch massage, which she calls a feel good massage. She still sees private clients occasionally, and is remembered as quite a gifted massage therapist.

Ina's father as a very unusual man for this time: he was a card carrying socialist, an atheist, a farmer who allowed his 8 year daughter to use a team of horses to work a field. He also cared for his wife and child after Ina was born, and hired a man to care for the farm. He obviously had a great impact on his independent, daughter, as did her mother who died when Ina was six years old. She attributes everything else she learned about life from her mother.

She had no formal religious upbringing, although her father did tell her that there were Unitarians in the family, so they could not be all bad. Later in her life she tried to embrace her husband's Southern Baptist faith, but it did not take. She had discovered a group based in Boston called the Church of the Larger Fellowship, which mailed religious and spiritual tracts to subscribers, so this was her spiritual life for a long period of time. The Richmond Times Dispatch had an article about the Unitarian Church in Richmond

that was of interest, however Richmond was quite a distance. In 1997 David Daugherty, a recent arrival to the Northern Neck, obtained a list of subscribers to the Church of the Larger Fellowship. David contacted Ina, she met several other subscribers at coffee get-togethers to discuss a larger purpose, more meetings followed, and a group of 13 began meeting, sometimes at the Town Bistro, sometimes meeting in private homes, and later at the White Stone Women's Club. From these humble beginnings the Unitarian Universalist Fellowship of the Rappahannock has evolved into the amazing fellowship it is today. Ina feels that it is nothing short of a miracle that it kept growing; lots of members who came have now gone, but new members continue to join. We owe her a debt of gratitude for her early efforts and continuing support.

Congrats! What's Next?

Congratulations to UUFR-VA's members and friends for all the projects we have completed together over the last few years. You voted with your checkbook and made many good things happen. The list of completions on the Project Poster in the foyer includes the handicapped parking walkways, exterior lighting, the UUFR-VA sign on Route 3, the Welcoming Congregation program, more songbooks, more chairs, and the first stages of the Pathways of Remembrance. Your latest success is the parking lot addition.

What's next? What has worked its way up the priority list? Your Board of Stewards has proposed that our next project address the acoustic echo in our sanctuary which frequently makes understanding conversations a challenge. This is especially a problem during potlucks, with the many concurrent conversations taking place, or in small group meetings where the "empty room" phenomenon reigns. Soundsoak wall material has been recommended for the back walls alongside and between the doors. Stop by the Northumberland Library meeting room if you would like to see the fabric wall appearance and effect.

The Board has made their recommendations on the next stages of the Pathways of Remembrance to be completed. Also on the list for completion are versatile art hangers and lighting in our "gallery hallway" to expand our ability to display the artwork of members and friends. Note that Movie Night is

on its way to funding blackout shades for improved daytime audio-visual use in our main meeting room. We are in the process of estimating the costs of providing a 16 x 34-foot gathering deck and an awning outside the double-glass doors of the meeting room. This is a part of the original building design that has had to wait its turn on the funding priority list.

Track the \$\$\$ voting on the foyer priority list each week as you and your fellow members and friends provide financial support to make these worthy projects happen. Be sure to I.D. your favorite project on your check. Thanks for your support. Isn't it truly amazing what we are able to accomplish together?

Your Finance Committee: Barbara Haynes, Chair; MJ Anderson, Tom Foster, Paula Greenwood, Tom Kinney, Lynn Langley, Marge Rowden

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.

The Retreat will conclude with lunch and a final walk on the beach on Tuesday afternoon. Talk to Devi Hertsche, 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.

Common Ground

by Cliff Schelling

On October 23rd we will celebrate our diversity and discover our common ground. Instead of our usual service, the Vision and Planning Committee will host a fun get-together from 10:30 am to 5:00 pm, which will include lunch and perhaps a bit of wine.

The agenda will begin with a visual and musical display of our community's past and move to an exploration of our present and future. We will build off our experience with the Electronic Forum and Socrates Café, and share our experiences of fellowship. It will be a colorful, visual exploration of what brings us together.

For part of the day, we will invite friends who know us well, like Hal White, Bill Gurley as well as others from Great Decisions and the Bay Center, to help us see ourselves more clearly. A "Wizard of Oz" theme will guide us down the yellow brick road, enabling us to see our future and act on common ground enhanced by our differences.

Painting Plein Air

A One-Day Workshop with Charles VanDenburgh and Diana Jamison

Saturday, October 15, 10:00 am - 4:00 pm

This exhilarating one-day workshop will cover the essentials of outdoor oil painting, with the aim of helping you develop your skills at capturing a realistic image quickly and confidently. The day will begin with a painting demo by the instructor and explanation of each step in the painting process.

Emphasized will be color accuracy, simplifying the subject matter, brushwork, edges, composition, as well as materials. There will be plenty of individual attention geared to the student's own skill level and style. Do expect to finish the day with a completed painting. The class will be conducted at the Bay Center in Kilmarnock. All skill levels welcome. Supply list available. Fee \$45.

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:

September 26: *People of the Book* by Geraldine Brooks

October 24: *Tinkers* by Paul Harding

November 28: *Cutting for Stone* by Abraham Verghese

December: No meeting

Our "Big Book" dinner and discussion of *The Green House* by Mario Vargas Llosa will be in October at the Indian Creek Yacht and Country Club. Details will follow.

We're always on the lookout for a noteworthy book which would generate a lively discussion. If you have a recommendation, please call or email the title to **Elaine Weekley**.

A Thank You from Those Who Helped Us

Sometimes our gifts come back to us. Recently, our Treasurer, Lynn Langley, shared the following note with one of our members, Kathy Duhon. The Fellowship, thanks to your kind gifts, made a contribution to support a website which helped us organize dinners for Kathy and the Shiffletts, when they were needed.

Note to UUFR-VA from "Take Them a Meal.com"

Thank you for the generous gift to our site. We're thankful the site is helpful to you as you are caring for one another.

Thank you for encouraging us in our work and providing for the varied costs of running the site.

*Warm Regards,
Adina Bailey*

The Great UUFR-VA Yard Sale

by Paula Greenwood

UUFR-VA will hold the second annual yard sale Saturday, Sept. 24th from 8:30 a.m. until 12:30 p.m., rain or shine. Donated items should be clean, have all parts and be in working order (no clothes please). Items can be dropped off immediately after service on September 18, or from 9 am until noon on September. 19, 20 and 22 (the following Monday, Tuesday, Thursday).

Many volunteers will ensure the success of this major fund-raiser and we will need help w/sorting and pricing, set-up of tables and items, conducting the sale, and clean-up immediately following the sale. Please let me or Hank know if you can help for even an hour or so.

Extra folding tables would be appreciated and donations of a six-pack of soda or water to sell the day of the sale. We will not have a bake sale that day so we may concentrate on the yard sale.

Please let us know if you have questions, very large items, or items to possibly sell on ebay or craig's list. We will be grateful for any assistance offered.

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)