



THE CHALICE

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

November 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

November 6

Margaret Sequeira: “Finding Abundance Within”

9:30 Meditation: **Diana Jamison**

Margaret Sequeira, who serves the Williamsburg UU congregation and who is a candidate for the UU ministry, suggests that November is a time when we reflect on the abundance in our lives. Yet, often this abundance focuses on external things and not on what might be found within. This service will explore how we can be satisfied with who we are, just as we are. Let us seek together for the treasure within.

November 13

Barbara Martin: “Changes - Going With The Flow”

9:30 Meditation: **Eva Abel**

Life transitions, the chaos of today’s world, and simply day-to-day ups-and-downs can be overwhelming at times. Learning to pause and take a deep breath of the present moment is more important than ever. Barbara will share songs about change and a few “being in the moment” techniques.

November 20

Hal White: “TBA”

9:30 Meditation: **Bob Weekley**

The monthly Potluck Luncheon will follow the service.

November 27

David W. Rowden, Ph.D.: “Adam Smith’s ‘Theory of Moral Sentiments:’ A Theory of Everyday Social Behavior by the Founder of Modern Economics”

9:30 Meditation: **Eve Jordan**

Before Adam Smith wrote The Wealth of Nations, he was already famous for his work on human motivation and values entitled The Theory of Moral Sentiments. He considered this work as possibly more important than his writings on political economy, and he produced numerous revised editions during his lifetime. Dr. Rowden will present an overview of Smith’s ideas on human motivation, and describe how this work influenced Smith’s later work presented in The Wealth of Nations. He will also discuss how the ideas in both of these great works by

Smith remain relevant to our current social and economic situation, but perhaps not in the ways many of us assume. Join us and find out how one of the great minds of the 18th century saw the relationship between social behavior and economic behavior in society. Learn why much of what we assume about Smith's ideas, such as the famous "Invisible Hand," are much more complex than is generally assumed, and why relying on Smith's ideas presented in The Wealth of Nations — without understanding the ideas presented in his Theory of Moral Sentiments — provides an incomplete picture of social and economic behavior intended by a man who has probably had more influence on our lives than any other figure of the Enlightenment Period.

President's Corner

Finding Inspiration



This inspirational sunset completed the UUFR-VA Congregational Retreat

Where do we find inspiration — that extra something that takes life to a higher plane, from a mundane struggle to a joy-filled existence? Many find it in creative accomplishment, whether in work, physical pursuits, or artistic endeavor. Some people find their inspiration in raising a family, some from playing or working in the outdoors. Many find it in literature. Some find it in philosophical searching, and some in meditation. We recognize the close relationship between the words *inspiration* and *spiritual*.

I am reflecting lately on how much inspiration I receive from people — especially the people I have come to know in this UU Fellowship. From my perspective as President, I am so inspired to see people bring their life experience and talents to bear on enriching the life of our Fellowship. Whether speaking on Sunday, leading a service, contributing music, or doing the work of leading committees, of

serving on committees, and of planning activities for the Fellowship — our people are truly inspired — and inspire me. The evidence also indicates that people inspire each other — hence the health and vitality of this Fellowship.

This inspirational experience was capitalized for me during the recent Congregational Retreat at Virginia Beach. Those who planned and conducted this retreat (Diana Jamison and Devi Herrsche) were inspired in a most gifted way to lead all the participants into a most inspirational experience. The setting, the group activities, the meditational moments, and the camaraderie were the results of inspirational planning. And all the participants experienced the joy and closeness that resulted. Hugs were spontaneous.

The Board has proposed that we plan to make the Congregational Retreat an annual event to occur each Columbus Day weekend. Start planning now to get away next year for an inspirational, fun retreat. And if you'd like the extra inspiration of being one of the planners for next year, speak to Diana or Devi.

(In case you are wondering, "inspire," "inspiration," and "spiritual" were used nineteen times in this 337-word piece.)

Bob Weekley

In Memoriam



Donald Lane Miller ended his journey on this planet, October 31st at about 5 A.M. ... I don't know where he's gone to, but I bet it will be another extraordinary happening ... our thanks to all who have cared so very much.

Thea and Eva

UUFRR-VA Lay-Pastoral Care Program

by Fran Schelling

Challenges come our way in life. Some are manageable, while others leave us feeling very alone and overwhelmed.

Lay-Pastoral Care will provide, upon request, personal and confidential support to those enduring grieving, illness, injury, disability, marital changes, unemployment, relocation, care-giving, isolation, inability to attend church, or other life situations.

How Can You Receive Lay-Pastoral Care?

Call one of our Lay-Pastoral Care Associates, Diana Jamison, Pirkko Graves, Bob Duryea, or Fran Schelling. Their numbers are in the UUFRR-VA Directory. This service is available to members of the Fellowship. There are no fees. This support is offered with strict confidentiality.

The following is a list of our counselors in our Fellowship and their qualifications:

Pirkko Graves is a Ph.D. in clinical psychology from the University of Michigan. Pirkko had a private practice in individual psychotherapy and psychoanalysis in Baltimore.

Diana Jamison has a background in psychology and in nursing. Diana has a Master's Degree in Social Work and is an independent practitioner with a private practice in Kilmarnock.

Bob Duryea is a Ph.D. in Psychology and has practiced Psychotherapy with adults and children. Bob had a 20-year private practice in New Jersey.

Fran Schelling is a Mediator certified in the state of Virginia and has counseled employees for several years in corporate America.

If you feel you would like to go outside of the Fellowship, a referral list of counselors is available upon request.

Annual Congregational Meeting, December 11

by Bob Weekley

The UU Fellowship of the Rappahannock will hold its annual meeting after the Sunday morning service on December 11th. This is an opportunity for all members to exercise their voice and their vote in accordance with our fifth UU principle: "The right of conscience and the use of the democratic process within our congregations and in society at large."

Members will receive ballot material from the board in mid-November. At the meeting, you will hear a brief report on the state of the Fellowship and updates from the key committees. You will learn about plans for the future as well as recent accomplishments in the areas of membership, programs, and planning. The state of your Fellowship's finances will be reviewed. You will have the opportunity to vote for officers nominated to lead the Fellowship, to vote for a proposed Bylaws change, and to participate in the conduct of any other business raised. In preparation for the annual meeting, you are encouraged to read the ballot material and other information so that you will be prepared to participate.

If you have any matters you feel should be raised at the annual meeting, please let me know so they can be considered for the agenda.

I hope that all members will be able to attend. If you cannot attend, please be sure to submit your proxy ballot in advance.

House Needed!

Brian Hedges, who inspired and supported our geothermal heating and cooling system, is looking for a house on the water for the first week of August 2012. Brian is planning to hold his annual family gathering — of five adults — here in the Northern Neck/Middle Peninsula. Minimum steps with a first-floor bedroom for his 93-year-old mother is a must. Contact **Tom Kinney** if you have any ideas or contacts.



Bob Weekley poses with Glinda at the Common Ground Workshop

Life is a Cabaret

by Cliff Schelling

Participants at the Common Ground Workshop on October 26th have concluded that “Life is a cabaret, Old Chum,” or at least it should be, and have voted to have UUFR-VA sponsor a fundraising Cabaret at various times throughout the year.

The workshop, which had a Wizard of Oz theme, started at 10:30 A.M. and ended at 3:00 P.M., interrupted only by a delicious lunch and the inspiring music of Bill Gurley.

Thirty-eight participants worked on a Scarecrow, Tin Man, Cowardly Lion, or Glinda, the Good Witch, team and followed the yellow brick road, celebrating our shared past, exploring the trends affecting the Fellowship, noticing the creative ways UUFR-VA is responding to these trends, and imagining our future.

Each team discussed the above topics and posted their experiences on boards located around the room. Then, without discussion or debate, we noticed our common ground, which was significant.

All dreams about the future were assigned to committees with the understanding that they would commit only to projects that people volunteered to put into action.

The workshop started with an audio-visual presentation of our past and present members and ended with a list of opportunities for our shared future.

Bylaws Revisions

by Your Board of Stewards

Bylaws are rarely changed unless a deficiency is uncovered or a critical improvement is needed. Our Welcoming Congregation Committee recommended, and our Board of Stewards approved, inserting into Membership, Article IIIA of our Bylaws: “This Fellowship is intentionally nondiscriminatory, thus Membership is open to all persons regardless of ethnicity, color, gender, age, affectional orientation, ability, gender identity, or national origin.” And since the membership will be voting on this change, it is prudent to take that opportunity to also vote on changing all references to the Thomas Jefferson District to our new Southeast District name. Both current words and proposed revisions will appear on the ballot to be distributed to all members mid-November. You will be asked to bring your ballot to the Annual Congregational Meeting on December 11th. However, if your attendance is not possible, please give or send your ballot to Secretary Kathy Duhon prior to the meeting.

These changes require a “yes” vote of two-thirds of the members and proxies present at the annual meeting. Any members wishing to discuss these Bylaws changes in depth are invited to join the Finance Committee review on Sunday, November 6th, as noted elsewhere in this newsletter.

Let’s Talk 2012 Budget

The UUFR-VA Board of Stewards has made a small change in the budget review process beginning this year. Rather than take time in the Annual Congregational Meeting on December 11th to review the proposed budget in some detail, some members of the Finance Committee will make themselves available after the service on Sunday, November 6th to go through each line item on the proposed 2012 budget and to answer questions and receive comments from any member who wishes to attend. The reason for the change is to provide more time for those interested in the details of the budget and *not* to take up the time from members who wish others to handle this necessary area of UUFR-VA’s life.

Your Finance Committee—Chair, Barbara Haynes; Treasurer, Lynn Langley; Assistant Treasurer, Paula Greenwood; MJ Anderson, Tom Foster, Tom Kinney, and Marge Rowden.

Who's on Deck for 2012?

Nominations for the Board of Stewards and a Trustee for 2012 have been reported by your Leadership Development Committee (LDC). Our Bylaws state that elected Board members serve two-year staggered terms and our Trustees serve three-year staggered terms. Thus, at the Annual Congregational Meeting on December 11th, we will elect a President, Vice President, and Treasurer, as well as one of our three Trustees. (Next year, the slate will be the Board Secretary, Program Chair, Membership Chair, another Trustee, and one LDC member.)

The 2012 nominees are Bob Weekley for President, Bill Gimpel for Vice President, Lynn Langley for Treasurer, and Barbara Haynes for Trustee. Ballots will be distributed mid-November. You are requested to bring them to our annual meeting, where the ballots will be counted. If your attendance is impossible, please give or send your completed ballot to Secretary Kathy Duhon before the meeting. Additional nominations will be accepted from the floor at the meeting. Anyone interested in serving their fellow members of UUFR-VA in either an elected or appointed position, please make that interest known to a member of the LDC: **Pirkko Graves, Tom Kinney, or Marge Rowden.**

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:

November 28: *Cutting for Stone* by Abraham Verghese

December: No meeting

We're always looking for a noteworthy book which would generate a lively discussion. If you have a recommendation, please call **Elaine Weekley** with the title.

Musically Speaking

by Hank Stupi

Time sure flies when you're having fun! I'm now into my sixth month as Music Coordinator for the UUFR-VA. The Fellowship loves music and loves to sing, and it shows. It truly is music to my ears (hmm, a pun?) to hear everybody singing out loud and strong on Sundays. We've done quite a few new songs — some have even involved two and three different parts all at once! Everybody's done great.

I would like to briefly let everybody know how I view my role. I see my overall function, as Music Coordinator, as one of making the musical experience at our Sunday services an enjoyable and meaningful experience to the members and guests of our Fellowship. One of my responsibilities is the selection of music for services for all outside speakers. If our outside speakers contact me with a request that a particular song be incorporated into their service, I try my best to honor that request, as long as the song is not too difficult for us to sing.

When it comes to services that are given by members of the Fellowship, the musical selections are theirs to make. I'm always happy to help in any way that I can with the selections. I have a list of songs that we've sung in the past from our songbook, "Singing the Living Tradition," that I'm happy to share. I also can play the accompaniment for most songs on my guitar. I'm always happy to assist with songs which are not in our songbook, but which members likely know.

As always, I'm on the lookout for your hidden musical talents to add to the Sunday experience, and I welcome your feedback on how you are enjoying the music, or any changes you would like to see in the music program.

Who, What, When, Why at 366 James Wharf Road

Find out what's going on, make your reservations, and see who's using the building by visiting our website: www.uufrappahannock.org. From the homepage, click on the "View Calendar" button to view the month's events, services, and other happenings.



Who's Who in UU: Eve Jordan

by Thea Marshall

The hat was straw, with white, red, and cornflower blue ribbons, and she was about twelve. As she walked down the road, a woman called out, "Hat! Where are you going with that little girl?" And so began Eve Jordan's love affair with hats.

I have known, but not known Eve since she became a UU member. I knew that she was in constant motion as a volunteer — working at the Northumberland Library, The Free Health Clinic, and food banks; serving as president of her homeowners association, a docent and former member of the Board of Directors at the Reedville Fishermen's Museum, and helper to virtually anyone who needs help. I also knew about her recent trip to Haiti to work with a group of rebuilders. So, in trying to sketch a picture of Eve, it wasn't much of a stretch to imagine Mother Theresa on speed, with an adorable face, blond hair, a red hat, a wild and happy laugh, occasional salty language, a gift for making friends and keeping them, and an inquisitive bent that turns her profiles of UU members into small gems. (About friends, Eve says: "They are that part of you you can't see.")

I very soon learned that my slightly jocular allusion to Mother Theresa was closer to the mark than I could possibly have imagined.

Eve Jordan has spent the better part of her life helping others, in and out of her professional career. Born in Virginia, and schooled for grades 2, 3, and 4 at Lively High School, Eve moved to Maryland where she became a special education teacher for 15 years.

Then, Eve worked another 15 years as a children's advocate in the same school system in Prince George's County, Maryland. But, Eve is no Marylander! In fact, she's a "come back" Northern Necker, whose ancestors, the Cockrells, were among the very first Virginia settlers and were neighbors of John Washington. Eve spent some of the happiest years of her life, she told me, growing up here, living with her grandparents because she felt happier and closer to them than to her parents. This widespread phenomenon was explained to me a long time ago by Margaret Mead, the cultural anthropologist, in an interview I did with her in the early '70's. Mead said that the close relationship between the grandparent generation and the grandchild generation was sealed solid by their common enemy, the parent generation.

Eve was raised in the Catholic faith, and baptized at St. Francis, but searching, always searching, for ways to deepen her sense of spirituality, for ways to be of help ... which led her to her years of service to youngsters. When Eve (married twice, no children) retired, her need to serve led her to earn a certification as a life coach. But, that seemed pretty tame. What she really wanted to do was the work of, yes, Mother Theresa! She was serious enough about this goal to rent an apartment in India, stay there for a time and serve others, perhaps in the footsteps of Mother Theresa. Her time there was short, because there was no apartment. She had rented it through a "flim-flam man." (Eve's edit: *Eve was serious enough about this goal to buy an apartment in southern India after working in an orphanage; however, the deal was a shady one, and on the next visit to India she realized that she had been taken! No apartment, only great disappointment.*)

In her quest, Eve spent a year, a dreadful year she admits, in an "intentional community" in North Carolina, to learn about and experience "purposeful living," which included scrubbing pots and floors and, well ... it didn't take long for her to realize that she probably already knew more about purposeful living than the folks who ran the place. (Eve's edit: *Eve spent an 'interesting' year at the Center for Purposeful Living in Winston-Salem, North Carolina. The center owned a restaurant which was a centerpiece of the program, and there she spent her time shredding lettuce for the salad bar once it was abundantly clear that she could not cook. It was a tough year.*) "Eve," I asked, "why in the world didn't you leave?" The answer: "I'm not a quitter!"

What drew her to UU? She would read the small notices in the paper announcing the speakers and topics at the Fellowship, and attended lots of the services, but what sealed the deal, she said, was the night of “Phood and Philosophy” at the Rowdens’. The topic was justice, and she was hooked by the intelligence of the folks who were there, and the warmth she felt that evening. It didn't take long for her to get involved in a number of UU activities. You can find her taking turns to lead the pre-service meditations, in charge of one of our Caring Circles, and the force behind our monthly and hugely popular “Ladies Luncheons.”

What’s in her future? Aside from what destiny has in store for her, she leaves for Antarctica in January, and sometime, sooner or later, she wants to get to Nepal.

Eve lives in Northumberland County with Warren Buffett. He's not quite as wealthy as his namesake, but is a cuter, white-haired, fuzzy, four-legged Warren, who uses newspapers for far more practical purposes than to check his portfolio.



Barbara Martin Returns

November 13th marks the return of Barbara Martin to UUFR-VA, with a service entitled: “Changes — Going With The Flow.”

As those who have seen her can attest, Barbara is a musical experience. Her accolades can be found on

her website, <http://barbaramartinmusic.com>. Here’s the short but sweet version:

“Barbara Martin is the real deal; a true renaissance woman in genres prone to stereotypes and pigeon-holes. Barbara’s soulful voice and skillful songwriting reveal the essence of her life experience, her creativity and her joie de vivre. And in that very honest and open place, Barbara Martin doesn’t just entertain us; she helps us remember how to dream.”

We’re Cleaning the Carpet

by Lorie Lowrey

As shown on the UUFR-VA Calendar, Chem Dry will be cleaning the carpets at 1:00 P.M. on **November 9th**. Following the cleaning, the building cannot be used the rest of that day. The next day, **November 10th**, the building may be used after 5:00 P.M. This will allow sufficient time for the carpet to dry.

What’s Happening?

from The Membership Committee

You probably participate in some of the activities at UUFR-VA, but do you know about all of the committees and activities that are a part of our fellowship? The Membership Committee has coordinated with all of the committee and activity chairs to provide a short description of what their groups do. The goal was to have the information available in the New Member Packets. After the work was done, we decided that it was so informative that we would put it in the Visitor Packets and make it available on the Sharing Table.

Thanks to all the committee and activity chairs for providing the write-ups and to Marge Rowden for the editing work to get the document into a consistent format and down to a workable size. Pick up your copy from the Sharing Table and see what you have been missing!

PRIVATE SHOWING FOR UUFR MEMBERS & INVITED GUESTS
FRIDAY NIGHT @ THE MOVIES



MAN ON WIRE

PG-13 • 94 MINUTES • UUFR SANCTUARY
FRIDAY, NOV 18TH • DOORS CLOSE AT 7:15 P.M.

A look at tightrope walker Philippe Petit's daring, but illegal, high-wire routine performed between New York City's World Trade Center's twin towers in 1974, what some consider, "the artistic crime of the century."

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

Board of Stewards

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

Tom Kinney, Past President
Shirley Kinney, Program 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)