



# THE CHALICE

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

March 2012

## 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 4

**Eva Abel and Thea Marshall:** “An Examination of Bumble-Ardy”

9:30 Meditation: **Pam Collins**

Eva and Thea will explore the “who, what, and why” of the children’s book Bumble-Ardy, by Maurice Sendak, through a look at the book, and then their re-creation of interviews with the author and journalists. They hope to ignite a lively discussion afterward.

March 11

**Rev. Andrew Millard:** “Where Do We Come From? A Tale of Two Ministers”

9:30 Meditation: **Bob Weekley**

Our religious tradition of Unitarian Universalism is rich with the stories of prophetic women and men, visionaries whose words and deeds challenged their contemporaries and continue to challenge us today. Let's consider what we might learn from the stories of the two “fathers” of our faith: Unitarian minister William Ellery Channing and Universalist minister Hosea Ballou.

March 18

**Rev. Janine Howard:** “UU/UM Intersections”

9:30 Meditation: **Eva Abel**

Rev. Dr. Janine Howard, District Superintendent of the Danville, VA, United Methodist Church, and former pastor of Lower United Methodist Church in Middlesex County, VA, will focus on convergences in our lived practices. She will speak about some basic tenets of United Methodism and how they compare with Unitarian Universalist “principles.” Howard's presentation will not be about dogmatic or doctrinal standards, but more about what she calls “practical theology.”

*The Monthly Potluck Luncheon will follow the service.*

March 25

**Ann Kelsey:** “Compassion, a Commentary”

9:30 Meditation: **Anna Pomaska**

With credit to Karen Armstrong, especially her Charter for Compassion and Twelve Steps to a Compassionate Life, this service will involve more than the usual congregation dialog. There will be some questions as we address the meaning of compassion as stated in our second principle: Justice, equity, and compassion in human relations.

## *President's Corner*

### **Is Meditation for You?**

What could be more simple than pausing in one's daily activities for a few minutes, unloading the constant planning, worrying, and remembering, and allowing the mind and spirit to refresh? Turns out, some find it not so simple. It doesn't seem that it should be an effort, but many find it challenging. Those who do work through the effort, however, feel that they benefit from the results.

Meditation is an ancient practice. Science is now catching up to what the ancients discovered. From the journal *Harvard Science*: "Researchers at Harvard, Yale, and MIT have found evidence that meditation can alter the physical structure of our brains." Specifically, they found that experienced meditators had an increase in the structure in the brain that deals with attention and with processing sensory input. The researchers' conclusion is that "the structure of an adult brain can change in response to repeated practice."

These experiments compared the structures of meditators and non-meditators. Meditators were mostly people who worked in normal careers, such as health care, law, and journalism. A few were yoga teachers or others who taught meditation. Some subjects had been meditating for only a year. The studies also showed that the brain changes "were caused by the meditation, rather than that differences in brain structure got them into meditation in the first place." Researchers found that the increases in brain structure were proportional to the length of time the subjects had been meditating.

Researchers at Thomas Jefferson University and Hospital in Philadelphia performed brain scans on religious meditators — praying nuns, chanting Sikhs, and meditating Buddhists. They reported "profound changes in the brain [during meditation] ... particularly in the areas of the brain that help us to focus our mind and to focus our attention." These same tests also were conducted on older adults who were experiencing memory problems. After a program of meditating twelve minutes per day for eight weeks, brain scans showed an improvement in brain function of ten to fifteen percent.

At our Fellowship in Sunday Morning Meditation, we practice quieting of the mind. It is a challenge, but a rewarding challenge. Everyone is welcome to join

this positive experience. Some may consider the practice "weird." Others feel that meditation would take up time that they could use doing something "more productive." Now that modern science is catching up to the wisdom of the ages, you might want to give meditation a try. No guarantee of a super-powerful brain, but you may enjoy the inner peace and balance that can be experienced.

*Bob Weekley*

### **Phood and Philosophy**

Phood and Philosophy, our monthly potluck and discussion event, will be hosted by MJ Anderson-Leichty at 5:30 P.M. on March 10<sup>th</sup> at UUFR-VA. The topic is to be announced. As usual, please bring a dish and a drink of your choice to share. Watch the website for details or call.

### ***Celebrate!***

We know everyone has a birthday, right! Your friends at the UUFR-VA would *love* to celebrate your birthday with you. We will have a birthday cake for you to share at our monthly potluck luncheon. Simply e-mail your name and birthdate (year optional) to Eve Jordan, and then listen for your birthday song!

### **Decisions, Decisions, Decisions!**

**by Shirley Kinney**

We all face decisions throughout our lives. Wouldn't it be great to have someone qualified to give us some advice on reaching those pesky but important life decisions? Well, on April 21<sup>st</sup>, UUFR-VA can help.

We have invited Alice Coates, Director of Social Services at Rappahannock Westminster-Canterbury, to lead a session on life decisions. The theme will be: "Who will make your hard choices, how to make sure your wishes are known and honored." Alice will cover Advance Directives — legal documents that state your wishes and name surrogate decision makers — and she will provide copies for everyone to take home. She will also talk about some medical decisions to consider in advance of needing them.

Alice earned her B.A. in Social Work from Eastern University, supplementing her education over the twenty-four years. She has worked with RW-C with classes in geriatric care, advanced directives, medical decision making, end of life care, and bereavement and palliative care.

The program is April 21<sup>st</sup>, at 1:00 P.M., right here at UUFR-VA. The public is also invited, so please bring friends who might be interested in this important life decision.

## **Nutshell UU History: Susan Brownell Anthony (1820-1906)**

by Kathy Duhon

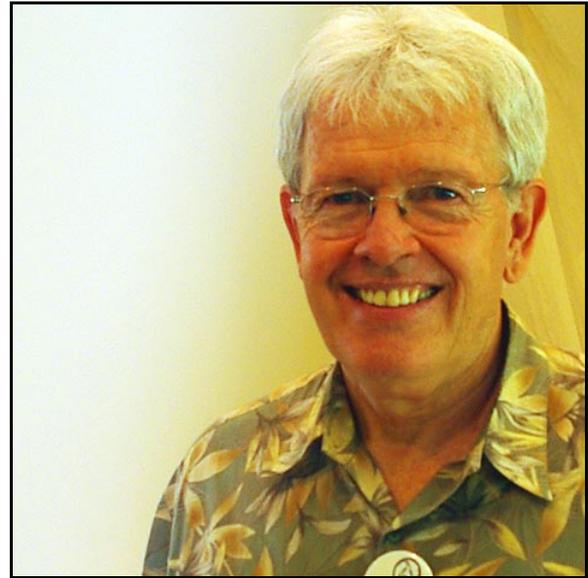
March is Women's History Month, and who better to study than Susan B. Anthony, the woman who made history in this country working for the liberation of women. She has been on the dollar coin and a postage stamp, and is a member of the American Hall of Fame.

Born in 1820, she spent most of her life working for suffrage, a woman's right to vote, as well as other women's rights. Susan B. Anthony and Elizabeth Cady Stanton founded the National Woman Suffrage Association, and Anthony was later president of its successor, the National American Woman Suffrage Association. She was arrested 140 years ago, in 1872, for voting for president. She was tried, convicted, and fined \$100, which she refused to pay.

She had been a Quaker and became a Unitarian, joining the Unitarian Church of Rochester, where she worked hard in the abolition movement. She was a teacher, a writer, and a public speaker, who also worked hard for education reform and labor rights, being one of the earliest advocates of the eight-hour day.

Anthony is famous for saying at a suffrage convention just before her death in March 1906, "Failure is impossible!" Women were given the vote fourteen years later.

She wrote, "I pray every single second of my life; not on my knees, but with my work." She announced, "Organize, agitate, educate, must be our war cry." As an older woman speaker who noticed that, though folks still threw things at her, they were now roses, she said, "The older I get, the greater power I seem to have to help the world; I am like a snowball – the further I am rolled the more I gain."



## **Who's Who in UU: Cliff Schelling**

by Eve Jordan

So who is this guy, anyway? We hear him speak frequently at our services, we talk with him at Phood and Philosophy, and we heard him play the guitar at Larry Graves' memorial service. We know him as a man who loves his wife and has a successful consulting and executive coaching company. He also loves to sail, ski, shoot pistols, play golf ... and on and on and on. However, who is this guy? First impressions: He's someone who is very happy with his life and his good fortune — someone with a quick smile and a quick wit; a man who put a bocce ball court in the front of his home so his family could enjoy the game when they come on the 4<sup>th</sup> of July. His beautiful home on Mill Creek has statues of the Buddha, books by the Dalai Lama, and a feeling of total peace and serenity. His dedication to spiritual exploration, critical thinking, and social service is revealed in the UUFR-VA mission statement that he helped develop.

On a deeper level, one Sunday morning we heard Cliff Schelling talk about his mom. He grew up in a tough neighborhood in New York City in a family where one uncle was a Golden Gloves Champ from Harlem and another uncle was an Army hand-to-hand combat instructor. When Cliff was a small boy, his mother apparently thought he was too nice, so she got on her knees and said: "I am going to punch you until you start punching back." That event was traumatic and changed his life forever. He was caught between the need to live authentically and the need to earn the love and respect of his mother,

without whom he could not survive. So, over the years, he studied three different martial arts, vowing never to start a fight, nor to lose one. He felt that for him confronting his creator as a child was like confronting God. If you survive, you become fearless.

Another significant influence on his life was the death of three friends while still in grade school. He struggled to understand death when he was too young to understand himself or life, which resulted in a lifelong quest to understand what it is all about. At twelve, he was reading The World We Live In, The Epic of Man, and The World's Great Religions.

Cliff was an altar boy in the Catholic Church, attended Catholic school, went to a Catholic camp, and lived in a Catholic neighborhood. In high school, where he was a gymnast and trumpet player, there was considerable discord when he came home with Fran, a nice Jewish girl. It was something like the Romeo and Juliette story, complete with family antagonism. However, we know the outcome of that one.

Drafted out of Queens College during the Viet Nam War, Cliff served his time as a gunner in the tank corps along with singing and dancing at the Fort Hood Little Theater. He and Fran lived in the local

town where their son David was born. After completing his tour of duty, he worked for Pfizer during the day and finished his college and graduate degrees at night. Cliff became a very successful business executive at AT&T and retired after twenty years to start his own company, Performance Improvement Incorporated, which specializes in helping executives achieve business results, personal competence, and personal fulfillment.

So how did he arrive at the person we see today? To quote a note from his daughter, Lori:

Dad –

You continue to  
Live passionately,  
Learn always,  
Love freely,  
Laugh often,  
And be a good  
Role model and  
Father. Thank you.

It seems that is something we all have access to ... live without fear and love life.

## 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 26:** *The Tiger's Wife* by Tea Obreht

**April 23:** *Hotel on the Corner of Bitter and Sweet* by Jamie Ford

**May 28:** *In the Garden of Beasts* by Erik Larson

If you have a recommendation for a noteworthy book, please contact **Elaine Weekley**.

## Food Bank Reminder

by Pam Colins

When I returned from Antarctica and found some wonderful donations for the Northern Neck Food Bank waiting for me, I delivered them immediately. However, our totals are slipping. Please remember that in these hard economic times there are families who have trouble finding enough food for their children. I know that we are bombarded with requests for donations these days - but think of the little ones. Food in kind **or** checks to the "N. N. Food Bank" are equally welcome.

## Socrates Café

The **Socrates Café** will resume on Thursday, **March 29<sup>th</sup>**, from 7:00-9:00 P.M. at UUFRA-VA. Our purpose is to "practice and promote an informed, rational, and civil dialogue about critical issues." The topic will be: "What is democracy?" and the facilitator will be Cliff Schelling. If you have any questions, please contact Cliff.

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



## **RABBIT-PROOF FENCE**

**PG-13 • 93 MINUTES • UUFR SANCTUARY**  
**FRIDAY, MAR 16TH • DOORS CLOSE AT 7:15 P.M.**

True story set in Australia during the 1930s. It was determined by the whites that "half-castes", being half white and half Aboriginal, must be bred out of existence. Children were forcibly taken from their homes and made to live in camps where they were taught to become servants for the whites. Three girls, ages 8, 10 & 14, escape and travel 1500 miles back home, evading a professional tracker.

**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

### [View the Trailer](#)

#### **Board of Stewards**

Bob Weekley, President  
Bill Gimpel, 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: 20<sup>th</sup> of the month  
Bob Prescott, Editor (editor@uufrappahannock.org)