



THE CHALICE

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

July 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

July 1

Stacey Earle and Mark Stuart:

“Music and Our UU Principles”

9:30 Meditation: **Bob Weekley**

Following up on their June 30th, 7:00 P.M., concert at UUF-VA, the husband-and-wife musical duo Stacey Earle and Mark Stuart will perform an entirely different selection of their songs which will tie into one or more UU principles.

July 8

Rev. Alane Cameron Miles:

“Conflict and Crisis”

9:30 Meditation: **Pamela Collins**

In the third chapter of her original subject, "A Novel Idea," Rev. Cameron Miles muses:

We do everything we can to minimize conflict in our lives so as to avoid a crisis. We plan, protect, insure, and still trouble creeps in — in our relationships, in a roof leak, in our health. In seeing our lives through the metaphor of a novel, can we better grasp the breadth and purpose of crisis in our lives?

Each unit in this sermon stands alone, so you need not have been present for any of the others to come to this one.

July 15

Eric Jensen: TBA

9:30 Meditation: **Ina Fuller & Anna Pomaska**

The Monthly Potluck Luncheon will follow the service.

July 22

Caroline Shifflett: “Laughter Yoga”

9:30 Meditation: **Diana Jamison**

To quote W. Lee Grant, "Shared laughter creates a bond of friendship." Come and share a morning of laughter with your friends at UUF-VA.

July 29

Cliff Schelling: “Mindful Relationships”

9:30 Meditation: **Eve Jordan**

Transforming our lives and the lives of those we care about is a gift of Mindful Relationships. It's about applying mindfulness, which is focused awareness of the present moment, to relationships. The result is liberation as opposed to suffocation, conceptualization, or manipulation. It's an approach to mental health that promotes being “out of your mind.”

President's Corner

Finding Inspiration in Landscape

Before your Fellowship was a place on the map, the members envisioned that "A Home of Our Own" would be more than a building; they also pictured a landscape of inspiration. Reclaiming a soggy parcel and clearing the dense brush, debris, and the old house has been a slow but rewarding journey. Take a walk now and look around the grounds. We have much to do, but the inspiration is taking shape.

Approaching the building, we see the creative plantings provided by Bob and Sue Adriance and helpers. Looking out the sanctuary windows at the natural setting, we see the butterfly garden begun by Ralph and Audrey Brainard and continued under the leadership of Pam Collins. Walk in that direction, past the nature area sign built by Tom Kinney, past the mimosa tree with a stone of dedication to Lynda Weber, and you enter the nature walk. You will see the new interpretive signs installed by Bill Gimpel marking the various species of oaks, pines, and other native plants. You also will encounter the quiet and inspirational Andy Kelsey labyrinth now lovingly refurbished by Dave and Terrie Dustin.

Near the parking area the Paths of Remembrance memorial area is taking shape. The boulders have been emplaced and are being prepared for their memorial role. Marble plaques honoring former members, who have prepared the spiritual path for us, will be installed on the stones. The plantings to screen the area are flourishing, and plans are underway for a more deliberate treatment of the entrance pathways. The little bridge crossing to the building now has hand railings.

Photos of the work follow this article, and more are on our website (www.uufr-va.org).

All of this natural beauty can encourage us to reflect on what we seek in our Unitarian

Universalist Fellowship. It can help us to be mindful of the beauty of this world and to reflect on wonder. All of this is made possible by the members and friends who have faithfully funded the Fellowship and the many who have also donated their time and talent. Your generosity is a gift to us all.

Bob Weekley



Magic Tree Service conscientiously muscled through the removal of dangerous trees and placement of boulders.

Phood and Philosophy

Shirley and Tom Kinney will host Phood and Philosophy, our monthly potluck and discussion, in their home on **Saturday, July 7th, at 5:30 P.M.**

The word “Freedom” is on lips all over the world in recent times. We think of the Arab Spring moving toward Islamic law. We think of Greek economic crises under dictates by the EU. We think about our UUA Social Justice General Assembly in Arizona amidst efforts to solve immigration issues. But let’s philosophize about “Freedom” in the context of our everyday lives — our ability to do what we wish when we wish, what we must or must not do, and whether influences outside of ourselves have broadened or narrowed our options, increased or decreased our “Freedom” over our lifetimes.

Please RSVP to Shirley and Tom. Bring a dish and beverage to share.

Down the Road: An Update from the Board

To all UU Fellowship of the Rappahannock Members and Friends:

In 2011, the Vision and Planning Committee conducted an electronic forum and a full-day workshop to engage the congregation with what you see in the future of our Fellowship. In May, your Board of Stewards took your ideas to an offsite retreat to begin putting them into action. What follows is the initial report from that retreat. Thanks to Marge Rowden for putting it together. She presented this in person to the congregation at the potluck lunch on June 17th. Your ideas are welcome.

Bob Weekley

Initial Report to the Membership of UUFR-VA May 2012 Retreat

The first weekend in May, the officers and chairs of the Program, Membership, and Finance Committees participated in a retreat with the purpose of considering the future of our Fellowship.

We began by looking at the recent past. In the last five years, we moved into our building and completed it, beautifully landscaped the grounds, developed a labyrinth, started work on a memorial area, and developed so many programs and activities, it sometimes leaves me breathless. It’s been an amazing period in our Fellowship’s life.

Then, we turned to the future. Shirley and Tom led us in an artistic endeavor — making segments of a “time machine” — to focus our attention forward. Last year, the Vision and Planning Committee made available several opportunities for members to participate in planning the future of our Fellowship. This effort culminated in the day-long Common Ground workshop where everyone who

attended had the opportunity to express his or her own vision for this group. Some suggestions were in the “we’ve got to do this as soon as possible” category. Some were in the “we’ve got to look at this carefully and plan well” category. Some were absolute priorities, and some were probably in the “wouldn’t it be nice” category.

At the retreat, we focused on proposing a vision of UUFR-VA ten years from now, the UUFR-VA of 2022. My purpose here today is to share with you that proposed vision with a goal of keeping it “short and sweet”. Later, as research and planning progresses, the Board will come to you for review, discussion, and decisions to modify, refine, and pursue that vision. The general principles of fiscal responsibility and group agreement will be continued.

UU for Kids

This is an area where our efforts have met with mixed results in the past, but is a place considered by many to be essential to our future growth. *And*, we now have a “baby of our own” — Master Billy Shifflett. Our vision is to have a UU for Kids program in place by 2022, with space and teachers to support children of all ages. We are planning to provide childcare for little kids ASAP and to work on expanding the program to include elementary school children as soon as we reasonably can. We’ll have a meeting with parents to determine level of interest and commitment.

Community Service/Social Justice

This is an area that received a great deal of attention at the Common Ground workshop. Our vision for 2022 is that UUFR-VA will have identified our Social Justice/Community Service role in our community, and we are actively making progress toward lasting change for the better. At this time, a working group has already been formed and is exploring what UUFR-VA’s role in the greater community might look like. This

determination is expected to take some time (possibly as much as two years) to explore, formulate a plan of action, gain consensus within the congregation, and implement. This is an opportunity for UUFR-VA to turn some of our attention and energies outward now that we’ve come so far in establishing our own family.

Paid Staff

At the Common Ground workshop, the thought of hiring a minister was raised. We also discussed employing a part-time administrative person. We concluded that if the congregation wanted to take a look at this, we might think about a part-time minister whose duties would include pastoral counseling and liaison with the community, with a low emphasis on Sunday speaking while retaining congregational autonomy. Our proposed vision of UUFR-VA in 2022 in this area is wholly dependent upon the congregation’s wishes and may include part-time staff and ministerial support.

Building Expansion

Dave Dustin did a wonderful job of analyzing and reporting demographic data for our area using Census and Community Profile information. A copy of Dave’s report is on the sharing table, and he has graciously agreed to be available for questions and discussion. The results were quite illuminating and showed that the general population for our area is not likely to grow substantially in the foreseeable future and our congregation may not grow quickly either. UUA has found that a congregation does not need to expand their general meeting room until their average attendance reaches 80% of their seating capacity. Our meeting room seats 82 and 80% would be an average attendance of 68 people. Our current average Sunday attendance is in the mid-30s, so it will be some time before we need to expand our meeting room. We can, however, make enhancements to the existing space with

lighting and acoustical remedies. We've already installed blinds for the windows.

A gathering deck will run from our “back” doors along the building beside the kitchen and back room to provide additional space in mild weather for our refreshment and conversation after services and other activities that lend themselves to an outdoor venue. The gathering deck was approved by the Board several months ago and is on the Project Board in the foyer providing an opportunity to financially support the idea.

Our vision for 2022 included additional multi-use space toward the rear of our existing building. A conceptual architectural committee was formed in response to the Common Ground workshop to take an initial look at how that might be achieved. This space could be used for UU for Kids and other uses — perhaps hosting groups from the community.

All of these visions for our future will require commitments of time, talent, and money from members of our Fellowship and will help define us to ourselves and to the community. The Board will come back to the congregation with more fleshed-out plans to be reviewed and amended and then discarded or accepted. The Board is looking forward with great enthusiasm to the next phase of our Fellowship’s growth.

Defining Our Niche: Progress Report

All members interested in Community Service/Social Justice (CS/SJ) activities gathered on April 22nd to brainstorm the challenges in our community — where a permanent change for the better is needed. Ten possibilities bubbled to the surface. We adopted the “Charlotte UU model” regarding how to select our niche. The CS/SJ team researches the ten possibilities for a presentation to the congregation who will

vote for the top three. Further research into root causes and a second presentation and vote identifies the niche. A strategic plan targets the root cause putting our Faith into Action.

Lorie Lowrey of Community Service and Eve Jordan and Thea Marshall of Social Justice are coordinating fact-finding and gathering expert opinions on the ten possibilities. They are enlisting help from the 26 members who have said they would like to be involved in CS/SJ, either by their skills and interest survey or by other contacts. We all know sources and experts that can help share their knowledge. If you are among those that have expressed an interest in Community Service and/or Social Justice and have not heard from Lorie, Eve, or Thea, please give them a call and ask: “What can I do to help?”

Also, all CS/SJ’s are asked to mark your calendars for August 26th after the Sunday service when we will gather to share what we have learned. We will then decide how best to present our knowledge to the congregation in early November so the members can select the top three.

For the Well-Dressed UU

by Shirley Kinney

Feeling slightly underdressed at UUFR-VA picnics and gatherings?

For the first lucky person to contact us, there is a gorgeous brand-new red t-shirt, with the UUFR-VA chalice and the letters “UUFR” on the front. Size is a woman’s medium. Cost is \$12.

The first person to contact me with \$12 in hand is the lucky owner.

Want a shirt in another color? We can do that, too. It will be embroidered with the “UUFR” words and chalice. Extra-large shirts are \$2 more. Sweatshirts are \$17, golf shirts are \$18.

Exploring the Library

by Shirley Kinney

Our UU religion has its first roots in the Gnostic faith. “Gnosis” means knowledge. Our UUFR-VA library now has Tobias Churton’s book, The Gnostics, exploring the history of this belief. As a mystical alternative tradition within Christianity, Gnosticism suffered the hostility of the official church. This book begins with the “Gnostic Gospels,” buried at Nag Hammadi, Egypt, in the fourth century and travels through two millennia, particularly examining the Cathars, a heresy so appalling to the Church that it founded the Inquisition specifically to crush it.

But fire and sword could not kill Gnostic ideas. They are a persistent and persuasive part of both our art and our pop culture — from the poet William Blake to John Lennon.

The Gnostics is currently on the bookshelves in the foyer. Check it out!

A Bright Saturday Night!



Performing at the Fellowship on Saturday evening, June 30th at 7:00 P.M., and providing our Sunday, July 1st service, Stacy Earle and Mark Stuart serve up entertaining and insightful acoustic guitar interplay and story-telling.

Nutshell UU History: Mary Wollstonecraft (1759-1797)

by Kathy Duhon

Mary was only 38 years old when she died, but she had already done much. An English-Irish feminist, author, and educator, she wrote Vindication of the Rights of Women, the first written work on feminism, in 1792. She was a British Unitarian. Her famous daughter, Mary Shelley, wife of Percy Bysshe Shelley, wrote *Frankenstein*.

Mary Wollstonecraft wrote:

“Nothing, I am sure, call forth the faculties so much as the being obliged to struggle in the world.”

“Virtue can only flourish amongst equals.”

“We reason deeply when we forcibly feel.”

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 23: *State of Wonder* by Ann Patchett

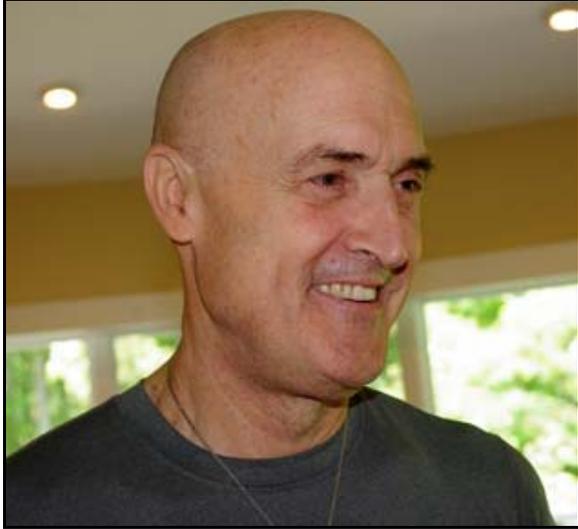
August 27: *In the Garden of Beasts* by Erik Larson

September 24: *The Madonnas of Leningrad* by Debra Dean

October 22: *The Cat’s Table* by Michael Ondaatje

This year’s “Big Book” choice is *Wise Blood* by Flannery O’Connor. Details about our evening dinner and discussion will be forthcoming.

We’re always looking for noteworthy books to discuss, so if you have a recommendation, please contact **Elaine Weekley**



Who's Who in UU: Hank Stupi

by Eve Jordan

Telling the story of Hank involves also telling the story of Nancy Ruiz, his beautiful wife. They had been married seventeen years when Hank was diagnosed with cancer; neither of them could have imagined the changes this would bring to them. With this kind of diagnosis, dramatic change is inevitable, but Hank changed totally — 180 degrees, to use Nancy's term.

Hank is clearly the love of Nancy's life — and vice versa. In their years together, Nancy had hoped that Hank would go to church with her, but it did not happen. He could be difficult to live with, rather narrow in his views, and not very accessible. That was about to change.

With his illness, Hank was on meds for pain and became part of a clinical trial that had very bad side effects. He had three psychotic breaks and was involuntarily committed to a facility where he says he was extremely lucky to recover. He believes that without Nancy's unceasing caring he may not have come out without serious mental illness. He came home after eleven days in a psych ward and felt like he was brain-damaged — he couldn't even drive a car! Recovery took a long time. He had a year of self-reflection, searching for meaning, spiritual nourishment, and

emotional growth. Hank survived and thrived because of the loving patience of Nancy, who watched him constantly. He was the one who got the attention, and the one who needed the attention, and Nancy witnessed her husband change. She had to adjust to the new man, the new Hank.

He began attending church with her, the tiny Methodist Church close to their home. For a year he read and thought about what he read, and questioned, and struggled with the liberal interpretation of the Bible that this congregation offered. He left this church very conflicted, partly because this was Nancy's dream come true, and partly because this was not the answer he was seeking. He knew there must be something else, so ... he Googled comparative religions, going all the way through the alphabet until he came to Unitarian Universalism. He liked the concept of this Spiritual Practice — no dogma. The group met in White Stone, which is about twenty minutes from his home. His first service at UUFR-VA was March 2009. The speaker was the former pastor at the Williamsburg UU — and he was hooked. Nancy came to services, but knew it was not part of her spiritual journey. She was delighted that Hank found what he needed.

Hank played the guitar at home, but never in public. He used to sing around the house, but never in public. He was asked to be the service leader one Sunday, a day when Shirley Kinney was unable to provide piano accompaniment. From somewhere, he found the courage to volunteer his guitar accompaniment — and Pandora was out of the box! Hank has subsequently become the UUFR-VA Music Coordinator, and shares responsibilities for Circle of Life with Fran Schelling, as well. The intimate "from the heart" discussions of the Circle of Life are something he had longed for and finds they contribute greatly to his spiritual growth. He is always smiling, singing, and playing the guitar. Hank is very much part of the fabric of the Fellowship.

Waldenstrom's Macroglobulinemia, a very rare form of Non-Hodgkin's lymphoma, is treatable but not yet curable. Hank recently saw a specialist in Boston at the Dana Farber Cancer Institute; his current medications may be losing some effectiveness. He is part of an online group of individuals who share the cancer diagnosis, and he feels his ability to

help others is very important in his life. So, when Nancy says she is still getting used to the Hank who has evolved from the initial painful experience of psychosis and cancer, she sees a husband and father who can stand in front of the UUFR-VA on Father's Day and sing a deeply emotional duet with his son.

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



K-PAX

PG-13 • 120 MINUTES • FROM 2001 • UUFR SANCTUARY
FRIDAY, JULY 20TH • DOORS CLOSE AT 7:15 P.M.

Prot is a patient at a mental hospital who claims to be from a far away Planet. His psychiatrist tries to help him, only to begin to doubt his own explanations.

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 FACILITATION OF FUTURE
 UUFR MULTIMEDIA EVENTS**

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<http://www.uufrappahannock.org>
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 Bob Prescott, Webmaster

Newsletter

Deadline for articles: 20th of the month
 Bob Prescott, Editor (editor@uufrappahannock.org)