

THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

September 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

September 2

Mark Favazza: "A Passionate Life:
Campfire Wisdom, Simple Abundance,
and a Fierce Peace"

9:30 Meditation: **Diana Jamison**

Mark's talk includes readings of three poems:
one by William Wordsworth, "The World Is
Too Much With Us;" one by William Butler
Yeats, "The Lake Isle at Innisfree;" and one
by Tao Te Ching – Loatzu, "The Supreme
Good Is Like Water."

September 9

Shirley Kinney: "The Best Medicine"

9:30 Meditation: **Pam Collins**

Laughter is a vital ingredient for each day's well-
being. Shirley will add some laughter to your day
and discuss some of the reasons we joke about
religion.

September 16

Rev. Kathy Duhon: "The Three Most
Important Words for the Ten High Holy
Days"

9:30 Meditation: **Diana Jamison**

As we enter the High Holy Days of Judaism, also
known as the Days of Atonement, we turn to
three of the most important words for these
days, and for all of our days. "I forgive you."
We honor Rosh Hashanah as we explore the

myriad, complicated and, indeed, awesome ways
of forgiveness.

September 23

Bob Rosenwald: "Julius Rosenwald"

9:30 Meditation: **Bob Weekley**

Bob will discuss Mr. Rosenwald, who he was and
his role in spearheading the construction of some
5000 public schools for African-Americans in 15
southeastern states from 1912 through 1932; the
national Rosenwald School Program, its origins,
scope, and organization; and the program in
Virginia, focusing on the Northern Neck and the
Julius Rosenwald High School in Reedville. A
history of Julius Rosenwald High School will be
presented, along with past and current efforts to
acquire, restore, and reuse the school.

The Annual Picnic will follow the service.

September 30

Rev. Andrew Millard: "The Wolf You
Feed"

9:30 Meditation: **Diana Jamison**

The topic refers to the ability of the brain to
change in response to environmental inputs.
Far from being unchanging after childhood,
neuroscientists are discovering that the brain
is not only affected by stroke and addiction,
but actively "rewired" by physical activities
and emotional habits, including meditation.
When it comes to fear or gratitude, what we
choose is what we are!

President's Corner

by **Bob Weekley**

We are back from an extended – and rewarding – vacation. Elaine and I look forward to sharing more about the wonderful lands and peoples we visited in Mongolia and Russian Siberia. But I must say, it is good to be safely home and back with our UUFR-VA friends. Each Sunday during our travels I thought (twelve time zones ahead) of the morning gathering at the UU Fellowship of the Rappahannock.

I have visited many UU churches and fellowships and always conclude that ours is special in many ways. A central feature of what has drawn people to attend and join has been our commitment to providing Sunday morning services that are, in varying ways from week to week, inspirational, informative, and relevant. We have been treated to an eclectic mix of themes that challenge us to think and reason critically in a world that still seems to hum with hype, speculation, and superstition.

These varied and inspirational programs, fifty-two weeks each year, do not just happen, of course. Your Program Committee, led by Shirley Kinney, makes it happen. This requires months of advance planning, many phone calls and emails financial arrangements, and careful follow-up. Others who complement the speaker in each service – the service leader for the day, Hank Stupi who coordinates the music each Sunday, and members of the Membership Committee who assist in making the service go smoothly by greeting, ushering, and coordinating refreshments – all of these people work together to create the Sunday morning experience that means so much to us.

The Program Committee has circulated a questionnaire to gather your feedback and your ideas for maintaining and improving our services. The questions are intentionally

open-ended so that you can share your thoughts, not just check the blocks. The Program Committee will carefully review your input. If you need a copy, let us know. If you have completed and sent it, thank you. But please, show you care and do the survey. We want to hear from all.

— *Bob Weekley*

Annual UUFR-VA Picnic

Our Annual Picnic on the River will be held at Roger and Liz Failmezger's on the Rappahannock, on Sunday, September 23, immediately after the Sunday service. Bring a chair and something to drink, along with one of your delicious dishes to share. Everyone is invited to join in the fellowship and fun.

Circle of Life

by **Hank Stupi**

The Circle of Life will meet at 7:00 P.M. on Tuesday, September 4th, at our UU Home. Nancy Stupi will be facilitating the meeting. The topic is "7 Ways to Live in the Moment: Discover Peace of Mind by Focusing on the Here and Now. It's easier than you think!" All are welcome. Please contact Fran Schelling or me for more information.

Phood and Philosophy

Elaine and Bob Weekley will host Phood and Philosophy, our monthly potluck and discussion, in their home on **Saturday, September 8th**, at **5:30 P.M.**

All are invited for an evening of food, friendship, and finding answers to life's great questions. Just bring a dish to share, your preferred beverage, and openness to sharing what you have learned in life – so far.

The topic, “New Adventures, New Risks, New You,” is the title of a recent article by Ken Budd. He contends “busting out of your comfort zone can make you healthier and happier.” Budd states “boredom kills” and “discomfort leads to happiness.” Do you relate to these ideas? Have you had experiences that validate (or invalidate) these assertions? Come and join us for the fun of exploring these ideas.

Please RSVP to Elaine or Bob.

Nutshell UU History: The Peabody Sisters (1804-1894, 1806-1887, 1809-1871)

by Rev. Kathy Duhon

As school begins again, we remember the amazing Peabody sisters, who were involved with education and art, and were Unitarians. Elizabeth, Mary, and Sophia were educated at a small private school by their mother. Elizabeth Peabody, the oldest, was a teacher who used innovative methods and founded the first American kindergarten. She was a Transcendentalist, the secretary for Unitarian founder William Ellery Channing, an author, and the first female publisher in Boston.

Her younger sister, Mary, married Horace Mann, the extremely important educator who systematized the first public schools in America, leading the first state board of education. He was a lawyer whom many

assumed would go into politics, but we can only wonder if Mary influenced him to stay with education reform.

The youngest, Sophia, married Nathaniel Hawthorne. She was an author as well, and an artist whose specialties were sculpture and illustration. When Nathaniel was a new writer, his sister-in-law, Elizabeth Peabody, published three of his earliest books.

Wouldn't it be great to know more about how the Peabody family managed to encourage such creative, confident, productive people? The Peabody sisters are a true inspiration.

Socrates Café

by Dave Rowden

The next Socrates Cafe will be held at UUFR-VA on Thursday, September 20th, at 7:00 P.M. The topic will be: “Your opinion on the current political campaigns for President and Congress — where are we headed?” Mark your calendars and join us for what will be a very interesting evening of conversation — in which everyone gets to state their opinion. All opinions have equal value and, most importantly, there is no interrupting and no yelling. We can all look forward to an evening of stimulating civil discourse.

Feel free to invite friends who you think might be interested in the topic. Socrates Cafes are open to everyone, and we encourage as much diversity in viewpoints as possible.

It's Time to Retreat

by Shirley Kinney

Our upcoming UUFR-VA Fall Retreat is in Virginia Beach this year — back by popular demand — from October 7th through 9th.

Now is the time to make your reservations! Please join us as we put on the masks of our emotions and explore our thoughts.

Add your name to the list on the Sharing Table in the foyer, so we can better plan. But, you must also call the Seaside Motel in Virginia Beach at 800-348-7263 to make your own reservations. A one-night deposit will be required at that time.

The Seaside Motel is a small but nice place on the beach that has an enclosed atrium garden in the center — for us to congregate — and a wonderful oceanfront sundeck for evening meditation and star gazing. There's an indoor swimming pool and a café as well. Rooms are \$66 per room per night. Split the cost with a roommate. Oceanfront rooms have slightly higher rates. Sorry, but no pets are allowed. When making your reservation, please mention that you are with UUFR-VA. Parking is limited, so carpooling is recommended (as well as being more fun!).

Plan to check-in at the Seaside on Sunday afternoon, October 7th, in time to join the group for a glass of wine and nibbles, before dinner at a nearby restaurant. Please bring a bottle or two of wine or soft drink as well as a few hors d'oeuvres to share for both Sunday and Monday evenings. Or, chip in a few dollars and it will be provided for you. It might also be helpful to bring a beach chair.

We have planned some creative, fun, thought-provoking activities for Monday and Tuesday, and have left plenty of time for you to walk along the amazing ocean beach, collect shells, people-watch, and soul search — even time for a nap on the sands. For more adventurous souls, the nearby Edgar Cayce Center offers an intriguing look into the life and mind of a psychic.

Check-out time is Tuesday at 11:00 A.M., then a final lunch together in nearby restaurants and perhaps a last walk on the shore.

Talk to Pirkko or me for more information.

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 24: *The Madonnas of Leningrad* by Debra Dean

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

November 26: *Swamplandia* by Karen Russell

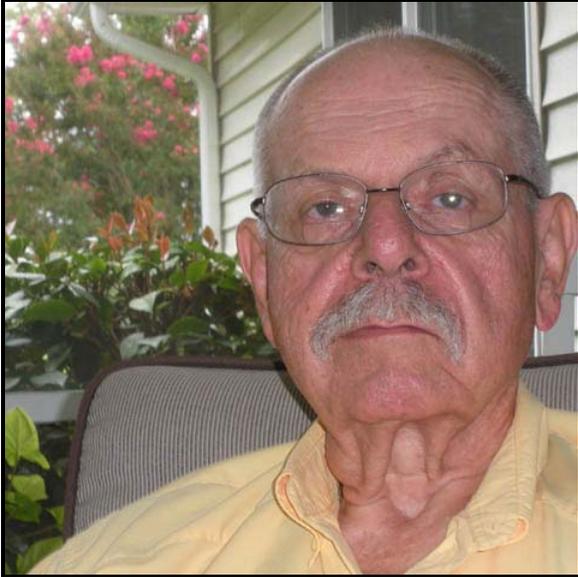
December: No meeting

Our annual "Big Book" dinner and discussion will be at 5:45 P.M. on Wednesday, September 12, at Indian Creek Yacht and Country Club. This year's book is *Wise Blood* by Flannery O'Connor. Please plan to join us and let Elaine know you're coming.

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

Sunday Morning Meditation

Have you tried it? It may be the best half-hour investment of your time all week. Join us on Sundays, from 9:30 A.M. to 10:00 A.M.



Who's Who in UU: Dave Rowden

by Eve Jordan

David W. Rowden, Ph.D., is really one of us ... Dave's is the voice that is heard from the back of the room, whose thoughts are well-reasoned and well-respected. He has a serious resume that includes his 30 years as a medical behavioral scientist. This amazing man came from an ordinary family — that is, his mother was a homemaker/secretary and had no particular ambitions for her son; his father was perhaps the deal-maker. Instead of reading bedtime stories, Dad read *Time* or the local newspapers, among other adult publications, to his son, and thus began a lifelong interest in reading for information. As a high school student, Dave's parents sent him to St. Andrews Boarding School in Tennessee, where he got an intellectual head start. Taught by monks, who were intellectually flexible, Dave received a standard education with no frills — it was science, math, English, history, and, of course, sacred studies. It was in high school that he had one of the many intellectual happenstance moments that helped chart his path. Dave was writing a history paper on the Mexican War of 1848. He researched it using the closed stacks of the nearby University of the

South. In doing so, he was able to use references dated no later than 1853. Thus, his research had not undergone the massage of many hands, but was the original version of events. Intellectually, this was profound.

Upon graduation, Dave returned home to Texas and began his college education at Texas Christian University, where he met and married Marge, his partner of 47 years. With double majors in psychology and sociology, Dave had another serendipitous moment: the Sociology Department at Texas Christian had a fellowship available for the study of medical sociology in the Department of Psychiatry at Southern Medical School. His double major made him an ideal candidate for this fellowship. He took it. Upon completion of his Master's degree, he received a National Institute of Mental Health traineeship to pursue his Ph.D. in Medical Behavioral Science in the Department of Behavioral Science at the University of Kentucky Medical School. After receiving his Ph.D. in 1973, Dave accepted a faculty position at the University of Texas Medical Branch in Galveston, Texas, in the Department of Preventive Medicine and Community Health, with cross appointments in Psychiatry and Family Practice. He was also appointed to the faculty of the Graduate School of Biomedical Sciences. Dave's faculty duties included teaching courses in the scientific method, philosophy of science, research design and biostatistics, costs organization and financing of health care, epidemiology, and health behavior and patient interviewing. (Yipes!)

Volunteering in the community, Dave also served on the screening committee of a Methadone maintenance program, and was Chairman of St. Vincent's House, which served the low-income residents of Galveston. St. Vincent's House provided a Free Clinic, Free Legal Aid, Methadone maintenance, a food co-op, an alternative school program for at-risk youth, and other services, staffed by Vista Volunteers and volunteers from the medical school. His work with St. Vincent's

House was one of the highlights of Dave's career.

In 1976, he received an Association of Teachers of Preventive Medicine Fellowship in the Department of Preventive and Social Medicine at Harvard Medical School — where he studied curriculum design and applied medical research. This experience convinced Dave to leave teaching and concentrate his efforts on the application of new and emerging technologies to applied research programs in health behavior and public health. This revelation brought him to the Washington, D.C., area, where he spent the remainder of his career in government consulting.

Dave has worked across a wide array of areas. He has worked in applied research for multiple institutes within the National Institutes of Health, Public Health Service, Health and Human Services, FDA, Department of Education, U.S. Army, Social Security Administration and many others. He invested his time and considerable talent to include Head Start, where one of his responsibilities was to make sense of the myriad of data sources that inundate Head Start programs. Dave was team leader for the evaluation of HIV outreach programs as a mechanism to identify and promote early treatment. He was also Project Director and Senior Scientist for the National Clearinghouse for Alcohol and Drug Information. He served as Deputy Project Manager for the National High Blood Pressure Education Program, and he directed numerous projects in the life and behavioral sciences, including a case control study of low-birth-weight infants in the District of Columbia, and an HIV prevalence study of 15,000 intravenous drug users in five cities. His work has touched on most major health issues of the last 30 years.

Before retiring to the Northern Neck, Dave's final position was Chief Knowledge Officer for Caliber Associates. This position was a

perfect fit for the culmination of the intellectual pursuits of his career. He was responsible for integrating all of the information and knowledge across six divisions of the company into a single knowledge base accessible by every division and every employee — including establishing mechanisms to maximize information sharing among all the employees. This integrated knowledge system included not only all of the recorded information available since inception of the company, but also the employees' institutional knowledge. For those of you who know Dave, you will know why this was his favorite endeavor.

Since joining the UUFR-VA, Dave has designed and produced the Sunday Program Covers, served on the Vision and Planning Committee, helped write the Vision Statement, and helped organize two retreats for the Fellowship. He brought to UUFR-VA the electronic forum and the Socrates Cafes, both of which invite critical thinking for all who participate. Oh! And, in his leisure time, Dave enjoys studying quantum entanglement.

Community Services Announcement

The Interfaith Warehouse continues to need “gently used” items; such as, furniture, mattresses, bedsprings, bed frames, appliances, kitchen items, linens, and more. Donations may be delivered to 1086 Harris Road, Kilmarnock, on Monday, Wednesday, and Saturday from 10:00 A.M. to 12:00 P.M. For pick-up of large items call 804-435-6050.

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



CITY ISLAND

PG-13 • 104 MINUTES • FROM 2009 • UUFR SANCTUARY
FRIDAY, SEPT 21ST • DOORS CLOSE AT 7:15 P.M.

The Rizzos, a family who doesn't share their habits, aspirations, and careers with one another, find their delicate web of lies disturbed by the arrival of a young ex-con brought home by Vince (Andy Garcia), the patriarch of the family, who is a corrections officer in real life, and a hopeful actor in private.

BYO SNACK & DRINK
FREE * DONATIONS APPLIED
TOWARD THE FUNDING &
FACILITATION OF FUTURE
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Newsletter

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