



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

December 2012

Fellowship Services

Fellowship services are held each **Sunday** at **10:30 A.M.** at 366 James Wharf Road, White Stone, VA.
Meditation is held each Sunday from 9:30 A.M. to 10:00 A.M. in the sanctuary.
All are welcome. Coffee and conversation follow the service.

Sunday Programs

December 2

Hank Stupi: Life's Big Questions

On Oprah Winfrey's Super Soul Sunday programs, she often ends her interviews with some of the world's most influential spiritual teachers with some of life's big questions — "What is the difference between religion and spirituality?", "What is the soul?", "What is your definition of God?", "What do you think happens when you die?", "What do you know for sure?" Some of our members have volunteered to share their views on these questions at the UUFV-VA, a caring community where each person's individual spiritual growth is encouraged. Don't miss what should be some interesting discussions.

December 9

Board of Stewards: Imagining Our Future in 2022

Will we add to our facilities to include multi-use space for our increasing range of activities and to accommodate the children we want to attract? Will we have a part-time minister to professionally guide us in expanding our potential and to raise our influence in our community? Will we continue to attract new members, new leaders, to enable us to achieve

our aspirations in the area of community service and social justice? This will be an important opportunity to talk about our future. After the service a short annual members' meeting will be held.

December 16

Hank Stupi: Musical Fellowship

Hank Stupi, our music coordinator, will once again be joined by a number of members and friends of our Fellowship. He will provide guitar accompaniment for their solos and will perform some duets as well. The songs are, for the most part, popular hits with which the listener will likely be familiar. Expect a good deal of variety and some fun as Hank and his friends showcase their musical gifts.

The Annual Holiday Party will follow the service.

December 23

Don and Lorie Lowrey: A Casual and Jolly Time

Don and Lorie, with Hank Stupi, will lead a casual, jolly service. Please bring something "snacky" to share — even a left-over. Your choice entirely!

December 30

Margaret Sequeira: Ends and Beginnings

The poet T.S. Eliot tells us “... to make an end is to make a beginning.” As we come to the end of 2012, what is ending for us both individually and collectively? What are we invited to let go of at the end of this calendar year? What is beginning? What is growing within us? What is growing within our communities? How are we invited to see with new eyes? Let us explore together endings and beginnings and the connection between the two.

President's Corner

by Guest Writer, Shirley Kinney

It is a joy and an honor to be a part of this wonderful Fellowship. Each month I try to share something from my heart. This month I invited a dedicated member and doer, Shirley Kinney, to share in this column what is in her heart. Here it is.

— *Bob*

I love all you guys. You're my family. I love this congregation and all it stands for, here, in the Northern Neck. When I found this group of people, I knew I had come home. I'm where I'm supposed to be.

I want us as a group to remain strong and alive and interested in continuing to strengthen our presence in the communities we live in. But to do that, we need to remember who we are.

We say nearly every Sunday that we are a caring community and a lay-led group. I want to really stress that lay-led and caring part. Each one of us is a part of that lay-led. That doesn't mean somebody else will always do the lay-leading for me. Just bringing cookies and handing out bulletins is not lay-leading. It means each one of us needs to agree to take

our turn at serving in some sort of position of responsibility.

Every single person on our Board would love to spend their time canoeing or boating or whatever on that one day a month when we have Board meetings. But they don't.

They have agreed to take their turn at the leadership meetings. They may not feel like leaders. They may not like meetings. But, still, they take their turn on the Board.

Isn't it *your* turn to do that? Isn't it *your* turn to help keep UUFR-VA strong?

And, what about Sunday services?

Every year, the same group of people put aside their nervousness, put aside their doubts, and they put on a good Sunday service.

It's time for you to take your turn.

When someone on the Program Committee asks you to speak next year — say “Yes!” Don't think about why you don't want to. That's really not the issue here. Just say you will take your turn.

When someone asks you to serve on the Board as Membership Chair, or as President, or as whatever, don't think: “Ooh, I'm not a leader. Oh, I don't like meetings.”

And, definitely don't think: “I don't want to take the time.” That's essentially saying you want to take someone else's time to do that job for you. That's not what family does. It's time for you to take your turn.

— *Shirley*

UU Womenspirit

Womenspirit was created to enhance the religious and spiritual development of women of the Unitarian Universalist community. The latest issue of their newsletter, *She Speaks*, is now available online. If interested, download [Samhain 2012](#) from the website: <http://uuwomenspirit.org/>.

Our Holiday Party!

Our annual Christmas holiday party is again at the home of Tom and Shirley Kinney. It'll be right after the Sunday service on December 16th. Bring a dish to share and maybe a bottle of wine and join the holiday cheer. This year, bring your singing voices as well, along with your guitars, cellos, harmonicas, or whatever, and we'll have a sing-out after we eat. What better way to burn off those calories!

Potluck Schedule Change for 2013

by Membership and Program Committees

Maybe it's time for a little change! Beginning in January, our Membership and Program Committees would like to introduce a new and improved potluck idea — and we're going to call it **The Special Occasion Potluck**. Instead of having our potluck on the third Sunday of every month, we'll have our potluck on special occasions, like Thanksgiving Sunday or Easter Sunday or Veterans' Day Sunday, for example. We will announce these potlucks well in advance so you can be sure to attend. Watch your newsletter and Sunday bulletin for dates.

Imagining Our Future In 2022

Learn More on Sunday Morning,

December 9th

by Bob Weekley

Our UU Fellowship of the Rappahannock has come a long way since it was chartered in June 1999. Its remarkable growth and development has been the result of the vision, work, and the financial support of its members.

In 2011, members and friends exchanged their views about the kind of future we want, culminating in the all-day Common Ground Workshop in November. Your Board took your ideas from that workshop to their May 2012 leadership retreat and built a five-year plan around your hopes for the future. Now, it is time to lay out a definite path to that future.

Our Sunday service on December 9th will be dedicated to exploring how we get on that path — Imagining Our Future in 2022.

Will we add to our facilities to include multi-use space for our increasing range of activities and to accommodate the children we want to attract? Will we have a part-time minister to professionally guide us in expanding our potential and to raise our influence in our community? Will we continue to attract new members, new leaders, to enable us to achieve our aspirations in the area of community service and social justice?

This will be an important opportunity to talk about our future.

Please come to this special service to learn more about the new five-year plan so you can share your views and passions. At the close of the service, we will hold the annual congregational meeting — including the election of new officers.

\$ Talk

by Tom Kinney

Every once in a while we need a short conversation with you about money. Our Board puts decisions on significant expenditures, not critical for our week-to-week operations, to the membership for a vote. That is our "Project List." You vote with your checkbook. If you favor the project, drop a check in the Sunday offering or mail a check to Treasurer Lynn Langley for \$5, \$20, or whatever amount you wish for each of the projects you support. But, make sure it is marked for that particular project so your vote is properly recorded. If you don't vote for a particular project, presumably you don't want the project to go forward.

Project status is posted weekly in the foyer. The current four projects are: lighting and wall hangers for the Gallery Hall; the Gathering Deck to relieve foyer congestion; a stainless Handicapped Railing up the entrance slope to support those who need help; and a Helping Hand Fund for members with an emergency financial crisis. If you support any of these projects, please let us hear from you via your checks before the end of this year.

If it's possible that you support one or more of these projects but for some reason don't want to contribute funds, please let Lynn or me know so your lack of a check is not understood as a vote in opposition to the project. Thanks.

Deck The Hall Time!

by Shirley Kinney

It's time to decorate our UUFR-VA holiday tree. Wednesday, December 5th, 2:00 P.M., we'll be putting up the tree, stringing the lights, and hanging the ornaments on our special tree. The ornaments have all been made by our "Imagine That!" art group and reflect a UU love of nature. The more help, the merrier, so please join us in this holiday tradition.

Nutshell UU History: Fannie Farmer (1857-1915)

by Kathy Duhon

This must be the month when cookbooks are used more often than any other time, and so we honor a Unitarian cookbook writer of fame and importance, Fannie Farmer. In 1896, *The Boston Cooking School Cook Book* was the first to use uniform measurements. Her school was the first designed to educate housewives instead of chefs.

Fannie Farmer had a degree as a nutritionist, and was the first professional nutritionist to lecture at Harvard Medical School. In fact, many decades ahead of her time, she discussed the importance of diet in the recovery from disease.

Fannie Farmer is a "sweet" reminder that food can be an art and a science, as well as a joy.

*Holy is the true light and passing wonderful,
which is the radiance within of reverent love.
May it shine forth in our darkness ever
stronger and brighter, and lead us and all
people into the way of peace.
—author unknown*

Circle of Life

The Circle of Life for December will meet at its normal time in our building from 7:00 P.M. to 9:00 P.M. on Tuesday, December 4th. The topic will be: "Let Go of Your Expectations."

Due to the New Year's Day holiday, the Circle of Life for January will meet in our building from 7:00 P.M. to 9:00 P.M. on Thursday, January 3rd. The topic will be announced at a later date.

Please contact **Hank Stupi** or **Fran Schelling** for more information.

Friday Night at the Movies

by Devi Herrsche

There will be no Friday Night at the Movies in December. Volunteer(s) are needed for January.

I will be out of town for the next six months or so. During my sabbatical, I will not be available to host Friday Night at the Movies (on the third Friday of each month).

UUFR-VA has its own projector, sound system, and pull-down screen (window shade). What is lacking is someone to rearrange tables and chairs and put out popcorn, water, and the donation basket — and, possibly, another person to select a movie for the month and bring the DVD to be shown on their laptop.

Once a member selects a movie, he or she can let me know what it is by email. I will design the flyer according to the template I have used from the beginning, and return it in a pdf format for printing, displaying on the bulletin board, and submitting to Bob Prescott for inclusion in *The Chalice*. Whoever selects the movie (people can take turns) in any given month would also want to send an email reminder on the Monday before the Friday showing via Bob Prescott, Webmaster.

Bob Weekley said this about Friday Night at the Movies: “I think it has been beneficial and stimulating for those who have attended and has been a boost to the UUFR-VA.”

I, myself, have enjoyed the process immensely, and truly hope that others can substitute for me while I'm away. Don't hesitate to email me with questions. To volunteer, please speak with Bob Weekley, Tom Kinney, or Diana Jamison; each is a Board member who has attended movie nights and can share their insights.

All my best,
Devi

The Votes Are In — Almost

by Tom Kinney

Thank you all for the great support of the Community Service/Social Justice Niche selection process. With less than 10 ballots yet to be cast at press time, and the polls within days of closing, the leading niches are to address generational poverty through (1) pre-school and early socialization, (2) good nutrition and absence of hunger, or (3) broadening the worldview of youngsters and encouraging them to aspire to success. A full report will be included in the January issue of *The Chalice*.

The next step is for the CS/SJ team to research the top two or three areas focusing upon why shortfalls exist in our four-county community and a general sense of what can be done about them to make a permanent change for the better. With this added knowledge, the Fellowship will be asked to make a final selection leading to an action plan that may receive your support.

If you have not voted because you misplaced your ballot, please let me know so you can be provided with another. In a much earlier Vision and Planning survey, we had 102% participation (more responses than members). Let's see if we can do that again, so we have heard from everyone plus a few friends of the Fellowship.

Morning Meditation

You may have noticed the omission of meditation notices on *The Chalice's* Sunday Services page. Well, fear not, UUFR-VA continues to routinely host Morning Meditation on Sundays from 9:30 A.M. — 10:00 A.M. The meditation period has been a great addition to encouraging spiritual practice. Join us!

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:

December: No meeting

January 28: *Scorched Earth* by David L. Robbins

February 25: *Little Bee* by Chris Cleave

March 22: *Greenlanders* by Jane Smiley

If you have a recommendation for a noteworthy book to discuss, please call **Elaine Weekley**.

UUFRR-VA Members and Friends Invited to Jamison-VanDenburgh Art Class

Painting with the Grid Evening Workshop

On December 4, 5, and 6 from 6:00 P.M. to 9:00 P.M., Charles VanDenburgh and Diana Jamison will conduct a workshop at the Rappahannock Art League Gallery.

Break free from your mindset of how to paint an image. This three-evening workshop will approach oil painting using a simple and time-tested grid technique that enables even beginning painters to produce an outstanding work by reducing the scene to "bite-sized" easy-to-paint abstract images. The final effect will surprise you. And it's lots of fun!

All skill levels and acrylic painters are welcome. Snacks will be provided. Please bring your own beverage. A supply list is available. Cost: \$90 for RAL members/\$95 for non-members.

Board of Stewards

Bob Weekley, President
Bill Gimpel, Vice President
Lynn Langley, Treasurer
Kathy Duhon, Secretary

Web Site

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

Tom Kinney, Past President
Shirley Kinney, Program Chair
Janet Hemming and Marge Rowden,
Membership Co-Chairs

Newsletter

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