



THE CHALICE

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

February 2013

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

February 3

Sara Mackey: Digging In, Reaching Out Revisited

In 2007, Sara Mackey spoke at our groundbreaking ceremony. Sara returns to that message and reflects on it in light of the progress UU Fellowship of the Rappahannock has made so far. Join us for reminiscing and envisioning the future

*** UU For Kids ***

February 17

Donna Sequeira: Paradox: A Southern Experience of God

The Southern experience includes the legacy of slavery and the civil rights movement. Through the use of personal story, hard history and theological pilgrimage, Donna Sequeira will explore how God might be experienced in this paradoxical Southern lineage and what the implications might be for those of us choosing to live in the South.

February 10

David Duhon: Creativity

David Duhon, on cello, will be joined by his musical partner, singer/songwriter Marjie Sabo. They will be looking at creativity, using the specific example of music composition and song writing. David has asked the same two questions of about 25 folks, with regard to how they write/create music. The first question is: What personal aspect is the engine of your creativity? The second is: How has this act of creativity affected other aspects of your life--so you think differently, have different sorts of relationships, see the world in a different way. Is your body chemistry or internal wiring different? David and Marjie will play some of Marjie's songs, with David on cello and Margie on keyboard or guitar.

February 24

Dr. David Rowden: The Ethical Principles and Spiritual Resources That Guide Our Behavior

Unitarian Universalists are guided by our agreed on Seven Principles and Six Sources. Dr. Rowden will talk about which of these guides have been most important in guiding him as a Unitarian Universalist and as an active member of the Society of Friends (Quakers). His talk will serve as foundation for those in attendance to share their favorite principles and sources for living a just and productive life. Join us for short presentation followed by a lively, thoughtful discussion.

President's Corner

by Bob Weekley

“What moves you? I mean what really touches you at the very core of your being?” When Rev. Peter Morales, President of the UU Association of Congregations, asked those questions in an article about giving, I started looking at *giving* in a different way.

His experience as a minister led him to the view that each of us has a ministry, and that we all have a ministry together. It is why we join together in this Fellowship and it is why the Fellowship thrives. Each of us needs to find that ministry and act on it in order to be whole.

“We usually think of our needs in terms of things we want to receive from others – nurture, respect, understanding, love, support. ... Yet,” according to Rev. Peter, “we also need to give. We need to give of ourselves. One of the great lessons of all religious traditions is that we only find ourselves when we lose ourselves in service to something that transcends us.”

A person may join a congregation because she or he feels a need to nurture his or her spirit. Yet, one of the greatest needs people bring is the need to give of themselves.

I have found myself wanting to give, enjoying putting my shoulder to the task, but I never looked at it in terms of my *needing* to give. Yet, as I look around our UU Fellowship I see so many examples that illustrate Rev. Morales' point.

People step up to take on the task at hand, whether it is leading a committee, or encouraging someone who needs a helping hand, or deciding to organize a luncheon, or beautifying our grounds, or making sure we have the supplies we need, or collecting contributions for the Food Bank, or editing our newsletter, or arranging for our speakers, or setting up a movie night, or preparing and performing music, or bringing delicious tidbits

to share after services, ... I could go on and on. Our Caring Circles are the grassroots demonstration of how we thrive by giving.

Recognizing our *need* to give is truly a win – win proposition. It blesses and helps others and it blesses us when we give.

I love the quotation from Margaret Mead in our hymnals:

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it's the only thing that ever has.

— **Bob**

Phood and Philosophy

Sue and Bob Adriance, along with **Barbara and Vernon Haynes** will host Phood and Philosophy, our monthly potluck and discussion, in our UU Fellowship Hall on **Saturday, February 9th, 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: **“7,058,000,000 and Counting!”** Bring your sense of inquiry and imagination to our discussion of World Population on February 9th. We will be using global, regional, and individual country information to assess how population trends are influencing our planet's development now and in the future.

Please contact **Barbara** so that we can be sure to set up enough tables and chairs.



Who's Who in UU: Elaine Weekley

by Eve Jordan

Now this is a gal you want on your side! Elaine and husband Bob have been a part of UUFR-VA for quite a long time. When they came to the Northern Neck a number of years ago, this was one of the first places they connected with. Elaine jumped in right away and was part of the Membership and Community Service Committees, edited the newsletter, and was Secretary on the Board of Stewards. She and Fran Schelling were the co-editors of the wildly popular *Phood and Philosophy* cookbook. They worked for about a year, but she said that the rewards to the Fellowship and the community—and to them—were worth the effort. The first printing netted \$6,000, all of which went to local charities. The second printing's profits provided the podium in the sanctuary. Currently, Elaine is on the Membership Committee and prepares the coffee on Sunday.

While “weekenders,” the Weekleys joined the Yankee Point Yacht Club. Elaine began playing bridge again and also joined the Rappahannock Garden Club. She enrolled in the Master Gardener program, but she

flunked out! The rules state a candidate can miss only two classes. Elaine had missed one already, but when the opportunity came to travel to Greece and miss the last two classes, she made the logical choice—and thus is a Master Gardener failure. With no shame! She still loves to travel!

Born in Louisville, KY, when Elaine was in fifth grade, her family moved to Elizabethtown, a small town much like Kilmarnock. She went to the University of Louisville on a scholarship, but she majored in **partying**, which was not part of the recognized curriculum! She then went to night school, while working full-time, and completed her BA in Psychology. She received another scholarship for her master's degree program and completed all the course work, but did not finish her thesis before she married and accompanied her husband to the U.S. Military Academy in NY. They eventually moved to Annandale, VA. Many years later, Elaine married Bob, also a West Pointer, and they began their happy years together with a three-year tour in Spain.

Always a “tomboy,” Elaine, along with other soccer moms in the Annandale/Fairfax area, decided they, too, would have fun playing. Barely enough of them to form four teams completed their first season, and from there they eventually grew the Fairfax Women's Soccer Association with about 500 players. Elaine began running in order to play midfield and continued after she “retired” from soccer. She has run three marathons and was a member of the Great Falls Hash House Harriers for many years.

Elaine spent a career as a federal employee working as a personnel specialist for the Army, Navy, Air Force, and Department of Defense. She began as a summer temp when she was 16 and continued to work for the government until November 1998. She and Bob bought their beautiful lot on Bell's Creek and built their house in two phases—first minimal for weekend use and after several

years completed the finished version. She moved in full-time after her retirement, with Bob coming on weekends until his retirement. When they began their search for a retirement home, they decided they would not move to Colorado (where Bob is from) or Kentucky (where Elaine is from)—and they agree they found a bit of paradise in the Northern Neck.

Elaine has two beautiful grown children: Dawne, mother of two and grandmother of one, with another coming soon; and her delightful son, “Curious” George, a writer for technical publications, whom a few of us met in December when he came to the UUFR-VA with Mom and Bob. In addition to the blessings of a wonderful family, Elaine considers friends—long-time and new—special gifts which she treasures immensely.

And Elaine is a gift to us in the Fellowship. Her love and caring is felt in many ways—her delightful cooking on any occasion that calls for something good to eat, her work with the Fellowship in a variety of ways, and her warm smiles and heartfelt greetings. She makes us feel glad to be in her company.

Circle of Life meets the first Tuesday of every month from 7:00 pm to 9:00 pm in our UU Fellowship Hall. On February 5 the topic will be “What I Believe.” Before we meet, please take about ten minutes to take the online quiz found at <http://www.selectsmart.com/RELIGION/> and see what your religion is according to that online tool. You don't have to sign up for an account to take the quiz, just start answering the questions. Both the questions in the quiz and your result should stimulate some interesting conversation. For more information, contact **Hank Stupi or Fran Schelling**.

2013 Choral Fest

This year's **Southeast District Choral Fest** will be hosted by the **Community Church of Chapel Hill**, 106 Purefoy Road, 27514, on April 13 and 14. There is a *very* modest registration fee of \$20/attendee. [Register here.](#)

A block of discounted rooms (\$69.95 + tax) has been reserved at the **Chapel Hill University Inn**, 1301 N. Fordham Blvd, 27514. Make your own reservation at 888-452-5765 (say you're part of "UU Southeast District Choir Festival.")

Singers are asked to obtain and to learn their music before gathering. Sheet music is available at a special Choral Festival rate from “[The Musical Source](#).” When checking out tell them you're with the UU Southeast District Choral Festival. For info, contact **Glenn Mehrbach**, music@c3huu.org

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:

February 25: *Little Bee* by Chris Cleave

March 25: *Greenlanders* by Jane Smiley

April 22: *Behind the Scenes at the Museum* by Kate Atkinson

May 27: *Troubles* by J.G. Farrell

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

Meditation Angst?

by Bob Weekley

“Meditation angst” may seem an oxymoron. But meditation angst may keep some people from reaching their human potential. Some have said to me that they believe meditation can be of great value but they just are not suited to it. “I can’t even sit quietly and turn inwardly for five minutes,” one of our members told me.

Meditation, a quiet reflective time when we focus inwardly, experiencing the *now* instead of our future tasks and past concerns, is a very natural act. But we have become so conditioned to a life of constant action and distraction that we may find it difficult to let go and return to that very natural state of just experiencing our *being*.

Meditation looks easy. Golf looks easy until you try to hit the ball straight the first time. Success in meditation comes with practice. I am a novice, but I find the more I practice the more rewarding it is.

Some of those who practice meditation at our Fellowship have also noted that they are more successful in the serene setting of our sanctuary where there are no distractions and where they are in the company of others in the same practice. Practicing alone at home often results in the distraction of being surrounded by things that need to be done, by telephone calls, or visitors.

A time of meditation is held at our UU Fellowship every Sunday from 9:30 AM to 10:00 AM. If you have “meditation angst,” try it for a few weeks. You might find that it adds a welcome new consciousness of mindfulness and peace to your busy life. Namaste.

Board of Stewards

Bob Weekley, President
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Web Site

<http://www.uufrappahannock.org>
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Newsletter

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