



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

April 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

April 7

Rev. Alane Cameron Miles: Memory Bridges

Memory Bridges is a concept in psychology, but it also works for spirituality. A memory bridge is simply when something that happened today reminds you of something that happened in the past. It is a common occurrence, but there are times when we can build memory bridges to promote healing, improve our outlook, or reframe our understanding of the world and our place in it. Rev. Cameron Miles will specifically be teaching a technique that can be used on the UUFV-VA labyrinth.

*** UU For Kids ***

amazing gifts of language. (Fear not, we will not labor over word-by-word translations, but rather, translate these words' meaningfulness for our lives.)

April 21

Patricia Owen: Connections

Recent articles point out the demographic of "nones" (those who have no affiliation with any religious community) is growing. The message of radical inclusion makes Unitarian Universalism particularly relevant to "nones." The question is: Are we ready to invite, welcome, and include everyone who visits our fellowships and congregations?

April 14

Rev. Kathy Duhon: Lost in Translation: Psalms of the Hebrew Writing

April is National Poetry Month, so we'll celebrate with biblical poetry — the Psalms. From reggae music to wisdom phrases to funeral readings, the psalms are everywhere in our culture, but do we really know them? The psalms are often lost to us, whether because of translation or ignorance. This is a chance to make friends with these

April 28

Tom Kinney: What, Me Worry? Cutting Your Anxiety Level in Half

Part of our brain is hard-wired toward anxiety — including fear of the future. And we know anxiety can seriously compromise our health, happiness, and our ability to get things done. Another part of our brain has evolved to counter this anxiety. Let's feed that part some good news!

President's Corner

by Bob Weekley

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

— Margaret Mead

This is one of my favorite quotations because first, it is a powerful truth, and second, it is happening here and all around us.

Only three years ago, our congregation agreed to what was then a bold step – starting down the path to become a “Welcoming Congregation,” a congregation that is intentionally inclusive and loving towards all people. Many churches across the country have been unwelcoming or even shunned our LGBT brothers and sisters — one church nearby even split over the issue. Now we see the country is moving in the direction we have already taken.

Our congregation has set goals to move forward as we consolidate and expand our depth and reach. You have told the board that we should look to securing a vital and healthy future by taking initiatives in three areas: finding a niche for service to our community that will make a powerful difference; looking ahead to professional ministerial support; and expanding our facilities to provide the space to support an increased range of activities and suitable accommodations for the children and young families we need to attract. We intend to press ahead with these essential initiatives.

Day to day in our UU Fellowship, I see so many who put their ideas into action to deepen our own sense of community. Not just our wonderful committee members, trustees, and board members, but the many who take initiatives and follow up on them. Just this month, we gathered for a Phood and Philosophy movie night, a deeply reflective Circle of Life gathering, an enjoyable day of many working together on our grounds, the

moving feast of Ladies Luncheons, and yes — the “Sing Out” was like a big family gathering in the parlor for the fun of song. Some attended the “UU Revival” in Newport News. Some of us gathered with the six other “UU Tidewater Cluster” churches in Williamsburg for a day of UU inspiration and fellowship.

Illness has kept some of our people away from these activities. We remember them and strive to support them.

I agree with what many of you have said: It is wonderful to have found such a spiritually attuned, accepting, energetic, generous, and imaginative community. As Margaret Mead said, we can change the world.

— *Bob*

Phood and Philosophy

Pirkko Graves and Brown Mobley will host April's Phood and Philosophy, our monthly potluck and discussion, in Pirkko's home on **Saturday, April 6th, at 5:30 P.M.**

The topic for the evening will be: *Our Unforgettable Adventures*. After our adventurers share their stories, we'll embark on a more general discussion. Let's remain adventurous to the very end of our lives!

Please call in advance to let us know you are coming. We don't want to be short of chairs! And please, bring a little something extra to share.

Thank You

by Terrie Dustin

Hopefully you have noticed the wonderful decorative triple pilings that mark our main entrance and the pathway to our bridge and into the Pathways of Remembrance. We'd like to thank "Still - The Harbor," on Windmill Point Road, for their donation of the pilings and the wonderful crew of UUs who picked them up and worked so diligently to dig the postholes and install them. It is a great addition to our lighthouse theme!

We were blessed with a beautiful day for scheduled Spring Clean-Up on Friday, March 15th, and with all the help who worked, were able to accomplish much more than we'd ever imagined! Bushes and borders were clipped and trimmed and raked and hauled to the compost pile. The old cedar tree was cut down, as were saplings and sticker bushes. The new flower bed, that separates the entrance and exit for our parking lot, is now planted with flowers and mulched. At day's end, we all looked around in amazement and gratitude! **Thank You to all** of the people who helped!

We look forward to another day to work on the *Pathways of Remembrance*, the *Labyrinth*, and the *Nature Trail*— but we'll have to watch the weather and strike between the raindrops.

Along those same lines, we'd like to set in place some soaker hoses. If anyone has a garden hose that they no longer use, we'd be happy to put it to good use.

And last, but not least, we'd like to ask that everyone **please park in the parking lot** and not along the edges of the driveway. **Only** cars with **Handicap plates or a blue Handicap placard should be parking on the circle**. This applies to weekdays as well as Sundays. Back-filling and re-grading tire ruts is hard work! We appreciate your compliance with this request.

Spring is in the Air

by Sue Adriance

Thank you to all who helped with the March 15th Spring Clean-Up, which accomplished so much with many hands working together. It was great!

We're planning another Spring Clean-Up for **Friday, April 5th, from 1:00 P.M. to 3:00 P.M.** This time we need to cut back liriope and weed. We hope to plant some hosta and complete some other tasks. Bring your favorite weeding tool and join us.

Special Service on Charter Sunday

by Cliff Hemming

The Pathways of Remembrance, the area the Fellowship has arranged to memorialize those members who have passed away, will be dedicated in a special service to be held on **Sunday, May 12th, at 10:30 A.M.** A potluck lunch will follow the dedication. Those members already memorialized will be honored at this service. You may wish to take note on your calendar.

Late Breaking News!

by Bob Weekley

Do you want to receive late breaking news about items not in the monthly Chalice newsletter, such as cancelled or changed events, new events, or announcements of important news? We have **discontinued** sending such emails to all email Chalice subscribers because we have many subscribers who live out of the area. If you want to be included on the email list for **Late Breaking News**, send your request to our UUFR-VA Editor .

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:

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

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

June 24: *36 Arguments for the Existence of God: A Work of Fiction* by Rebecca Goldstein

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

2013 Southeast District Annual Meeting

Hosted by **UUC of Charlotte** on **April 26 and 27**, the annual SED Meeting's theme will be: Regionalization, Growth, and Vitality for UUism. Friday will feature a *special* treat: a concert by *Emma's Revolution*, the popular singing and recording duo who have entertained at recent UUA General Assemblies and other venues. See information, schedule, and registration at: <http://www.uusouthland.org/2013sedannualmeeting.html>.

Sunday Bulletins

by **Hank Stupi**

I have truly enjoyed preparing the Sunday bulletins during Shirley Kinney's absence this winter — so much so that I offered to continue their preparation when she returns in April. My offer was joyously (to put it mildly) accepted. Please continue to send any announcements for the bulletins to me. I do try to have the bulletins prepared several days in advance, so please get those announcements to me as early as possible. Thanks.

Circle of Life

On the month's second Wednesday, **April 10th, 7:00 PM**, at UUFR-VA, we will explore the song "Amazing Grace" and share our life experiences of transformation of sin and sorrow into grace, suffering into beauty, alienation into empathy and connection, and of the unspeakable into imaginative literature. We will sing the song from our hymnals and discuss its history. New members are welcome. For more information, contact **Fran Schelling or Hank Stupi**.

Make a Joyful Noise

by **Diana Jamison**

April 28th is the fourth Sunday of the month — and the date for our next *Sing Out*. Bring your voices, instruments, songs, friends, and family. We will meet at UUFR-VA from **7:00 P.M. to 9:00 P.M.** Call me if you need additional information.

Board of Stewards

Bob Weekley, President
Bill Gimpel, Vice President
Lynn Langley, Treasurer
Dave Dustin, Secretary

Caroline Shifflett, Past President
Shirley Kinney, Program Chair
Judi Caples, Membership Chair

Web Site

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

Newsletter

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



YOUR LEGACY



FOR GENERATIONS TO COME



ALL YOU HAVE TO DO IS WILL IT!

Just by including UUFR-VA in your estate plans, you can help ensure that the means will be there for future generations. A bequest is a simple way to support the Fellowship in the future while retaining control of your assets during your lifetime. UUFR-VA can be named as a beneficiary in your will, trust, retirement plan, life insurance policy, or one of your financial accounts. The real beneficiaries, of course, are the future members of the Fellowship who are applying the principles and perpetuating the relationships you hold dear.

PLEASE INFORM A MEMBER OF UUFR-VA'S FINANCE COMMITTEE OF YOUR INTEREST IN A BEQUEST