



# THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP  
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266  
White Stone, VA 22578

June 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

---

**June 2**

**Sara Mackey:** “Dog School”

One way we strengthen our identities as people of faith is by intentionally regarding our everyday experiences through the lens of Unitarian Universalism, or whatever faith we embrace. Come join us as Sara Mackey reflects on what beginner level dog training can teach about (and learn from!) the church.

**\* UU For Kids \***

---

**June 9**

**Hank Stupi:** “Living the Questions”

People know that, at its core, Christianity has something good to offer humanity. At the same time, many have a sense that they are alone in being a “thinking” Christian and that “salvaging” Christianity is a hopeless task. What is needed is a safe environment where people have permission to ask the questions they’ve always wanted to ask but have been afraid to voice for fear of being thought a heretic. The Explorers, a small group of progressive Christians who meet at Lower United Methodist Church, have created such an environment and will discuss their latest study, “Living the Questions,” an exploration of the future of Christianity and what a meaningful faith can look like in today’s world.

---

**June 16**

**Paula Greenwood:** “The Zen of Kayaking”

After 14 years, Paula discovered that kayaking is not only enjoyable but also absolutely necessary for her well-being. How that Zen quality came to be, and how it can universally be applied in life, is the subject of her talk.

---

**June 23**

**Cyndi Simpson:** “The Problem with Desire”

Our Buddhist friends tell us that suffering often is the result of desire ... so letting go of desire can hasten an end to the suffering that is guaranteed to us as humans. But what’s wrong with desire, and why is it seen as a negative human emotion within the Buddhist tradition? Cyndi Simpson will explore this question through story and sermon.

---

**June 30**

**Thea Marshall:** “Independence Day”

Thea will reprise the Fourth of July program she did a few years ago ... about independence and the constitution. David Duhon’s music will be integrated into the program.

## *President's Corner*

by Bob Weekley

### **Milestones and Moving Ahead**

Three special events made May an energetic month for our Fellowship. First, your Board of Stewards convened off-site for an annual three-day retreat. The board focused on “Where does our Fellowship stand, where are we headed, and how do we get there?” The following Sunday, the Fellowship celebrated an important milestone – the dedication of the Pathways of Remembrance Memorial Area and commemoration of the ten former members memorialized there. The following Saturday we served breakfast to 65 or so campers and staff at the YMCA Camp Kekoka Yoga Retreat, an annual community event.

At the off-site Leadership Retreat, the main thrust was to take stock of the three main challenges from the Fellowship’s previous vision and planning exercise that resulted in the goals for our Five-Year Plan and 2022 Vision:

1. Developing a community service/social justice “niche” on which we would be a primary driver in our community.
2. Moving toward having professional leadership, i.e., our own minister, when it becomes financially feasible and supported by the congregation.
3. Expanding our facility to provide flexible space suitable both for the kids in the younger families we will attract, and for the many adult activities and fellowship. (We tentatively dubbed the added space “Kids and Us.”)

All three of these initiatives will need financial and volunteer support. We discussed the likely need to prioritize among these three as we develop the specifics more fully. Your ideas and involvement in the development of

these three goals are key to making the right decisions and moving forward.

(There was no financial cost to the Fellowship for the retreat, thanks to the donated vacation home of one of our members. Thank you.)

The memorial area dedication and the commemoration of departed members was a precious occasion. We told their stories, we projected their photos in their roles in the Fellowship, we sang their songs, and we carried flowers to the stone where their names are memorialized. This service coincided with the Charter Sunday of our Fellowship as we wished ourselves a happy fourteenth birthday. Not to be forgotten, this also was the Sunday we honored mothers. Special thanks go to Janet Hemming, Chair of the Memorial Committee, who guided the development of our Paths of Remembrance and the planning of the dedication.

Serving breakfast at the YMCA Yoga Retreat was a shared joy. Our Membership Committee under Judi Caples’ leadership took on the job. Elaine Weekley coordinated the logistics – featuring locally grown food products – and other members donated home-baked breads. I had the honor of breaking and scrambling some eight dozen eggs. The participants, staff, and leaders again were appreciative of UFR-VA support for this important YMCA fundraiser and fellowship event.

Hey, it’s exciting to be a part of all this!

**Bob**

### **Short Sheeted**

by Shirley Kinney

If you find you have old sheets – they must be white – please consider giving them to me. I have a couple of projects that need white sheets. The sheets don’t need to be perfect, just white. Not ecru or eggshell, but **white!** I can’t tell you what they’re needed for right now, but you’ll discover the answer before the end of the year!

## Phood and Philosophy

Dave and Terrie Dustin will host June's Phood and Philosophy, our monthly potluck and discussion, in their home, on **Saturday, June 15th, from 5:00 P.M. to 8:00 P.M.**

The topic for the evening will be "River Time." The conversation will draw on what the words "*river*" and "*time*" mean to you. They will try to have the movie *Beasts of the Southern Wild* (PG-13) available for any who have not seen it. This movie gives a real twist to river livin'.

Call the Dustins and leave a message or send an e-mail to let them know how many to expect. Surprise everyone with your choice of dish and beverage to share. Children are welcome!

## Sing Out at UFR-VA!

by Diana Jamison

Bring your friends, family, instruments, and your favorite songs. All singers, players, and listeners are welcome. The Sing Out takes place the fourth Sunday of every month from 7:00 P.M. to 9:00 P.M. We hope to see you at our next one on June 23<sup>rd</sup>!

## SJ/CS Niche Meeting, Sunday, June 2

by Tom Kinney

Are you interested in doing something about generational poverty in our community and, specifically, the challenge of infant and toddler hunger - poor nutrition and/or the need for socialization - school readiness in our four counties? You are invited to stay after the Sunday Morning Service on June 2 to share what our research team has learned about cause, impact, and opportunities in this, our Fellowship's choice of a Social Justice/Community Service Niche.

Members of the team have been researching, reading, and talking with experts locally and afar as a part of laying the ground work for our Niche action plan. Our objective is to embark on the adventure of making a permanent improvement in our community by breaking the cycle of poverty by freeing those preschoolers trapped in that injustice.

We need your ideas on how we find the answers to our remaining outstanding questions, what additional questions we should be asking, and how we can best blend the answers with the passions of our members. Please, come and help.



Our volunteers, who served breakfast to 65 or so campers and staff at the YMCA Camp Kekoka Yoga Retreat.

## Let's Get Away!

by Shirley Kinney

It's time to mark your calendars for our annual relaxing Fellowship Retreat.

**When:** Sunday, **October 13<sup>th</sup>**, to Tuesday, the 15<sup>th</sup>.

**Where:** Sea Side Motel in Virginia Beach.

**Cost:** \$70 per night for a standard room. (Breakfast is probably not included, but there is a restaurant right next door.)

**Weather:** Perfectly wonderful.

We expect about 16 to 20 from UUFR-VA to attend, if the past years are any guide. There will be time to relax, to enjoy conversations with friends, to read a book, to stroll along the waterfront and gather shells, to meditate (to Thea's amazing voice), to explore the Edgar Cayce Center, to do absolutely nothing.

Thea and Pirkko and I are planning some fun, thoughtful, interesting activities for the retreat that you won't want to miss. Bill Gimpel is handling the accommodation arrangements.

Put the date on your calendar; then let Thea or Pirkko or Bill or me know you plan to attend, which will help the planning process. In a couple of months they will be giving you the contact information so you can reserve your room. If you have questions, please contact one of us.

We're going to be having lots of fun, but it's always more fun if you are there.

## Books R UUs

by Shirley Kinney

UUs are all about reading and books. We love them. Sometimes we love them so much that our bookshelves start to groan under their weight.

If that is your problem, please consider easing the strain on overloaded shelves by donating your books to UUFR-VA to resell on Amazon. All the funds go to our UUFR-VA Endowment Account.

It's as easy as coming to Sunday service - just bring your books and give them to me, or leave them in the foyer with my name on the bag. I will list them for sale on Amazon.com or, if they cannot be sold for more than \$5, will bring them to our annual book sale or yard sale in the fall (thus giving you an opportunity to buy them back because you will by then, alas, have forgotten you read them.) Any books that do not sell will be donated to the Lancaster Community Library for their book sale.

## 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:

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

**July 22:** *Sweet Tooth* by Ian McEwan

If you have a recommendation for a noteworthy book to discuss, please contact **Elaine Weekley**, or email her the title.



Sunshine highlighted the Fellowship's Dedication of the Pathways of Remembrance Memorial Area.

## **Project Fundraising Moratorium**

Yes, there is a project fundraising moratorium in place at UUFR-VA. Now, that's something not many expect coming from your Finance Committee. But that is our unusual way of saying *thank you* for your past project support and *congratulations* on what you have accomplished.

Working together we have completed the funding for sixteen projects, and that's just since we started keeping track. These projects include:

- Entrance Walkway Handrail
- Gathering Deck
- Hallway Art Gallery
- Improved Acoustics
- Pathways of Remembrance Hedges and Boulders
- Blackout Shades
- Parking Lot Expansion
- 20 additional Chairs
- Welcoming Congregation Program
- Memorial Pathways Construction
- 20 additional Songbooks
- Highway 3 UUFR-VA Sign
- Exterior Lights – Parking, Pathway, and Front
- Labyrinth – Step One
- Extend Handicap Parking
- Rooftop Lighthouse

Please be warned that this moratorium on fundraising won't go on forever. Ours is a fellowship of big ideas and tremendous progress. Such a creative and progressive membership will always have a wish list toward being an even stronger and more meaningful presence for our members and for our community.

In the meantime, please enjoy the moratorium, but put more than a few coins aside in your piggy bank just in case your

passions are aroused to support the next UUFR-VA project opportunity.

**Note:** Treasurer Lynn Langley points out that this *does not* apply to the Sunday Morning Offering for our Operating Fund. We will still depend upon your generosity each week to pay the light bill and other expenses that keep us going.

Your Finance Committee: M.J. Anderson, Tom Foster, Paula Greenwood, Barbara Haynes, Tom Kinney, Lynn Langley, and Marge Rowden.

## **Unitarian Universalists get Favorable Television Coverage** -Southern Region of the UUA

CBS News recently created a [documentary](#) called *Religion & Spirituality in a Changing Society* to explore the dramatic changes in Americans' religious behavior. They interview UUA President the **Rev. Peter Morales** and profile **First Parish Cambridge, Unitarian Universalist** to better understand what Unitarian Universalism offers to meet the spiritual needs of the growing population of "Nones," those individuals who have no religious affiliation.

The changes in American religiosity were documented last year by the Pew Forum on Religion in Public Life, when they released a poll showing that 1 in 5 Americans do not identify with any religion. Despite this dramatic downward trend in religious affiliation, the number of people who identify as Unitarian Universalist has remained steady, and some reports show growth. Rev. Morales has also seen this trend and written about the unique opportunity this presents for Unitarian Universalism.

View the program on our UUFR-VA website: <http://www.uufr-va.org>.



## Who's Who in UU: Susan Johnson

by Eve Jordan

There is a quiet calm about Susan Johnson, and she always has a nice smile. She seems to be at peace with everyone and everything. She is tall and slim, with amazing posture. In fact, she is pretty much what you would expect to find in a yoga practitioner. Although she wasn't an athletic child, she became enamored with all kinds of fitness in her early 20's and, in order to reach a fitness goal of being able to do a split by age 40, started doing yoga. She soon realized that yoga was much more than just exercise and decided to become a yoga teacher. This was the beginning of InsideOut Yoga, which now makes its home exclusively at the Unitarian Universalist Fellowship of the Rappahannock. Before class, she goes through preparation for the routine and is aware of the importance of variety in both the routine and the level of experience for repeat students. In her classes her quiet calm voice details what moves are to be made, never faltering in the delivery. It is a bit of poetry and a bit of how in the world can the human body do these poses?

Susan was born in New Jersey to parents who emigrated from Germany in the 1950's. She graduated from Rutgers University with a B.A.

in German and Communication, worked for a German chemical company for a few years, then became a high school German teacher until she had her first child in 1992. Her husband, Burke, has roots in the Tidewater area of Virginia, and that is how she ended up in the Northern Neck. They have three children: Weston, who is 21 and at James Madison University; Christian, 18, a senior at Lancaster High School who will be attending VCU Arts next fall; and Aline, who is almost 13 and helps with the Children's Program at the UUFV-VA. A stay-at-home mom for several years, Susan started working part-time for the Northern Neck Family YMCA in 2005 as Director of Development. She left the Y in 2011 to make more time for her yoga business, but still volunteers for both the Northern Neck Y and for the YMCA's Camp Kekoka.

Susan first attended a UU congregation when she lived in Atlanta in the early 90's and came to the UUFV-VA on occasion while the congregation was at the Women's Club. She came to our "Home of our Own" in 2009 to hear Caroline Shifflett speak, enjoyed the service, and began coming more frequently. She has started a Facebook page for the UUFV-VA, which is a great marketing tool as we strive to get our name and mission out to the community. She is the chair of the Yoga Retreat which benefits the YMCA Camp Kekoka scholarship program. UUFV-VA has provided a meal for this community activity for the past four years.

Susan's interests are yoga (☺), reading, music, cooking, and spirituality. She has described herself as one who has questioned Christian doctrine, believes there are many paths to truth, and that the heart of spirituality is sharing love and compassion with others. She loves that the UUFV-VA is at the forefront of radical acceptance, which is at the core of her beliefs. Susan is another of the amazing people we treasure in this diverse fellowship, and we are delighted to have her with us.

**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: 20<sup>th</sup> of the month  
Bob Prescott, Editor (editor@uufrappahannock.org)