



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFRA-VA)

P.O. Box 1266
White Stone, VA 22578

November 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

November 3

Sara Mackey: Sacred Feast: Eating, Feeding, and the Future of the Church

The church is changing. Our ways of thinking about food are changing. How do these two new phenomena relate to each other and to us? Join us and our good friend, Sara Mackey, as we consider these questions.

*** UU For Kids ***

November 10

Hank Stupi: Embracing Vulnerability

Hank Stupi, our Music Director, will reprise the talk and performance he gave this summer at the Unitarian Church of Norfolk (UCN), a church with 216 members. Hank will discuss the intense feelings of fear and resultant pain and shame within him prior to the program; his willingness to openly share that fear, pain, and shame with the UCN congregation; and how, through that openness, he was able to deeply connect with the congregation and present a program that was not only meaningful for them, but also was a major milestone in his own spiritual journey.

November 17

Bob Weekley and Shirley Kinney: How Can One Person Make a Difference?

It's a beautiful world we live in. We're surrounded by clean water, fresh air, woods, and farm fields. We are lucky enough to live where we're free to be whatever we want to be and to accomplish whatever we choose to pursue.

But the picture isn't completely rosy, once we begin to look a little closer. There are hungry school children, polluted waterways, hard-core unemployed, and animal poachers and abusers. Women are set on fire by their families merely for their inability to produce male offspring. There are children given no love and no nurturing care.

In a world this beautiful and this bountiful, how can all this happen? How can we make the despair and the damage and the loss stop? People just like us can make that difference. They are doing it right now, day after day.

Bob Weekley and Shirley Kinney examine how lives are being changed by simple acts of action and personal help. And, there may even be a surprise or two in store for us as we hear these stories.

November 24

Rev. Kathy Duhon: Patience and Pickles and Thanksgiving Prayers

As we enter into the superabundance of Thanksgiving week, Rev. Kathy Duhon will help us get ready. Her sermon has a small dramatic piece in it called, "Patience and Pickles," followed by a meditation on the importance of giving thanks. Please join us as we also celebrate a Unitarian Universalist communion with popcorn and cider.

President's Corner

by Bob Weekley

Thanks to Caroline Shifflett for her excellent article as guest-writer for this column in the October Chalice. I enjoyed it so much I am inviting another guest-writer this month. Our Program Chair, "Imagine That" crafts group leader, pianist, and dedicated member, Shirley Kinney, offers her thoughts this month.

-Bob

We missed you on our annual UUFR-VA Retreat in Virginia Beach! Or, in the alternative, didn't we have a great time at the Retreat! Seventeen of us spent two days getting to know each other and ourselves better. True, the weather seemed bent on blowing us away, but that didn't really seem to matter. We gathered each day in the lovely atrium of the small hotel and discussed "The Ultimate Taboo" — a subject that elicited a great deal of discussion.

Sadly, the time flew by! The most common comment I heard was, "I feel so close to these people here." We talked and talked and explored ideas and how we thought about them — sometimes to our own surprise.

"The Ultimate Taboo," it turned out, is talking about Death and Dying. Sometimes it makes us feel uncomfortable, sometimes fearful, sometimes depressed. And,

sometimes we just don't want to talk about it at all.

As a sidebar (thank you, O.J. Simpson, for that word) — we explored our mutual concern about how we, as UUFR-VAs, care for our own during times of illness and depression, as well as times of death and dying. Do we do enough? Probably not! Do we want to do more? Definitely! But, how to best go about doing a better job is not an easy question to answer.

We have Caring Circles, who have been tasked with making sure anyone who is in need is contacted and support is given. But, sometimes the Caring Circle people just don't know that help is needed. What kind of help is needed? When is helping considered meddling or interfering? Should we have a set procedure that is followed? Should we just rely on friends helping friends as needed?

I think the Membership Committee would appreciate your input on this issue. Send them an email, or talk to one of the Committee members and let them know your thoughts. If you have been in the situation of coping with a bad situation, how would you have appreciated being helped? Do you want people to just stay away or do you prefer being surrounded by loving friends? Do you need assistance in coping right now and no one seems to be there for you? What can UUFR-VA people do for you?

-Shirley Kinney

Fall Back

Sunday, **November 3rd**, marks the end of Daylight Savings Time. At 2:00 A.M., we can all turn back the hands of time and enjoy an extra hour of sleep.

Phood and Philosophy

Thea Marshall is graciously hosting this month's Phood and Philosophy, our monthly potluck and discussion, in her home on **the second Saturday in November, November 9th**, at **5:30 P.M.**

Thea asks that we all "Come and share our greatest adventure ... or the greatest adventure you wish you had had ... or the great adventure you *will* have ..."

Please contact Thea so that she can be sure to have enough chairs, etc. Plan to bring a dish and a bottle of wine to share for a lovely evening and lively conversation.

In Memoriam

Sybil Judith (Haden) McLean, known to us as Judy, passed away in Wake County, North Carolina, on July 2, 2013. Judy lived in Hartfield and was a member of UUFR-VA who signed our book on January 20, 2005. If anyone knows how we can contact her family, please contact Bob Weekley.

Bay Center Evenings

The monthly "An Evening With ..." series will conclude on November 7th with "An Evening with Diana Jamison: My Journey as an Artist." The event runs from 7:00 P.M. to 8:30 P.M and will include the presentation with discussion, and a follow-up with refreshments and socializing. The suggested donation is \$10. An RSVP is appreciated but not required. Phone 804-436-3191 or email info@baycenterverva.com.

Recycle to Support Montessori

The Northern Neck Montessori School is collecting "Labels for Education" and "Box Tops for Education." The school is also collecting and recycling printer cartridges and aluminum cans. Please help the school in its fundraising by collecting these items. Deposit the labels, box tops, and cartridges in the collection box in the foyer. Put aluminum cans in the can collection container in the kitchen. Any questions, contact **Wendy Mataya**. Thank you!

Sing-Out at UUFR-VA!

by **Diana Jamison**

Friends, family, and members are encouraged to bring instruments and their favorite songs to the upcoming **November 24th** Sing-Out. Everyone is 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 soon.

Colonial Beach UUs Gathering

by Bob Weekley

Caryn Self-Sullivan is reaching out to people who might be interested in Unitarian Universalism in the Colonial Beach vicinity. If any of our readers know of someone in that area who might be interested in an area meeting, please send them the following link that explains this project and facts about UU. http://www.meetup.com/UU_Colonial-Beach_VA/

To contact Caryn, please get in touch with me. It's like a worthy effort.

Just In (Tax) Time

Congratulations to all who helped make our 2013 projects such a success. We now have an assist railing for those needing a little help as they approach our main entrance, a new Gathering Deck with a pergola giving it shade, and a hallway that has been turned into a mini-art gallery with professional lighting and versatile provisions for hanging artwork. In thanks, the Fellowship has enjoyed a hiatus from project fundraising over the last many months.

Just in time for end-of-year tax charitable giving considerations, the hiatus has been lifted with this reminder of what Fellowship activities are still in need of funding.

Treasurer Lynn Langley reports we are a more than half way to our goal for funding the maintenance endowment for our Pathways of Remembrance. The income from this endowment will provide professional care for our Memorial Area in perpetuity, a gift that never stops giving. And we are within \$200 of completing the funding of our Helping Hand Crises Fund. Finally, we all are aware of the efforts underway toward more building space for UU for Kids and room to accommodate potlucks and other meeting needs not well served by our sanctuary. That fund is identified as "Building Expansion" on our foyer projects chart which is updated

weekly. Please decide how you can help push the numbers over the top. Thanks.

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

2014 Draft Budget

Copies of the 2014 draft budget will be available in the foyer Sunday, November 3rd for your review. Please address any questions or comments to any Finance Committee member.

Sh-sh-h-h

by Shirley Kinney

Nothing makes me happier than coming to services on Sunday morning and greeting my friends. I think we all feel the same. We want to catch up on what's been happening, how you're feeling, and where you've traveled. That's a good part of what makes UUFV-VA so wonderful — we really *like* each other.

But ... the Fellowship Hall might not be the best place to hold those warm and happy conversations. Right before the service begins, we have gathering music. That's a quiet time for setting a contemplative mood before the service begins. Listen to the music. Relax. Be quiet.

One more thing ... we are a religious body. Our Sunday services often touch a deep personal note, sometimes a meditative note. Let's try to refrain from applause after the speaker is finished. Sometimes that's difficult, because we're so used to showing our appreciation by clapping. But, that can easily ruin the tone that the speaker has worked hard to set.

How about we just find an opportunity after the service to tell the speaker how much you appreciated the service?



Who's Who in UU: Rosa Prescott

by **Eve Jordan**

Rosa and Bob Prescott are part of our wildlife community ... feeding the birds, the rabbits, and the squirrels while providing nectar for the butterflies and a place for the deer to hide. Rosa discovered the Northern Neck many years ago when her son's godfather owned property here. She and her first husband acquired property, and later she and Bob bought a home here and settled in at their beautiful site on the river. She came to the UUFR-VA through Vera LaFollette, who was President of the Lancaster County Democratic Party. They went to a discussion group where the topic was the death penalty and liked the group and the level of conversation. They met Andy Kelsey, whom they thoroughly enjoyed, and saw that, as an atheist, he was well-received. Everyone respected each other despite differing views. Rosa knew this was where they belonged.

Originally from Puerto Rico, Rosa brings her delightful accent, her vivacious personality, and an ease about herself and her life to UUFR-VA. She has a Latin temperament and, with it, a close-knit group of friends, both in Puerto Rico and in Northern Virginia. Rosa was one of 36 in her high school

graduating class, 20 of whom she is still in touch with. Her early years were in a tight-knit community where friends abound and everything is shared. She considers her life today as the best of both possible worlds: the familiarity of Puerto Rico and the independence of the United States. When she goes back to Puerto Rico, she is greeted as though she had never gone away. Lively and outspoken, warm and friendly, full of life and at ease with herself, Rosa came to the United States after graduation from college at the Inter-American University with a degree in Economics. She was the first person in her family to graduate from college. She took the civil service exam in Puerto Rico and came to Washington D.C. to begin her career at the Federal Communications Commission. She spent the next 30 years in Federal service. She loved being there and, in fact, met her future husband, Bob Prescott, at the FCC.

While in Federal service, she was subject to the Hatch Act, so she was not politically active. After retirement, the Hatch Act no longer applied, and when she moved to the Northern Neck, she became very active in the Lancaster County Democratic Party. She also joined the Board of Directors of The Haven, where part of her legacy was her efforts in support of the opening of the Thrift Shop, a fundraiser for The Haven. She was on the Board of the American Red Cross, and an active participant with the Lancaster Community Library. She assisted migrant workers with issues in the community, such as conversations with employers or the bank or housing or schooling for the children. Her mother is now 102 years old and Rosa has been devoted to her care. With this, she found that she could not give as much time to her community activities as was needed. She has withdrawn from these activities, with a pride of accomplishment. She made a difference.

Her first marriage ended in divorce, and her son Matthew, now living in Wilmington, NC, was the reward for that union. She and Bob

started dating when Matthew was eight and married two years later. Although Bob and Matthew are very close, Matthew is a better fisherman than Bob, his instructor. Rosa and Bob appear to be opposites, and, in fact, they are ... except for their core values. Seeing them together, it is clear there is a deep respect for each other and a bond and communication that goes beyond words. Rosa, who wants to be remembered for her smile and laughter and her gift for enjoying life, is a contrast to the quiet, content man behind the camera.

The two of them are such an asset to our community! Without Bob, what would we do for the Chalice? And without Rosa's energy and enthusiasm and laughter, we would have far fewer smiles!

Call For Speakers

by Shirley Kinney

Whenever we, as a group, evaluate our Fellowship, the first thing that comes to mind is how proud we are that we are a lay-led group, putting on 52 Sunday services every year, with 26 of those services written and presented by our own congregation.

We do a terrific job! Our Sunday speakers are well-prepared and give us a glimpse into the mind and heart of the speaker. Often it's a looking-back at our spiritual journeys. Sometimes it's a discussion of a book we've read. At times it's showcasing our musical talents. We talk about our passions, our talents, and our concerns.

That **we** includes **you!** Yes, you! If we value our own UUFR-VA speakers (and we definitely do!), then that means we all need to

participate to continue to enrich our services. What's your story? What do you have to share?

Oh, I know — you'll say you're shy or don't have anything to say that's good enough. How about joining together with two or three other retiring souls to present a joint service? That's always easier than going it alone. Pick a topic — love, war, fear, anger, whatever — and each person in your group add his/her thoughts in an organized service. Need help doing that? Talk to any member of the Program Committee if you would like to try it.

Please consider speaking for a Sunday service in 2014. Or more than one. Contact me and let me know when you'd like to speak.

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:

November 25: *The Orphan Master's Son* by Adam Johnson

December: No meeting

January 27: *The All of It* by Ann Patchett

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

Scenes from The Butterfly Cabaret

During the cabaret, we could feel the love and joy that everyone seemed to be feeling. It was great. We have been feeling the "love" ever since that evening. --Attendee



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)