

THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

December 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

December 1

Panel Discussion: Life's Big Questions

On Oprah's Super Soul Sunday programs, she often ends her interviews of the world's most influential spiritual teachers with some of life's big questions, like: 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 at the UUFV-VA, a caring community where individual spiritual growth is encouraged. Don't miss this interesting discussion.

*** UU For Kids ***

December 15

Fellowship Singers: Music Brings Us Together

According to John Denver, "Music does bring people together. It allows us to experience the same emotions. People everywhere are the same in heart and spirit. No matter what language we speak, what color we are, the form of our politics, or the expression of our love and our faith, music proves: We are the same." Several members will sing some of their favorite songs in a special musical service. Their songs are guaranteed to warm your heart. Please join us and allow the music to bring us together.

December 8

Board of Stewards: State of Our Fellowship

Bob Weekley, the Board of Stewards, and other key members will lead a discussion about our UU Fellowship of the Rappahannock. What is our purpose? Are we meeting the needs of our members, friends, and the larger community? This is about vision, planning, and feedback. Come to learn more and to offer your ideas about our future direction. After the service and refreshments, a short annual business meeting will be held.

December 22

Patricia Owen: Blue Spruce

When she was growing up, one of Patricia's fondest memories of the season was the family pilgrimage to find their Christmas tree. In retrospect, that pilgrimage and the tree were steeped in centuries-old legends and the human need to be connected to the natural world — even during winter. Patricia is the intern minister and director of membership at First UU of Richmond. She is completing her final year at Meadville Lombard Theological School in Chicago, graduating in May 2014. She was granted candidacy to ministry by the

UUA in November 2012, and will serve the Annapolis, MD, UU church as intern beginning in August 2014. She lives in Richmond with her partner, Christina, who is a physician assistant.

December 29

Rev. Alane Cameron Miles: The Dance of Life

Life is how you move with your actions, intentions, and focus. Religion, philosophy, and science all seek to teach the “right steps.” So why do so many of us have two left feet? Alane received a Master of Divinity degree from Union Theological Seminary and has served the UU Community Church in Glen Allen, VA, and the First UU Church of Richmond, VA.

President's Corner

by Bob Weekley

One of the rewards of serving as President of the Board of Stewards has been the privilege of sharing some thoughts with our members and friends each month in the *Chalice*. There is no formal authorization or requirement for this privilege but, as the *Fiddler on the Roof* said, “It’s tradition.”

For almost five years, I have written this monthly piece as President. Thanks to all who expressed encouragement and appreciation. In this last *President's Corner*, resisting my frequent tendency to tout our history, I’ll share my perspective on our future.

The UU Fellowship of the Rappahannock truly is the metaphoric lighthouse reflected in our architecture and imagery. Ensnconced in this beautiful area between historic, placid rivers, this Fellowship is the beacon of welcoming for all – true, intentional welcoming. UUFR-VA shines the floodlight of reason and the illumination of religious exploration. This Fellowship combines a search for genuine spirituality with a respect

for asking the great questions and for rejecting dogmatic solutions. We serve five counties where there are no other Unitarian Universalists. This situation calls us to rise to meet the great opportunity it represents.

I believe that in this time of religious turmoil, a time of widespread withdrawal from many traditional churches, there is an unmet – often unrecognized – yearning for the kind of faith community where one can ask the hard questions, express the built-up skepticism and frustration, and build relationships with fellow seekers. This is why I believe we need to rededicate ourselves to the building and support of this UU community. Is this growth for the sake of growth? No! It is growth to meet the needs of the people who need what we offer – though they may not yet know we are here or what we are.

How do we maintain a healthy fellowship and grow to meet these needs? Those who join, who can experience this vision, and who contribute their own unique abilities are the keys to realizing this vision. Examples of such people are the members of committees, board members, trustees, and people ready to immerse themselves in new challenges, such as our developing outreach to improve the lives of our area’s children and those who are pursuing how to expand our facilities so we can better serve the people of this region.

I am especially grateful to those who already contribute to this vision by their volunteer support of the many needs and projects, and by their unremitting financial support.

I pass the gavel to Dave Dustin, who is full of energy and ideas. I thank so many who have helped me in my efforts to lead the Fellowship – often by suggesting what I might fix or improve. The board members I have served with, past and present, were absolutely dedicated and kept their focus on the UUFR-VA mission without fail. Let us all dedicate ourselves to fanning the flame of our beacon.

-Bob

Holiday Party Time

Our annual UUFR-VA holiday party at the Kinneys' is on **Sunday, December 15**, immediately following the service. Bring a dish to share and a bottle of wine and prepare to have a fun time.

This year, you will be part of the decorations. Please wear only black and white for the party. Plus, add one small touch of red—perhaps earrings or a flower in your lapel or a red hat.

Book News

by Shirley Kinney

Our UUFR-VA book sales project is still moving along nicely. Recently a check for \$250 was given to the Treasurer to be put in our Endowment Fund, which continues to fund our ongoing operating expenses. So far, \$6600 has been contributed for this project. Not bad! Thanks to all of you for your contributions of books.

As you clean out your bookshelves, don't forget to give me your unwanted books to sell on Amazon. During the winter months, keep those books and bring them to me in April.

Hundred Dollar Follow-Up

by Shirley Kinney

On Sunday, November 17, Bob Weekley and I surprised the congregation with ten envelopes, each containing \$100. The ten recipients of the envelopes were asked to give the money away. They were asked to think for a long, long time about whom to give the money to and how it could best be used to make a change in someone's life. Then, they were asked to participate in a Sunday program next June to let us all know what they did with the money and why and how this exercise impacted them, as well who received the gift.

Several people who did not receive an envelope indicated they would like to be included in this project and provided their own \$100. They will be part of the services devoted to reporting back to the congregation on how they used the money.

If you were not in UUFR-VA on November 17th, you can go to the UUFR-VA website and read the service. Then decide if you want to be part of this exciting project. If you do, contact either me or Bob Weekley.

If you are already part of the project and need some inspiration on how to use your \$100, you can visit the UUFR-VA website and read the service to remind yourself how others made a difference with a little money.

This is a huge responsibility. You have the opportunity to change someone's life by what you do with this \$100. Think carefully. Take your time. Make a difference!

Sing-Out at UUFR-VA!

by Diana Jamison

Friends, family, and members are encouraged to bring instruments and their favorite songs to the upcoming **December 22nd** 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.

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 27: *And the Mountains Echoed* by Khaled Hosseini

February 24: *The All of It* by Jeannette Haien

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

Space and Time

Studies are underway on how best to meet the Fellowship's need for more space. In anticipation, many members have already made donations totaling nearly \$30,000. A matching grant offer will add \$20,000 more, if the members will donate another \$20,000 in time. That time window closes this December 20th. Please help progress toward additional space by donating in time.

As a reminder to those with a traditional IRA subject to a Required Minimum Distribution, you can avoid the tax consequences of that RMD by donating the RMD amount directly from the IRA to the Fellowship and, if done before December 20th, double those funds for the Fellowship through the matching grant — a win, win, and win for all. IRS rules say this transfer must be done in a very specific way. If you need some help on the details, please check with your **Finance Committee: MJ Anderson, Paula Greenwood, Barbara Haynes, Tom Kinney, Lynn Langley, or Marge Rowden.**

Building Expansion Project

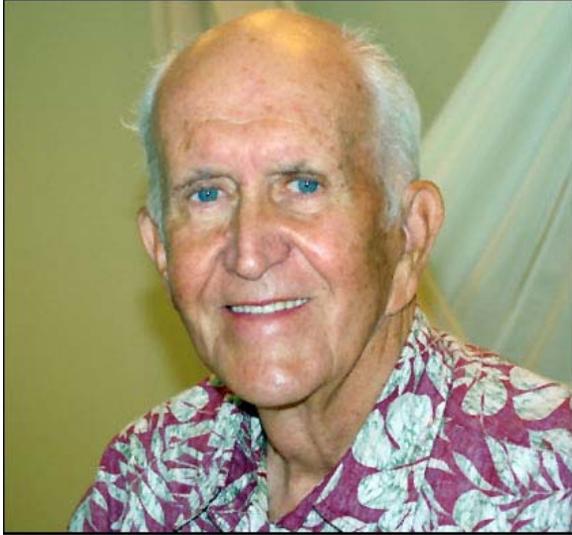
by Bill Gimpel

The 2022 UUFR-VA Vision of implementing a children's program for religious exploration has become a reality. A Community Service/Social Justice Niche is rapidly developing. The path toward Ministerial and Administrative support is still in the talking stage. Providing a multipurpose space to accommodate programs, dinners, yoga, cabaret, and other programs is under way. The analysis of current space and usage clearly indicates several problematic areas. Utilizing the current office/meeting room for an office, meeting room, RE classroom, and storage is difficult at best.

A Building Expansion Committee has been identified and has begun the task of prioritizing space needs to accommodate current programs and provide for future needs ... such as administrative staff or ministerial space. The committee is attempting to develop a plan that cross-utilizes space. For example, a multipurpose addition which could provide space for sit-down dinners, lectures, and yoga classes, and could also be screened off for multiple RE class areas.

The team is still debating the need for additional restrooms, kitchen needs, amount of office and storage space, and connections to the existing building and overall layout.

We will provide progress reports and seek input on various options as we move forward. If you are interested in helping the project along, I assure you, there will be ample opportunities.



Who's Who in UU: Richard Cutler

by Eve Jordan

Dr. Richard Cutler is another of our amazing members with quite a story to tell. Born in Lowell, Wyoming, near Yellowstone National Park, his parents were Mormon pioneers. In first grade, his family moved from Lovell to King City, California, where Richard became well known for his many building projects, including a go-cart powered by a Maytag gasoline washing machine engine — which he used on his paper delivery route. Surrounded by relatives who shared the same spiritual beliefs, everyone believed they were living in paradise. Despite this, his father, concerned about a next great depression, moved the family to Colorado, where Richard was in 9th grade. Dad was the principal and taught classes at the local school. To avoid a conflict, Richard was sent to a neighboring high school, and was given a Model T Ford to travel back and forth; thus began his love and interest in cars. After Richard had completed the 11th grade, the family moved to Anaheim, California, and Dad operated a service station, later becoming teacher. Taking the minimum number of classes to graduate, Richard found time to build a pulse jet propulsion helicopter as part of his senior machine shop project. You can see the headlines: 'Local Boy Builds

Helicopter in Back Yard,' although it did not get completely off the ground. He became interested in studying aeronautics, and entered the Northrup Aeronautical Institute. But money ran out and he got a job at the nearby Electronic Technical Institute tutoring students with fundamental electronics, mathematics and slide rule operation. Here Richard met someone who knew of his achievements and suggested that he and two other investors form a helicopter company, which became Cutler Helicopter Corporation.

Very technical experiments ensued. Richard told his somewhat uneasy father that their goal was to produce safe and inexpensive helicopters that would be particularly useful for farmers/ranchers and sportsmen. Meanwhile Richard was becoming more interested in getting an education in engineering and/or physics. He received a letter from the president of a corporation who was aware of his experiments and abilities and offered him a full scholarship plus a \$5,000 check to get him started. Now a full-time student living at home in Anaheim and running the helicopter company, Richard was on his way. He entered college a devout Mormon, but found that his philosophical and scientific studies did not fit well with his religious teachings. He joined the Los Angeles Philosophical Society and consequently became an Agnostic, which later evolved into being a Secular Humanist. Later, this reasoning led him to focus his scientific career on helping develop a means to allow all humans to live a healthy and productive life as long as they wished.

His future and long-term interest lay in working towards the goal of determining the nature of human aging and longevity.

At that time, no universities in the country offered courses in biogerontology (the study of biological aging). His education had been in the physical sciences, which left him at a serious disadvantage for a biological degree program fellowship. However, in his last

month at the University of Long Beach, he saw a poster describing a complete fellowship toward getting a PhD in the relatively new field of biophysics, which represents taking the scientific approach of physics to learn biology. In a four year period, Richard received his PhD in biophysics, one of the first in the country. This is a degree in three fields of study: physics, biology, and chemistry. After completing his thesis dissertation, he was informed that because his original thesis was unusually long, he would receive his MS in biophysics as well as the PhD. Post-doc study was next, preferably in biogerontology. He received the first fully funded NIH post-doctoral fellowships on aging research, working at the Brookhaven National Laboratory with an unlimited budget. From there, he went to the University of Texas at Dallas, although no money was available for aging research. When he joined the Gerontology Research Center in Baltimore at the National Institute for Aging, there was no need to write grants for research; funds were there, and he was on his way as a major research scientist. As a principal investigator, he remained at NIA for 18 years. Another opportunity arose: he met Dr. H. Ochi, a multi-billionaire who founded the Japan Institute for the Control of Aging, who set up Richard in business. Richard subsequently became the President and CEO of Genox Corporation which developed personalized biochemical/genetic profiling of patients — one of the popular procedures being Oxidative Stress Profiling. As the company prospered, Richard made plans for future research projects to develop the means to improve substantially increased healthy and productive lifespans. The next big step in Richard's life was meeting with John Sperling, the founder of the University of Phoenix. Convinced that Cutler was on to something, he became interested in making health stations around the country. Resigning from Genox, he got a lab and all of the funding and

equipment needed to continue his work. He became President and Scientific Director of the Kronos Foundation. A lot of progress was being made in the field of geriatric medicine. Richard served briefly as the director of the Kronos Foundation. In December of 2005, Richard's research program at Kronos was going great with five separate research projects designed to increase the expression of potential longevity determinant genes. However, on December 28th, Richard was taken by complete surprise: John Sperling informed Richard that he was no longer interested in supporting any aging research program; the entire research program was terminated as of January 1, 2006.

The Cutler family had a vacation home in Lancaster County, and relocated here where life is at a much slower pace. Richard now became involved in the community, joining Rotary, chairing the Committee for Community Service, taking an interest in being a Science STEM Booster for Lancaster High School's Science Department, and fishing and sailing. However, he is getting back to undertaking basic research in gerontology by following up the exciting new research results that shows much of the aging process is not irreversible as has been believed, but so far in mice can actually be reversed, particularly loss of memory and cognitive functions. His goal now is to do a *proof of concept* experiment in 60-70 year old humans using specific normal blood factors found only in young animals. In this regard, he has been working with Dr. George DeVries and his colleagues at the VCU and VA in Richmond.

Coming up: Ronnie and Roman and their Thai mom, Jessica.

2013 1040s

by Tom Kinney

Please give a little or a lot to the Fellowship's three active projects:

1. Pathways of Remembrance Maintenance Endowment.
2. Faith in Action's Niche to End Generational Poverty in Our Four County Community.
3. Our Building Expansion to add room for UU for Kids and an all-purpose Fellowship Hall.

Building Expansion doubles your gift through a matching fund detailed elsewhere in this newsletter. You may win again if you give *now* when your gift appears yet again on your:

2013 Income Tax 1040

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)