



# THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP  
OF THE RAPPAHANNOCK (UUFRA-VA)

P.O. Box 1266  
White Stone, VA 22578

January 2014

## 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

### January 5

#### **Margaret Sequeira:** The Magic Happens Outside Your Comfort Zone

For many of us, we live our lives safely within our comfort zone — rarely venturing outside of it. That is not all bad, but what would happen if we left our comfort zones? What might we discover beyond the limits of what we feel comfortable with? What does it mean for us as individuals? What about as a community of faith? Margaret M. Sequeira, MTS, began serving as the Consulting Minister for the UU Congregation of the Outer Banks in Kitty Hawk, NC, on January 1. She is a candidate for Unitarian Universalist Ministry and has her Master's Degree in Theology. She is also an Adjunct Instructor for a community college and blogs regularly at [ScatteredRevelations.blogspot.com](http://ScatteredRevelations.blogspot.com).

**\* UU For Kids Topic: Hope \***

### January 12

#### **Paula Greenwood:** Yard Sale Lessons Learned

The best thing about going to yard sales is that they echo Forrest Gump: "Life is like a box of chocolates — you never know what you're going to find." But other lessons can be found also. The road not taken, the art of the deal, what defines quality, and preparation is everything are among the things Paula has learned from 35 years of buying at yard sales. She received a history degree from the University of Maine in Orono, and also a Master's Degree in Library Science from Florida State University. Paula served as chief librarian for AT&T in Richmond and as director of two public libraries in Middlesex County. She has worked as an office manager and even started a small accounting business from her home. She has been referred to as the "Yard Sale Queen," not only because of her many years of experience in selling antiques at the Urbanna Flea Market, but also from the excellent job she has done in organizing yard sales here at the UUFRA-VA.

## January 19

### **Bob Weekley:** What is the Bible to Unitarian Universalists?

Sources of the Unitarian Universalist living tradition include “wisdom from the world’s religions” and in particular from Jewish and Christian teachings. The Bible contains origins of these teachings and is the single most widely read and influential book in the western world. But the Bible itself has been a source of complexity and controversy. What is the Bible, actually? Bob is a retired career U.S. Army officer and international business executive. He is the past-president and a longtime member of UUFR-VA. He and his wife Elaine moved to Lancaster from Arlington in 1998.

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## January 26

### **Joe Curry:** Helping

Joe Curry will share with us his thoughts on how to make a difference in helping our neighbors in the local community. Joe is one of the most energetic and recognized persons in the local area for his work in the betterment of the community. He has served many years on the Virginia Quality of Life Board, to improve the quality of life in Lancaster County. Through the board, Joe has contributed time to the Free Health Clinic, the YMCA, the Early Childhood Learning Center, Bay Aging, Kiwanis, Lancaster Planning Commission, and the Reinvestment Board for the Bank of Lancaster. He heads up the Concerned Citizens Committee of Northumberland-Lancaster Interfaith. Joe's pottery store, “Curry & Curry,” is a recognizable landmark on the drive between Kilmarnock and White Stone. He is a member of the Calvary Baptist Church. Joe believes we have been “put here to help one another.”

## *President's Corner*

by Dave Dustin

In the December issue of *The Chalice*, Bob Weekley briefly addressed the importance of traditions. So, in that vein, I would like to continue with the “*President's Corner*.”

First, I would like to thank Bob for the five years of the strong, steady leadership he has provided for our Fellowship. When you stop to think that our Fellowship was officially founded in 1998, Bob has served as our president for a good part of those very important formative years. He has set us on a path that has helped our Fellowship grow in numbers and in our support of various charitable efforts in our local community. So, on behalf of all of us, I would like to thank Bob Weekley for his dedication to making our Fellowship what it is today.

During Bob’s “State of the Fellowship” talk at our annual meeting, he listed an impressive number of ongoing and completed projects, along with the people in the Fellowship that have helped make them successful. I was impressed by the projects, but more so by the number of people who are actively involved in these projects and committees. Recent reporting by the finance committee has also confirmed that there is substantial financial support for all of our projects.

I think it’s also important to keep in mind the people in our Fellowship that work tirelessly during the week to ensure that each Sunday service has a speaker, music, bulletins, greeters, and refreshments. All of these efforts are joined together to make a welcoming and heartwarming weekly gathering.

January brings a new year with all its “new” hopes and dreams. It’s a time to stop for a moment and reflect on past years and decide how we are to proceed during the New Year. Many of us are in the midst of making some life adjustments of one sort or another. As

members of our Fellowship, I believe it's also a good time for each of us to devote a bit of our time to consider how our Fellowship should move forward. We are at the threshold of making two important decisions that will have a major impact on the future of our Fellowship.

First is our social justice "Niche" project. Successful work in this area will provide us with an excellent opportunity to have a very positive impact on underprivileged children in our four-county communities. This project also has the potential to define the way others in our community perceive our Fellowship.

Second is our building project. As our niche project and our community service works become known throughout our community, our Fellowship and mission statement will gain visibility. Expanding our building will allow us to grow not only to accommodate new members, but also to comfortably host community events. It is through community outreach that we will maintain a level of enthusiasm and continued interest in UFR-VA, growing new members and ensuring the success of all of our endeavors.

I am sure that if we stay the positive course that has been set by all of our founding members, and with the continued support of the Fellowship, we will successfully meet any challenges that lay ahead.

Happy New Year!

*-Dave*

### **Phoodie Alert**

Phood and Philosophy, our monthly confabulation and casual dining get-together, will be dormant through the worst of the cold. Plans are underway to resume the program in February.

## **Saying Thank You**

Support for our Fellowship is demonstrated in many ways. One way is financial support. The ongoing generosity of those we sit next to on Sunday mornings deserves a moment of your time to turn to that person to say, "Thank you." Through their efforts and yours, over this last decade, we have created this Home of Our Own with no ongoing financial encumbrances. Through their efforts and yours, over the last two years we have now fully funded the Endowment for our Pathways of Remembrance Memorial Area to provide for its maintenance. Through their efforts and yours, over the last month we have received over \$20,000 in matching funds in response to the \$20,000 matching grant challenge to boost our building expansion account. And, through their efforts and yours, over the last couple of weeks over \$17,000 has been donated to our Niche war chest for our Faith In Action program toward the goal of ending generational poverty in our community. Please remember next Sunday to turn to that person sitting next to you and say, "Thank you for helping the Fellowship to be everything it can be."

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

## **Cabaret Redux?**

by **Diana Jamison**

Cabaret has become a household word in UFR-VA. Many have said: "Let's do it again!" I'm game, are you? If you have an interest in planning for Cabaret 2014, please let it be known. Committees are needed to help develop a program, recruit performers, plan for food and drink, and set up The Butterfly Club. Be in touch with me.

## ... from the Niche Committee

by **Kristi VanAudenhove, Moderator**

Are there food deserts in our community — areas where the most common access to food for people who don't own a car is a gas station convenience store? Are families living in housing that does not include access to a kitchen, or to refrigeration, or to an oven? Are there children that go to bed hungry at night — and if so, how can that be happening when we have a great Food Bank and school meal programs and church food pantries available?

If breaking out of poverty is closely linked to success in school — and success in school is closely linked to “readiness” as early as kindergarten — what are the practical things that we can do to increase the odds that every child enters kindergarten ready to succeed?

The Niche Committee is seeking to answer these questions — and many more!

As we wrapped up calendar year 2013, we continued to lay the groundwork for a substantial and lasting impact on reducing intergenerational poverty in our community. The chairs of each of three subcommittees formed to meet our goals have ensured that each subcommittee has a clear objective, as well as a roadmap for achieving that objective.

**Dave Dustin** is coordinating an assessment of both needs and resources in the community and researching programs that have demonstrated success in other communities. What will this tell us about the actions UUFR-VA might take to reduce hunger and improve nutrition for pregnant moms and young children?

**Mike Knez** is coordinating an assessment of the current preschool and early pre-school options, the limitations and challenges faced by parents and schools, and the opportunities for growth. How can UUFR-VA best support a sustainable action to expand school readiness?

**Tom Kinney** is coordinating broad support within the Fellowship and within the community to support the work that Dave and Mike are doing — one conversation at a time! Sunday morning services in 2014 will continue to expand our collective understanding of the challenges and potential solutions to intergenerational poverty. Who will emerge as new leaders and new partners as we continue this work in 2014?

We look forward to answering the questions we have posed, as well as your questions, at a full Niche Committee Meeting on **April 13, 2014**. Put that date on your 2014 calendar now. We'd like as many people as possible to be a part of choosing the specific actions we will take in 2014 and beyond.

Will we partner with the health care community to improve screening and referrals for moms and children at-risk of adverse effects from hunger? Will we partner with the Food Bank to improve access to healthy foods? Will we create a new program for young moms that contributes to good nutrition from pregnancy on? Will we support a new preschool class in each county? Will we partner with an existing foundation to expand the resources going into school readiness? Or will we establish a new foundation to achieve our specific objectives? There are so many possibilities — and with solid information about the needs and the resources in our community alongside of those possibilities, you can be a part of choosing how UUFR-VA will proceed!

There is a great deal of work that will be taking place between now and April. Over the next few months, when Dave, Mike, and Tom reach out to ask for your individual help, please share your time, your ideas, and your connections. Thank you — and please put April 13 on your 2014 calendar!

## 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:

**January 27:** *And the Mountains Echoed* by Khaled Hosseini

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

**March 24:** *Defending Jacob* by William Landay

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

## In The News: Hank Stupi

Earlier this year, Hank was interviewed by a senior news editor of *Nature Medicine* magazine for an article entitled: “Cancer's True Breakthroughs.” Hank was mentioned in the article as follows:

Hank Stupi was diagnosed with a rare form of non-Hodgkin's lymphoma in 2005. He had experienced months of traveling joint pain that would affect his wrists one day and his shoulders the next. When Stupi finally went to see his physician, a bone marrow biopsy showed that his B cells were growing out of control. Blood tests revealed that levels of the antibody immunoglobulin M (IgM) had spiked—a sure indication of Waldenström's macroglobulinemia, a disease with only around 1,500 new cases in the US each year.

Stupi, now 66 and a retired accounting instructor living in southeastern Virginia, had tried a number of therapies over the years, including the chemotherapy drug cyclophosphamide and a now-discontinued experimental Akt inhibitor called perifosine. From 2008 to 2012, he seemed to respond well to a combination of the proteasome inhibitor Velcade (bortezomib) and the CD20-specific antibody rituximab. But in May of last year, Stupi's IgM levels began to

rise, and he had to undergo plasma exchange therapy every three weeks to remove the excess antibodies from his bloodstream.

Fortunately, the need for plasmapheresis didn't last long. Stupi soon found space in a clinical trial that was testing ibrutinib (PCI-32765), a first-in-class inhibitor of Bruton's tyrosine kinase, a key signaling enzyme in the B cell receptor pathway, which becomes highly active in many lymphomas. Stupi started the two-year therapy in August 2012 — popping three pills each day at 8:00 a.m. and then waiting a half-hour before eating breakfast — and quickly his IgM levels plummeted by half. Although those levels have not dropped further, his once-low hemoglobin and neutrophil counts continue to climb with each quarterly blood test. Best of all: he hasn't felt a single side effect. Ibrutinib “is the kindest and gentlest of any [drug therapy] that I've had,” Stupi says. “I'm getting close to normal and I can feel that,” he adds. “I have more energy now than I have had for a long time.”

Hank would like to mention that since that article was published, his IgM levels have dropped an additional ten percent, the trial has been extended for an additional two years, and he continues to do well.

You can see the complete article at <http://www.nature.com/nm/journal/vaop/ncurrent/full/nm.3245.html>

## Save the Date!

After a season of joyful caroling and rounds of Auld Lang Syne, a short vocal recovery might be in order. But, after a short break, the old ‘use or lose it’ adage comes into play. Don't let those pipes rust! Join **Diana Jamison** for this month's **Sing Out** on January 26th.

## Project Star Fish

by Diana Jamison

Being given one hundred dollars with the challenge of making a difference in the life of another, my head began to spin. My first thoughts were: “How could I make this money multiply; how creative could I be; how could I use my talent to create a product, perform a service, and get others excited about helping make a difference?”

I think about the star fish story, the one about a small child on the beach, a day after a big storm, when as far as the eye could see, star fish lined the shore’s edge. From a distance it looked like the child was dancing. As a man walking down the beach approached the child, he saw that child, in her dance, was throwing a star fish into the ocean. When he got close enough to speak, he asked the child: “What are you doing?” The child said: “I am saving the lives of all these star fish that if left upon the beach will surely die.” The man, looking up and down the shore, shook his head and said: “You cannot save all these star fish. There are so many you cannot possibly make a difference.” The child persisted, picked up another star fish, tossed it into the ocean and said: “I made a difference for that one.”

Feeling spurred on by this story, my ideas taking on form, I began to ask myself: “What kind of a difference will I make? What person or organization do I want to support with my efforts and funds?” As I began to ponder these questions, it seemed to me that the world would be a better place if there was less violence, less of people hurting people. I could be so easily stopped in my tracks by the

enormity of this thought. However, if I keep my focus on how to make a difference in the life of just one other, helping to end the cycle of violence just one star fish at a time, I can imagine myself saying: “I Made A Difference.” That is when I decided to donate my time and funds to our local domestic violence shelter and prevention program, hoping to help empower another to end the cycle of violence in their life and family.

A new logo is forming in my mind. “Project Star Fish. I Made A Difference.”

Now, during the evening hours in my studio, while I am waiting for the days to become longer, I am busy making jewelry, painting designs for greeting cards, and wondering how many T-shirts I could sell with a Star Fish logo.

To date, I have designed and worn a pair of Star Fish earrings. As I show off my creation, I tell others about **Project Star Fish**. When they hear my story, they too want to **Make A Difference**. I have already doubled my money by someone making an anonymous donation to help fund the project. Others have said they will help by hosting a fund-raising dinner. I am wondering who else may come forward and want to help **Make A Difference**. Is anyone up for an earring-making party?

**Diana Jamison,**  
Project Star Fish

## Ronnie Cutler's Eagle Scout Ceremony December 14, 2013



Pictured (L to R, Top to Bottom): Ronnie's Eagle Scout project, the pergola over the Gathering Deck; Ronnie beside mementos of his achievements; Ronnie receives his Eagle Scout rank; the proud Cutler family (Jessica, Roman, Ronnie, and Richard).

### Board of Stewards

Dave Dustin, President  
Bill Gimpel, Vice President  
Lynn Langley, Treasurer  
Susan Johnson, Secretary

Bob Weekley, 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)