



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFR-VA)

P.O. Box 1266
White Stone, VA 22578

February 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

February 2

Sara Mackey: Whispering Hope

What is in us that lets us hope? Where does courage come from? How do we resist despair in a time when we are constantly urged to be afraid? Join us as Sara Mackey invites us to consider these questions.

Sara Mackey has been a friend of UUFR-VA since her seminary days, when the Fellowship was meeting in the Woman's Club down the road. She lives in Richmond and currently works at Union Presbyterian Seminary where she earned her M.Div. She has served Williamsburg UU as Director of Faith Development, and she has volunteered in many capacities over the years at UU Community Church in Glen Allen. Always on the lookout for new perspectives, she currently attends evening worship at St. Stephens Episcopal Church in Richmond. Sara has a son and daughter who live far away, and a dog and two cats who live in her house. She loves to make things and is improving her knitting and crocheting skills, inch by inch.

*** UU For Kids Topic: Myth ***

February 9

Rev. Kathy Duhon: Won't You Be My Neighbor?

When someone asked Jesus: "Who is my neighbor?" Jesus answered with one of his most famous stories. Mr. Rogers (a.k.a. the Rev. Fred Rogers) was also concerned about what neighborliness meant to people, and he answered with many stories wrapped up in a TV show for children. The Rev. Kathy Duhon begins with the wisdom of Jesus and Mr. Rogers, and adds other stories that deal with neighbors and strangers. Bring your child's heart and explore this neighborhood with us, both theologically and playfully.

Kathy Duhon, a member of the UUFR-VA, is a retired UU minister who moved to the area to care for her aging parents. She founded and served a UU congregation in Great Barrington, MA.

February 16

Jim Sanderson: Separation of Church and State

“Separation of Church and State” does not equal separation of religion and politics. Recent events in American politics and the arrival of Pope Francis have pointed out the interrelationship of religious belief and political positions. If one's religion and politics do not inform each other, does one take either seriously?

Jim Sanderson is currently Vice President of the Policy Board of UUFP and served as minister to the former Jenkins Fellowship in Petersburg. He is the Virginianna Room Librarian at Main Street Library in Newport News and chairs the Intellectual Freedom Committee of the Virginia Library Association.

February 23

Diana Jamison and Eva Abel: You Are What You Think.

Do the stories of your mind bring or block joy? Join Eva and Diana as they explore how to bring joy into your life by challenging and changing your thoughts.

Diana Jamison, a member of UUFR-VA, is a psychotherapist who practices in Kilmarnock, VA. She is an award-winning artist, an event planner, and a sometime singer at UUFR-VA. She serves on the board of The Bay Center for Spiritual Development and is the Social Committee Chair at The Rappahannock Art League.

Eva Abel, a member of UUFR-VA, is a psychologist who practices in Kilmarnock, VA. She is a musician, yogi, dedicated granddaughter to Thea Marshall, and newly married wife of Chef Adam Ginsberg. Eva serves on the board of the Virginia Association of Clinical Psychologists and is on the UUFR-VA Membership Committee.

President's Corner

by **Dave Dustin**

The Day the Earth Stood Still

When you read those words, you most likely think about the 1951 movie of the same title. This phrase, however, refers to an occurrence that happens twice a year during the summer and winter solstice. All year, because of the earth's wobble, our days are either getting shorter or longer. Solstice literally means “sun stands still” and refers to the fact that around the solstice sunrise and sunset, time changes very little and the sun seems stuck in the same spot in the sky for a few days. I bring this up because, on one of the coldest days of the year, I noticed that our early spring flowers just pushed up through the ground. All winter they have lain dormant, and now, just after the earth changes “course” and the days begin to get longer, somehow, deep under the ground, in the dead of winter, they detected a change and responded as nature has programmed them to do over billions of years.

This has a direct parallel to how we make decisions to institute changes in our own lives. We tend to move along on a course until at some point we start to feel, within ourselves, that we need to make a change. We approach the idea of change slowly until one day we make that final decision. So, we essentially stop what we're doing and start the long road toward incorporating the wanted new behavior. It can be very slow and difficult at first, but over time, the change begins to feel like a natural part of our life until one day we can hardly remember the old behavior.

Nature's approach is to slowly adapt to change. A more successful approach to change for us is also slow but certain. Answers come in silence and symbols, so I'll open my ears and eyes and look forward to a challenging new year that hopefully results in some positive, permanent changes in my life.

-Dave

Phood and Philosophy

Phood and Philosophy, our monthly dinner and discussion event will preview: *Long Strange Trip*, a six-film series documenting the history of Unitarian and Universalist thought since the earliest days of the Christian era. The series is narrated by a wonderful storyteller, Ron Cordes. Diana Jamison, Charles VanDenburgh, and Terry Smith will host the first film in this series, *In The Beginning ...*, on Saturday evening, February 22nd, at the UUFR-VA. Plan to attend the social hour starting at 5:30 P.M. Bring hors d'oeuvres and a drink to share. Also, if you like, bring a take-out dinner to eat while watching the film. A discussion will follow the film. For more information about the series, and to review the discussion questions, please visit the following web sites: <http://www.uufilms.com/timeline.pdf>, and <http://www.uufilms.com/discussion-points.pdf>.

UU Social Justice News

by Bob Weekley

Want to get involved in making a difference in combating discrimination against groups that have been targeted by some of our politicians? Here are two announcements.

* UUs in Virginia have organized a **UU Virginia Legislative Advocacy Network** (UULVAN). UU churches in our Tidewater Cluster area are participating and addressing some of the legislation which is being pushed forward in the Virginia Assembly this year. Read more about this on the UULVAN web page at <https://sites.google.com/site/uulvan/welcome>.

If you would like to get engaged, or get more information, let me know.

* **Mass Moral March, Saturday February 8th, 2014, Raleigh, NC.**

Unitarian Universalists, led by UUA President Peter Morales, will be participating alongside many other organizations that want to combat

new voting restrictions in the southern region, especially Protecting and Expanding Voting Rights and Civil Rights. There will be a bus from UU Glen Allen (Richmond) to the March and returning same day. For more information, contact me or see the UU website at

<http://standingonthesideoflove.org/mass-moral-march-saturday-february-8th-2014-raleigh-nc/>

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:

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

March 24: *Defending Jacob* by William Landay

April 28: *The Burgess Boys* by Elizabeth Strout

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



Laughter is Joy Bubbling Over!

In Laughing Yoga, we learn to cultivate joy by engaging our sense of childlike playfulness. We use laughing games to reunite ourselves with our inner child. No experience with yoga is required. **Caroline Shifflett** will lead a class on Saturday, February 15th, at 11:00 A.M, in the church. Cost is \$5.00 per person.



Who's Who in UU: Roman and Ronnie Cutler

by Eve Jordan

Ronnie and Roman, sons of Richard and Jessica Cutler, are well known to the UUFR-VA congregation. Ronnie has us enthralled when he plays the piano, and Roman charms us as he helps with refreshments after services, or just generally making himself useful. Both are extraordinarily handsome, perhaps in part due to their mother who is from Thailand and has given them a beautiful blend of east and west.

We are very appreciative of the pergola over the gathering deck that Ronnie designed, planned, and led to completion. It is a wonderful addition to UUFR-VA. This project was the final one required for him to become an Eagle Scout. As a fundraiser for the project, Ronnie sold his homemade chili, at the suggestion of his mother. It was so delicious that popular demand brought a second offering – making over 100 quarts of chili sold. Becoming an Eagle Scout is the highest honor in scouting. Ronnie has been in the Boy Scouts for eight years, and it comes as no surprise that he would achieve this goal. That is the kind of person he is.

Ronnie is on his way to the University of Virginia in the fall of 2014. He attends the Governor's School in Warsaw, which is academically rigorous, and will graduate not only as Valedictorian of his class, but also will

have earned an Associate of Arts degree as well as an ITE certificate. He is amazing in his wide range of interests and abilities. Ronnie plays several musical instruments in addition to the piano. He is captain of the track team, in the jazz band playing drums, and in the recycling club. He works hard at all he does, planning carefully and executing his projects with great care.

Roman is 12 years old, a seventh grader at the middle school. He also is interested in science and is currently building a generator that will help illuminate one of his projects. He is helping Ronnie as they sand and paint the bird house outside the UUFR-VA that replicates the lighthouse at the top of our home. He loves science and is disappointed that he only had the opportunity to complete one science fair project. That one was in the 4th grade; the county no longer offers that opportunity to students. The project he did that year was showing how sounds travel through air and solids. He also plays the piano, as well as drums and the trumpet. He says he is always trying to improve himself, and looks up to his brother, taking suggestions from him as he navigates through life. Roman loves being helpful to others and is friendly to everyone.

These guys are such a delight, and we are very fortunate to share time with them at UUFR-VA. We wish Ronnie well, and look forward to watching Roman grow and flourish in the coming years.

In Memoriam

Rosa Vazquez, mother of UUFR-VA member Rosa Prescott, passed away on January 26th, in North Miami Beach, FL. Ms. Vazquez was 102½ years of age and left a large extended family.

Rosa extends her appreciation for the thoughts and prayers from friends and family.

Terrie's Notes

by Terrie Dustin

You Follow Me Like The Moon, the movie concerning the lost pregnancy of their daughter, made by Ron and Devi Herrsche of White Stone, is available on the UUFR-VA bookshelf for anyone who might like to borrow it. It is a beautifully-made movie on a very sensitive subject.

Thanks to all who donated their "Change for a Change" in support of the recent **Polar Plunge** at Camp Kekoka. UU Kids donated \$100 to sponsor Cassie, MJ, and Tavish Anderson-Leichty. The Polar Plunge raised enough money to sponsor 20 children at the summer camping experience. What a wonderful success!

The next **Candlelight Celtic Service** will be held at the Grace Episcopopol Church in Kilmarnock at **5:30 P.M.** on **Sunday, February 17th**.

UUFR-VA Bulletin Boards

We are happy to have information shared on the bulletin boards and encourage all members to celebrate and encourage community activities and events. Please include UUFR-VA or other Point of Contact and the date on your postings. They will

remain on the board for four weeks or until the obvious end date of an event. Items removed after the four-week period will be put in the office where you can pick them up at your convenience.

UUFR-VA Lay Pastoral Care Program

Challenges come our way in life. Some are manageable, while others leave us feeling very alone and overwhelmed. Lay Pastoral Care will provide, upon request, personal and confidential support to those enduring grieving, illness, injury, disability, marital changes, unemployment, relocation, caregiving, isolation, inability to attend church, or other life situations.

How can you receive lay pastoral care?

Call one of our Lay Pastoral Care Associates: Diana Jamison, Pirkko Graves, or Bob Weekley. Their numbers are in the UUFR-VA directory, and this service is available to members of the Fellowship. There are no fees. This support is offered with strict confidentiality. The list of our UUFR-VA counselors and their qualifications may be viewed at: http://www.uufr-va.org/UU_Programs.asp.

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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)