



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

May 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

May 4

Sara Mackey: The Wrong Ones

In folklore and in the Christian sacred text, we frequently find themes that center on the wrong people — strangers, unsavory people, sinners. Join us as we explore what we can learn about ourselves and our world from these stories of the wrong ones.

Sara Mackey, a frequent UUFV-VA speaker, 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.

*** UU For Kids ***

May 11

Connie Ralston: Find and Express Our Own Innate Rhythm

Connie has been an active part of the local drumming community for over 25 years, facilitating participatory sessions which provide fun, exercise, and music to groups from nursery schools to nursing homes and hospitals, scouts, 4-H groups, Boys and Girls

Clubs, camps, retreats, schools, churches, and agencies. Connie will be joined by Terri Watson to help us find and express our own innate rhythm!

May 18

Caroline Shifflett and Kristi

VanAudenhoove: Embracing the Spirit of the Child in Our Midst

Join us as we raise an important question: Do we have a culture and atmosphere which is multigenerational in nature, and family-friendly, in order to meet the complex needs of today's families with children and youth? With so many stresses and competing events drawing families in different directions, we need to consider just what our Fellowship offers to support and enrich the spirits of the children within us and the children around us.

Caroline has been an active member of the UUFV-VA since 2003, is a former President, and has served in many leadership roles. Kristi has been involved in religious education for kids at Williamsburg UU and in a prior iteration of the UUFV-VA.

May 25

Dr. Barbara Garvin-Kester: Early Childhood Nutrition and Education

Barbara will talk about how to effectively provide early childhood education and care and the impact these programs have on employment, tax revenue, prison incarceration and welfare costs. Barbara is the Chief Executive Officer for Childcare Learning Centers, Inc. in Stamford, CT, responsible for providing early childhood education and care programs for 1000 children.

Phood and Philosophy

Phood and Philosophy, our monthly get-together for shared food and philosophical musings, will be held on **Saturday, May 3rd**, at **5:30 P.M.**, at *Coventry*, the home of **Shirley and Tom Kinney**.

The topic: Do we need policemen? In our organizations? In our communities? In our state? In our nation? In the world?

Please call Shirley or Tom so we can be sure to have enough chairs, etc. Plan to bring a dish and a bottle of wine to share.

President's Corner

by Dave Dustin

"They Will Know Us by Our Works"

Recently, during one of our service's *Joys and Concerns*, I briefly mentioned how pleased I was to see so many members of our Fellowship active in the community.

Members of any fellowship have an implied responsibility to support various community activities through either financial or time and talent contributions. UUFR-VA does this to the best of our abilities and our Fellowship is successful in presenting ourselves as gracious supporters in the tri-county area.

As I had mentioned during that service's *Joys and Concerns*, in a single afternoon Terrie and I visited two different thrift stores and saw a UUFR-VA member volunteering their time at each one. That started me thinking about how many of our members volunteer in other types of organizations. I started making a list and it kept getting longer and longer! Here's my list with apologies in advance for those that I missed.

- Thrift shops (AWL and RGH)
- Mathews County Rescue Squad
- Rotary Club
- Kilmarnock Boys & Girls Club
- Interfaith Service Center
- Food Bank & Food Pantries
- Rappahannock General Hospital
- Free Health Clinic
- Free Counseling Services
- YMCA – Camp Kekoka – Summer Camperships
- The Alzheimer's Association – Support Groups
- Yoga Retreat
- Socrates Café
- The Bay Center (lectures & activities)
- Lancaster and Northumberland County Libraries

- The Little Free Library
- “Sunday’s at Two” lecture series
- Music Ministry at nursing homes and assisted living facilities in both Lancaster & Middlesex counties, along with our monthly *Sing Outs* (and our great Cabaret,) provide people an opportunity to join together in a relaxed atmosphere to dabble in a variety of music.

Last but not least is the “Niche” effort that our Fellowship initiated a while ago. Niche Committee members have invested countless hours researching and meeting with local teachers, social service workers, school guidance counselors, day care and after school care providers to help us in fine-tuning our effort to focus on helping to meet the nutritional needs for children during their first 1000 days of life, and to expand the availability of pre-school education to more children.

Our Fellowship is a very active and well-respected member of the community. We are currently having a positive impact on the welfare of those around us. In the near future we will be expanding our efforts and, hopefully, having a major impact on the lives of the youngest among us.

Thank you for all your contributions. By our acts of kindness, they will to know us.

Sincerely,

-Dave

Sing a Happy Song

The May Sing Out will begin at **7:00 P.M.** on **May 25th**. Join **Diana Jamison** and your UUFR-VA fellow singers as they step into the happiest of seasons in our Sing Out program.

Niche Decision Meeting

by Your Niche Leadership

Please be sure to be at our Sunday morning service, June 1st, to participate in a critical decision for our Fellowship.

The Fellowship has aspired to find a Faith in Action Niche within our community where we can (1) make a lasting major change for the better and (2) be known as the “Go To” folks for generations to come for all who want to help make that change. The membership, at the November, 2012 meeting, chose our Niche to be reducing generational poverty through expanded quality pre-school, while assuring those children were not developmentally damaged through hunger or poor nutrition. The direction to the Niche team was to figure out how we should make that happen.

That team has been studying the challenge ever since. Dr. Ruby Payne helped us understand the cultural specifics of those in generational poverty. Professor Eric Jensen filled us in on the particular challenges of teaching to poverty. Dr. Steve Barnett, of the National Institute of Early Education Research at Rutgers, has given us an understanding of what achieves success long-term in preschools regarding quality standards and curriculum emphasis, and what doesn’t work. Lisa Howard, CEO of E3 (Elevate Early Education) in Norfolk, showed us financing a quality preschool program is doable and led us to Dr. Amanda Williford, of the UVA preschool efficacy studies, to possibly monitor our progress and advise us of possible improvements. Erin Myers, Executive Director of NN Head Start (serving seven counties,) filled us in on HS criteria and the operational challenges. Verlaine Mack, Executive Director of Bridges Head Start (serving six counties from the Middle Peninsula west,) explained the status of Middlesex and Mathews counties and HS quality standards. Thus, we are drawing on detailed input from a thirteen county area.

Frances Campbell, of UNC Chapel Hill, reported 40-year-long studies showing that good nutrition in the first five years of life results in life-long health and cognition gains. Tom Gosse and B.H. Hubbard, respectively President and Director of The Wyley Foundation, which supports local childhood development and education, shared with us financing opportunities and fund-raising recommendations. A myriad of local organization leaders helped us gain a picture of the current preschools and nutrition programs and a realistic perspective of the challenges.

This research has helped the Niche team put together an action plan that we would like to share with all of our members on June 1st. If you like what is being proposed, and vote in favor, we can, together, begin to put our Faith into Action, targeted at giving these children born into generational poverty the tools needed for a more successful life. Please mark your calendar and plan to be there.

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:

May 26: *The Burgess Boys* by Elizabeth Strout

June 23: *The Goldfinch* by Donna Tartt

July 28: *The Lowland* by Jhumpa Laahiri

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

A Card 4 U 4 UU

by Your Finance Committee

Our “Vision”, articulated by the Board from individual and group input, is that we are becoming an even more caring and generous Fellowship. We have put down our roots here along James Wharf Road reaching out to embrace our spiritual traditions, our beliefs, and one another. And, we are destined by our Vision to have a significant impact upon our community, over the many years and generations to come, through our Faith In Action Early Preschool Niche, social justice, and other initiatives. Establishing our Legacy Bequest Society supports that future.

We are nearly unique among churches by having accomplished so much *without* an annual pledge drive where Stewardship Teams visit every member home yearly encouraging a pledge (or increase over last year’s pledge.) We wish to avoid this need and expenditure of energy well into the future, yet not compromise what we can and should accomplish. Your decision to be among the Founders of the Legacy Bequest Society will help secure this future.

Beginning this May, a Finance Committee representative will present to each UUFR-VA member a personal invitation card to become a LBS Founder. Your Finance Committee rep will ask that the card be returned for our Treasurer’s records, noting either 1) your will, trust, beneficiary, or whatever mechanism you’ve chosen to support the LBS, or 2) that you have decided not to take such action in this 2014 founding year of our Legacy Bequest Society. Your support is needed and very much appreciated.

We Are Not Alone – Tidewater UU Cluster

by Bob Weekley

Fellowships and churches of the UU Tidewater Cluster gathered on Saturday, March 29th, in Newport News at the UU Fellowship of the Peninsula for a day of fellowship and learning. It was so enriching to be with over 60 other area Unitarian Universalists, to experience the joy, and to learn more about how we can have an impact on the world and on our communities.

In addition to the talk and worship meetings, there were productive workshops including: Membership, Music, Social Justice, Governance, Social Media, Children's RE, and others.

The Tidewater Cluster, which includes the UU churches of Richmond, Glen Allen, Fredericksburg, Newport News, Norfolk and, of course, White Stone, is organized to facilitate the exchange of ideas for growing our impact in our communities, to provide mutual support such as speaker exchanges, and to learn from each other about how we can grow and enrich our own congregations.

I also found it a joy to experience the enthusiasm and ideas of so many "younger" UUs who are the future of our movement. At lunch in the sanctuary, we enjoyed a rousing "sing-out" accompanied by a group of instrumentalists from UUFP. What fun!

The Tidewater Cluster will hold its fourth annual meeting again in **March 2015**, possibly in Glen Allen. Mark your calendars. Place and date will be announced in August. Plan to attend for a day that will renew your spirit and will benefit our own UU Fellowship of the Rappahannock.

Mini-Book Sale

by Shirley Kinney

Judi Caples was given a considerable number of books on ancient religions and women and goddesses and gods. They are in terrific shape and most of them are just dying to get a good home. They seemed to me to be a perfect fit for all of you book-reading UUs. So, Sunday, May 18th, we'll have a small book sale in our building's foyer. Books will be \$1 for hard cover and 50 cents for paperback. All proceeds will go to our UUFRR-VA Endowment Fund to help finance our church operations.

SAVE THE DATES!

**Sunday, October 12, to
Tuesday, October 14, 2014**

All Congregation Fall Retreat

Stratford Hall

About one hour from Whitestone

We have reserved the Cheek House with 15 rooms (eight with kings and seven with twins) at a rate of \$133 per night per room. The Cheek house also has a small kitchen, large living room, and a beautiful deck overlooking the woods below. The Stratford Hall Manor House is a short walk as is the dining room/restaurant. Accommodations include a free continental breakfast, a tour of the Manor House, and free access to the nature trails down to the cliffs on the Potomac River. Limited scholarship funds may be available. See **Bill Gimpel** for specifics.

Please go to stratfordhall.org to explore and learn more about the "Home of the Lees of Virginia" and the birthplace of Robert E. Lee.



Who's Who in UU: Caroline Shifflett

by Eve Jordan

When Caroline is leading the service at the UUFR-VA, we witness someone who is totally at ease in the front of the room, with a remarkable presence. Her speaking ability and self-deprecating attitude was apparently developed before our very eyes! Shortly after she started attending the UUFR-VA, Shirley Kinney approached her (hmmm ... do we hear arm twisting?) about doing a talk. As Caroline states: "saying no to Shirley is next to impossible." Shirley was right about Caroline — it felt natural from the start, and she loved it! She continues to speak at the UUFR-VA and lead services, and we all feel that joy.

Caroline came to UUFR-VA through what she calls 'defensive churching' — she came, so people would stop asking the Shiffletts to come to church with them. One of husband Matt's clients (he is a chiropractor in Kilmarnock) suggested the UUFR-VA. When Caroline asked what the dress code was and heard there was no dress code — that indeed it is a very casual congregation — the deal was sealed. That was in 2003. Growing up in Southern Baptist culture, the narrow-minded ideas espoused did not fit with Caroline at all.

She and Matt are named on the commemorative plaque in the foyer as one of

the families that financially supported the building of *A Home of Our Own*. She was the UUFR-VA president for part of the time that the dream of our present building was being realized. She physically supported the building, by working alongside many others as they worked to remove the abandoned house on the property, cleared the land of trash and natural debris, put the final touches on the inside and put the deck together. Being a young President to an older congregation was extremely challenging. She grew in the position, and now serves on the Leadership Development Committee, which she has come to love. As a lay-led congregation, she says, we are all in leadership. "I love that our procedure is to help people lead in the areas they are naturally drawn to."

Originally from Georgia, near Atlanta, Caroline met Matt, who was from Richmond, while he was in Chiropractic school. When they married, they wanted to live in a quiet rural setting near the water, and voila! That sounds like the Northern Neck.

As Matt set up a practice, Caroline served as receptionist, partner, and chief financial officer. She volunteered at the Kilmarnock YMCA and got involved with the Lancaster Players ... spreading herself rather thin. When Billy, her son, was born three years ago Caroline became a stay-at-home mom. She calls Billy her greatest adventure so far. He has grown her spiritually and emotionally; she didn't realize she had the patience to be a mother, and is surprised at how wrong she was. She says he has saved her life many times over. After her brother committed suicide when Billy was seven weeks old, loving and caring for this baby was a major source of healing. He is also a source of laughter and love each day, and he is her co-adventurer. Her life now focuses primarily on Billy and Matt while teaching Laughing Yoga and occasionally leading a service. She has even learned to cook in the past couple of years!

She and Matt have a growing business that helps people tremendously. She was with Matt in the business for 10 years before Billy's birth. She is a 40 year old woman with Type 1 diabetes who is thriving and is pleased to say she has never been hospitalized for anything related to diabetes. When Billy is no longer nursing, (Caroline has chosen this as a natural plan rather than a time table formed by outside opinions; she and Billy will know

when the time has come to give this up) her plan is to become more active in Lancaster Players, continuing to express herself in front of an audience. She is a remarkable woman who is very tuned into nature and enjoys being with her husband and son ... and with the UUFR-VA family.

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: 20th of the month
Bob Prescott, Editor (editor@uufrappahannock.org)