

THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFRA-VA)

P.O. Box 1266
White Stone, VA 22578

September 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

September 7

Bryna Brennan: Help is a Four-Legged Word

Bryna will talk about her involvement in Canine Companions for Independence, a non-profit organization founded in 1975 that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships. Canine Companions is the largest non-profit provider of assistance dogs, and is recognized worldwide for the excellence of its dogs, and the quality and longevity of the matches it makes between dogs and people.

Bryna is a former foreign correspondent with involvement in the Pan-American Health Organization. She studied International Relations at Paul H. Nitze School of Advanced International Studies.

UU For Kids Topic: Each and Every Person is Important

September 14

Dave Dustin: Looking for Nirvana (in all the wrong places)

We are born perfect ... not with original sin as some would have us believe. From there,

we are subjected to a myriad of influences – ' parents, teachers, and friends being just some of the more important. Somehow, through all these influences, the idea is implanted in our heads that somewhere out there is a perfect life. That's where our search begins!

Dave retired from Johns Hopkins University/Applied Physics Laboratory in 2012 after 38 years of service. He is currently serving as the president of the UUFRA-VA and as a Vice President for the newly established Kids First Foundation. He also volunteers at the White Stone Baptist Church's Food Pantry.

August 21

Cliff Schelling: Women's Wisdom

Women have been disadvantaged throughout most of our species' history. Rarely have they had the freedom, power and options usually available to men. To survive, many women have developed qualities that were not as necessary to the dominant group, which are now necessary for all of us.

Cliff is the president of a coaching and consulting company that has been helping clients achieve personal fulfillment, professional competence and business results for twenty-seven years.

September 28

Caroline Shifflett: Mind, Body, Spirit ... an Exploration of Beauty

Join Caroline in a reflective service designed to get you to see the beauty of it all.

Caroline lives in Weems with her husband Dr. Matt Shifflett and their son, Billy. She has been an active member of UUFR-VA since 2003 and has served in many leadership roles here. She is co-founder of Pure n' Simple Family Chiropractic. Caroline teaches Laughing Yoga, a laughing practice designed to cultivate joy and happiness. She enjoys adventuring with Billy and Matt, hiking, reading, time with friends and of course yoga and cooking for her family

President's Corner

by **Dave Dustin**

Being There

I've taken many pictures of interesting, sometimes ominous-looking, clouds this summer only to find that when I later look at these pictures they just don't capture the experience of seeing these events in person.

Experiencing life's events can be the same. Talking to people in person can be a fun, intense, frustrating, and a rewarding experience. "Talking" to people on social media or via email can be all of those things but usually doesn't invoke the same intense feelings as a face-to-face encounter. Many people are now participating in several forms of social media like Facebook and Twitter. Here, we can be exposed to any number of news events, personal status reports, and political opinions, and all sorts of animal videos. All of this stimuli can get us so caught up in what we're reading or seeing, that we just simply react to this information without much thought. That's where the trouble can start, especially if what you've just read causes

you to react in a negative way. It's so easy to type out an impulsive response that we can easily respond in a way that within 10 seconds of hitting the return key, we wish we hadn't responded at all to that particular Facebook or Twitter post.

I recently read a book titled "Don't bite the hook: Finding Freedom from Anger, Resentment and other Destructive Forces" by Pema Chodron. The book explores ways to not be a victim of your emotions but rather to take personal control of your emotions. The premise is that we are daily buffeted by events that can cause us to react in negative ways if we allow ourselves to simply become a victim of our impulses.

One of the big problems with social media is that you are unable to fully express your thoughts through written word alone. We are told that about 80% of our communications with another person are non-verbal. So, it is very difficult for us to discuss complicated ideas via email or social media because we can't project 80% of our communications with the other person or people. This leads to a lot of misinterpretations of the ideas we're trying to express. This in turn can cause us to respond in a way that can cause us to regret our impulsive response. In other words we all too often "bite the hook".

Fortunately for us, every Sunday we have a chance to engage in personal conversations with members of our fellowship but not enough time to have real in depth conversations.

This is a roundabout way to encourage everyone to attend **The Annual Fellowship Picnic on September 21st** so you can "Be There" and engage in some rare one-on-one 100% communications with other members, and friends, of our fellowship! So, please plan to attend the picnic at the Failmezger's beautiful home on the water in Morattico.

Sincerely,
-*Dave*

Phood and Philosophy

Phood and Philosophy, our monthly dinner and discussion event, will take a short recess for the month of September. Check back in next month's Chalice for upcoming topics and locations.

Annual UFR-VA Picnic

Our Annual Picnic will be held at Roger and Liz Failmezger's home on the Rappahannock River, on **Sunday, September 21st**, immediately after the Sunday service. Please bring a chair and something to drink, along with one of your delicious dishes to share. Everyone is invited to join in the fellowship and fun.

UU for Kids Focus

by Krisi Vanaudenhove

Share your Talents, Skills, Humor and/or Wisdom with the UU Kids!

The "How are the Children?" Task Force has been considering how we might make it possible for families with children to easily participate in the fellowship more than just one Sunday a month. We are proposing that the fellowship plan activities for the UU Kids two times each month – continuing to provide a formal program on the first Sunday of the month that utilizes UUA materials designed for encouraging exploration of the UU principles, and adding a more informal program on the third Sunday of the month.

Please consider signing up for one of the third Sunday sessions. Our vision is for a variety of fellowship members to engage with the kids – planning an arts and crafts activity, teaching a skill, sharing some stories, taking the Kids on a walk or playing a game. Our UU Kids range in age from three to thirteen – so you would be signing up to spend about 45 minutes with a small group of about two to five Kids. Some of the ideas people have floated: building a birdhouse that can be hung in the

trees, painting a picture that can be hung in the foyer, singing songs and/or playing musical instruments, teaching skills like knot tying or how to safely build a camp fire, laughter yoga, acting exercises, making leaf prints, baking cookies, making a holiday craft ... or anything you *love* to do! Teams of two or three are also welcome to sign up and have some fun together with the UU Kids.

There are two easy ways to sign up: email Kristi, or sign up on the sheet that will be available in the foyer from September 7th until all of the dates are full. The dates are: September 21st, October 19th, November 16th, December 21st, January 18th, February 15th, March 15th, April 19th, and May 17th.

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There are three remaining "How are the Children?" Task Force meetings to plan for expanding our capacity to welcome families with children in to our fellowship. To date we have provided input into the building design plans, developed a plan to submit to the board for a playground for children, planned the UU Kids programs for the 2014-2015 Sept to May year, and begun planning for a second UU Kids session each month and exploring the possibility of a "Harvest Festival" at UFR-VA. Meeting dates are: September 7th, October 5th and November 2nd. All are invited to participate in any or all of the final three meetings.

Raffling for Education

by Eve Jordan

The Lancaster County Virginia Education Foundation is a local charity that raises funds specifically for the public schools. For next year's proposed programs, a total of \$35,000 must be raised. *Broadway in Richmond* has been successful in the past, and is offered again this year. There are five individual raffles, with tickets only \$10 each, or three for \$20. The winner of each raffle receives four matinee Orchestra tickets *plus* \$100 in cash. The shows are at the Altria Theater in Richmond, Saturday matinee. The shows are: The Book

of Mormon, Nov. 8, 2014; and in 2015: Million Dollar Quartet, Jan. 17th; Sister Act, Feb. 14th; Chicago the Musical, March 14th; and Memphis, April 25th. All proceeds benefit programs in Lancaster County Public Schools.

The LCVEF provides:

- All third grade students take a trip to D.C. in the spring, expenses paid
- Celebration of Excellence dinner for Scholars at Lancaster High School
- Mini-grants for teachers, up to \$500
- Lancaster High School science and math lab equipment including incubators, centrifuges and lap tops fully loaded with software
- Balanced Literacy Program for 4th, 5th and 6th grades to bring students up to reading standards by the end of the 6th grade
- For the first time this year, a Coordinator for Volunteers and Mentors

As UUFR-VA works on the Kids First program, let's not forget the existing programs for other students.

Tickets are available at The Box - White Stone, Antiques Gallery - Kilmarnock, Objects – Irvington, and at UUFR-VA, through Eve Jordan, Board Member, LCVEF.

Building Expansion Potluck

by Janet Hemming

The Building Expansion Committee invites you to a forum and potluck after our Sunday, September 28th, service. The committee has been busy for several months developing concepts and working out technical details for what expansion might include. Hopefully, over the past few weeks, you have had a chance to view the three possible design options that have been on easels in the foyer or on the gathering deck.

We would like the opportunity to answer any questions that you have but, more importantly, get your input on what you think is the best approach for UUFR-VA, or suggestions on any current or future needs these draft plans may have missed.

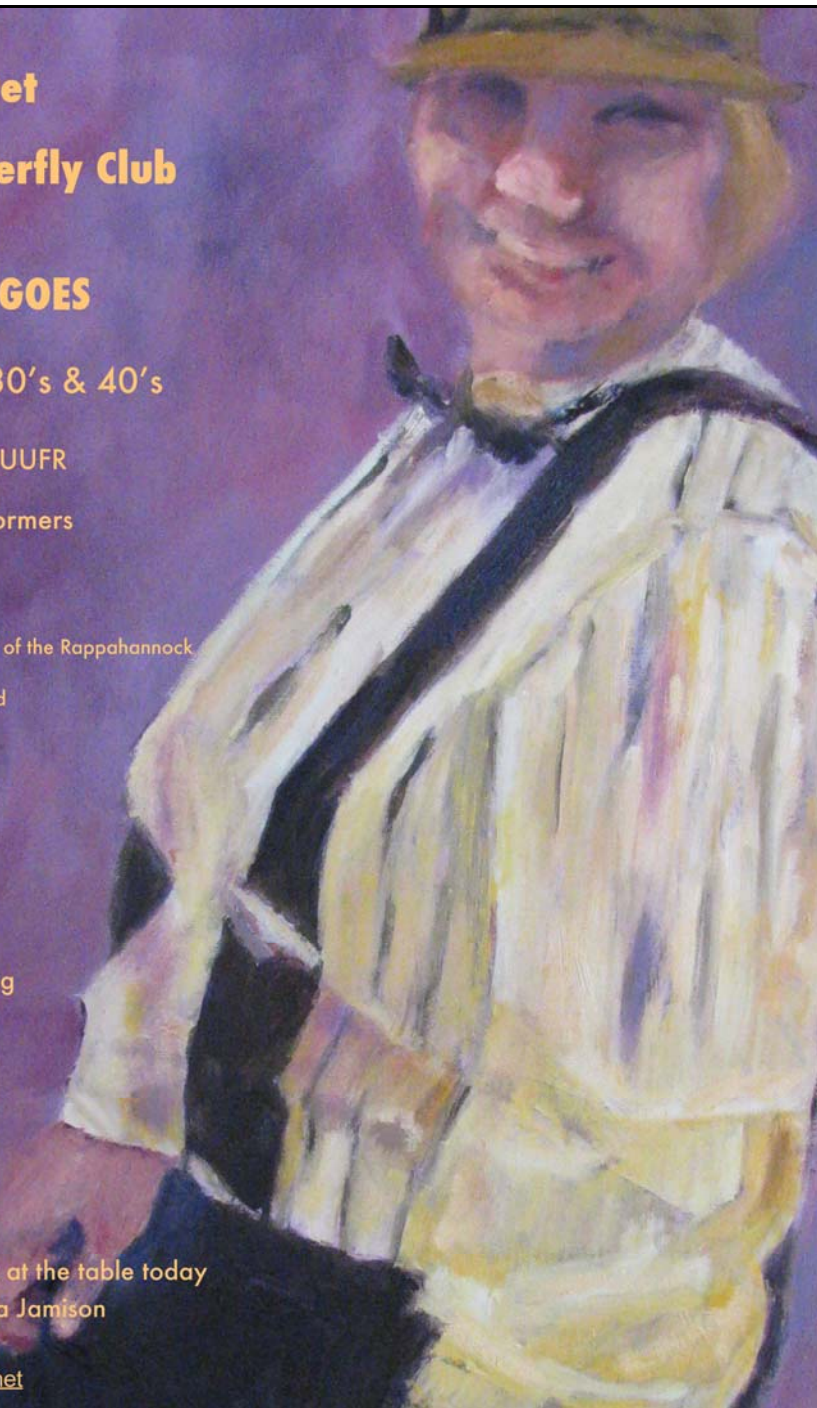
The three options fit into the categories of:

- Minimal basic needs
- Longer term needs
- Build it and they will come

We need to set a direction to start the next phase, which would include finalizing a plan and fundraising. We will have a survey available for those who cannot attend the potluck, or have additional ideas after the forum.

We hope to see you on Sunday, September 28th, after the service!

Building Committee – Bill Gimpel, Chair,
Dave Dustin, Janet Hemming, Tom Kinney,
Terry Smith, Elaine Weekley



2014 Cabaret
At The Butterfly Club

ANY THING GOES

Songs of the 30's & 40's

Performed by the UUFR
Singers and Performers

Hosted By
Unitarian Universalist of the Rappahannock

366 James Wharf Road
White Stone, VA

Saturday
November 1
7:30 PM

Fun Frolic and Song
Dessert
Cash Bar

Tickets
\$25

Seating is limited.
Reserve your place at the table today
by contacting Diana Jamison
at 804 761 3991 or
belleleven@verizon.net

The second annual Cabaret, **Any Thing Goes**, will be staged UUFR-VA on November 1, 2014 at 7PM o'clock. Featured will be performers doing songs and bits of patter from the good-old-bad-old days of the 30's and 40's. Tickets for UUFR-VA family go on sale September 1st thru 30th. On October 1st, ticket sales will be opened up to friends and the community. Remember, we have room for 56 in the audience. Get your seats early. Call or email **Diana Jamison** for tickets.

Kids First Foundation

by Tom Kinney

Most important: UUFR-VA's Kids First high-quality Early Preschool for three year old at-risk children starts September 2nd at Lancaster Primary School. Lisa Hudnall, certified Early Childhood Education lead teacher, is applying her 30 years of experience to change those young lives for the better. And you had a part in making that happen.

So, let's get caught up on some organizational details. Kids First Foundation (KFF) received IRS 501(c)(3) tax exempt status in the record time of four weeks vs the usual 4-6 months. We were among the first to use the IRS's new system labeled Form 1023-EZ. No one here, or in Richmond, knew what to expect. Now, they all know due to KFF's success.

In case you missed the Sunday, June 1st presentation, that gained Niche program approval, the Foundation is UUFR-VA's Kids First Program financial center – the “bank” for Kids First Program. Its Directors coordinate fund raising, manage and invest those funds, and distribute grants in response to proposals to fund the early preschool and hunger/nutrition Kids First Programs. The Foundation Directors currently are MJ Anderson, Judi Caples, Dave Dustin, Tom Kinney, Mike Knez, Lynn Langley, and Bob Weekley. Having the Foundation allows us to add directors who enhance our skills, but are not UUFR-VA affiliated. KFF Director Bill Warren is contributing his exceptional

community fundraising skills and Dr. Holly Wargo, former Principal of Lancaster Primary School when the first Early Preschool class was organized, is now Northumberland's Assistant Superintendent – pursuing her strong interest in helping at-risk kids there.

Kids First Program, part of UUFR-VA's Faith In Action Committee, welcomes a diversity of donors who recognize UUFR-VA as the “go to” organization for breaking the cycle of generational poverty. But some are shy about donating to religious organizations. KFF is an opportunity to support without theological misgivings. Program donations exceed \$55,000 from organizations, individuals, and churches with no religious ties to UUFR-VA.

UU Ladies!

by Eve Jordan

The UU Ladies Luncheon for September will be at the Luna Restaurant on September 26th, in Callao. As you gasp for breath at the distance, we will provide Limo service that day for anyone who is interested in joining us. The ladies in Northumberland County really enjoy this restaurant. More as the day draws closer ...

Sing Out Skipping a Month.

Hank and Diana will be away the fourth Sunday of the month in September. Unless a guitar or singer come forward to host this event, we will skip September and plan to meet again in October.

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)