

THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFR-VA)

P.O. Box 1266
White Stone, VA 22578

November 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

November 2

Sara Mackey: Being There

Is it possible to love our neighbors and not do anything to help them? What if we can't help them? Join us and our guest speaker, Sara Mackey, for a discussion of what to do when there's nothing we can do.

Sara has been a friend of UUFR-VA since her seminary days, when the Fellowship was meeting in the White Stone Woman's Club. She lives in Richmond and currently works at Union Presbyterian Seminary, where she earned her Master of Divinity. She has served Williamsburg UU as Director of Faith Development and has volunteered in many capacities over the years at UU Community Church in Glen Allen.

UU For Kids Topic: Everyone Must Be Free to Search for What Is True and Right in Life

November 9

Alane Cameron Miles: Building Your Hope Chest

When Alane was a child, her grandmother told her about girls gathering hope chests full of handmade items for their wedding day. We do it with retirement accounts and packing

clothing for the appropriate seasons. Why don't we pack ourselves hope chests for days when we might need them? Alane will discuss the tangible and intangible contents a modern hope chest might have, as well as its usefulness in times of grief or fear – marking the changing of seasons and celebrating life.

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. She is the host of Death Club Radio on Richmond Independent Radio, WRIR 97.3 (www.wrir.org) Thursdays at 12:30 P.M. Alane is also a Chaplain and Bereavement Counselor for New Century Hospice.

November 16

Rev. Jim Sanderson: Inherent Worth and Dignity?

Rev. Sanderson is currently Vice President of the Policy Board of the UU Fellowship of the Peninsula 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.

November 23

Margaret Socey: Let's Invest in the Future of Lancaster County!

The children who are educated in the Lancaster County Public Schools are the future of Lancaster County. Regardless of the careers they pursue, they will be more productive if well-educated and prepared. The more productive they are, the more they will return to the community in taxes, charitable giving, and community service. Some will become attorneys, physicians, nurses, business owners, farmers, watermen, teachers, skilled technicians, and public servants, but all will benefit from the strongest education we can provide. What better investment could we make in our future than to strive for excellence in our county's public education system?

Margaret is President and Co-founder of the Lancaster County VA Education Foundation.

November 30

Barbara Martin: Songs for a Winter's Eve

Listen once to singer-songwriter Barbara Martin and you will believe what the critics say about her. Down-to-earth. Insightful. Ironic. Polished. Slice-of-life. Sensitive. Provocative. The list goes on. Barbara Martin is the real deal; a true Renaissance woman in genres prone to stereotypes and pigeon-holes. Barbara's soulful voice and skillful songwriting reveal the essence of her life experience, her creativity, and her joie de vivre. And in that very honest and open place, Barbara Martin doesn't just entertain us; she helps us remember how to dream.

President's Corner

by Dave Dustin

Walking Shoes

It's very hard to empathize with someone else's life problems if you have never experienced something similar yourself. It can also be difficult to understand the gravity of the challenges that might lay ahead of us.

At this year's Fellowship Retreat, participants had a chance to explore issues related to the aging process. Some participants were a bit too young to be thinking about aging issues, but they found it informative to hear some of the things we older people worry about or choose not to worry about.

At the beginning of the retreat we all took a survey. One of the questions was "How happy are you?" On a scale of one to ten, the average response was seven. It seems we are a pretty happy group. We also are a very diverse group. We had at least one representative of each decade between 50 and 80, but regardless of your age, life can throw you a curve ball.

Listening to issues people face as they age, it occurred to me that our entire life consists of "Trials and Tribulations." I remember when Terrie and I were dating, she had compiled a big scrapbook titled "Trials and Tribulations." At 15, she had enough challenges to create such a scrapbook. It was then that her Carol Burnett sense of humor was born, and there have been many more entries.

Life is full of ups and downs. It can seem just when you thought things could not get any worse, a new challenge pops up. But, as the old saying goes: "When one door closes, a window opens." So looking out that window we get a new view and the opportunity to learn and grow and build an inner strength to carry us on.

As Unitarian-Universalists, we have a tendency to approach life in a very pragmatic

way. We test our philosophies and theories. We analyze, observe, meet, and discuss practical applications and our plan of action. But, real life rarely works that way.

Terrie recently inquired about the sign she had seen in front of the Kilmarnock Volunteer Rescue Squad that said: "Volunteers Needed - Free Training." UU's EMT, Lynn Langley, kindly enlightened her on the level of expertise required of those who are on the front lines. EMTs receive 160 classroom hours of training, along with countless hours in an actual Emergency Room and simulations of possible field operations.

I quickly realized that this is the way we need to approach our own lives. Sure, we all need guidance with the practical preparations, but those people who turn out to be the survivors are those who have a different sort of training.

Every day we are afforded opportunities to extend support in the face of unpredictable circumstances. We don't have the luxury of planning for an accident or medical emergency, but we can take advantage of every day to walk in someone else's shoes. Like the movie "Nell," every day we are both the teacher and the student of everyone we meet.

Unitarian-Universalists seem to be naturally inquisitive, so we are fortunate to have the natural capability to stop, look, and listen to the world around us. There are as many approaches to a problem as there are shoes. Like an EMT, we need those classroom hours to be prepared, but we also need the flexibility and courage to see beyond the obvious. So put on those shoes, and we'll be living and learning something new every day!

Sincerely,
-*Dave*

Phood and Philosophy

Pirkko Graves will host our November Phood and Philosophy get-together, in her home, on **Saturday, November 8th, at 5:30 P.M.**

Pirkko asks that all participants share an experience or event which was/is strange – not necessarily explainable rationally. Something spooky, a la post-Halloween!

Please call Pirkko in advance to let her know you are coming. We don't want to be short of chairs!

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:

November 24: *A Constellation of Vital Phenomena* by Anthony Marra

December: No meeting

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



November 30th will be a musical delight with a service led by our friend, and frequent visitor, Barbara Martin.

Meditation F.A.Q. (Frequently Asked Questions)

by Bob Weekley

Sunday Morning Meditation is held at 9:30 – 10:00 A.M. every week. Have you thought about joining in but ... hesitated? Some have said they have an interest and are aware of the benefits of meditation, but they are unsure if it is for them. Here are some questions and concerns that come up.

I don't know how to meditate. From what I read of monks and gurus, it seems pretty complicated. I might feel foolish.

Answer: Meditation is not complicated, and it is not something that has to be learned. Meditation is a natural act of simply finding a way to quiet the mind. You don't need training. What you do need is practice. You

experience the benefits of meditation from practicing meditation.

Why should I come to the Fellowship to meditate? Why not do it at home.

Answer: You can meditate almost anywhere – at home, in the car, while walking. But, some find it difficult at home, surrounded by things you need to do, by ringing phones and to-do lists. Folks find that immersion in a tranquil setting as we have at UUFR-VA allows them to become quiet and centered.

What do you actually do at Sunday meditation?

Answer: We arrange our chairs in a semi-circle so we have a view of the beautiful wooded setting outside the windows. In warm weather we may even be on the deck. Usually, one of us starts the meditation, perhaps with a short reading, and then guides us into a relaxing posture and encourages us to let the busy thoughts go. We then sit quietly together for the rest of the half-hour period.

I'm a "wiggly worm." I find it hard to sit quietly and calmly. Just trying makes me feel like a failure.

Answer: That's why we call it a "practice." Like so many things, the more we do it, the better we do it. There is real value in finding the ability to remain quiet, to quiet the mind, to breathe deeply and experience tranquility. It will come with practice. Others will not judge you. Don't judge yourself.

Why not do it alone, by myself?

Answer: Of course, meditate alone when you can. But many find benefits in sitting quietly with others of like minds. Some have said at the end of our sessions that they feel very close, just sharing the quiet moment of entwined spirits. How often have you spent time with friends – without listening to constant chatter? A quiet time with others is a blessed moment.

What are the benefits of meditation?

Many studies have demonstrated both health and emotional benefits: a better ability to focus; more alertness; better mindfulness; a more positive attitude; a sense of gratitude; even lowered blood pressure – the list goes on. But people who stay with the practice find their own definition of why they find it helpful in their lives. I would say it is simply a wonderful way to start the week in a mindful way.

Ralph Waldo Emerson said: “I like the silent church before the service begins better than any preaching.” And elsewhere: “Let us be silent, so we may hear the whispers of the gods.” (And he was a man who liked to talk!)

Please consider joining us at Sunday Morning Meditation.

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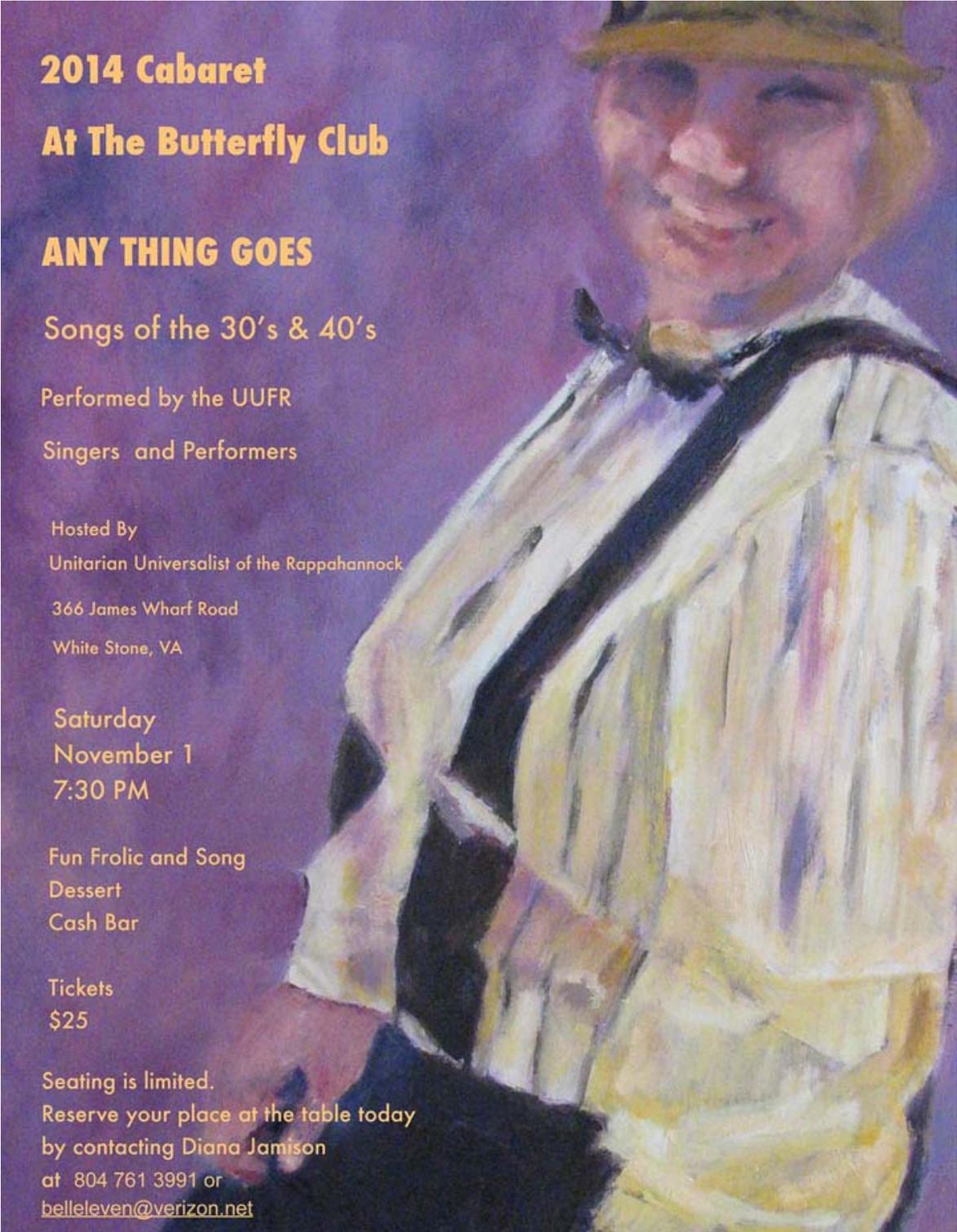
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<http://www.uufrappahannock.org>
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Bob Prescott, Webmaster

Newsletter

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



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