



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

February 2015

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 1

Alane Cameron Miles: Top Regrets of the Dying

Books, studies, and articles have been published about recurring themes that haunted many terminally ill patients. Author Bronnie Ware writes, "I was with dying people who said to me: 'Please share my message so others learn by my mistakes.'"

Alane Cameron Miles, the host of Death Club Radio on Richmond Independent Radio and Chaplain and Bereavement Counselor for New Century Hospice, will share her thoughts based on her own experience providing end-of-life care.

UU for Kids Education Program:
Finding Answers to Our Questions

February 8

Sara Mackey: Mighty Waters – What Is the Best Way to Grieve?

Although there is no good answer to that question, it can be useful and fascinating to look back at an ancient unknown poet who grieves in the Christian sacred text, in a psalm. Join us as Sara Mackey looks at some ways that grief then might help us with grief now.

Sara 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.

February 15

Donna Sequeira: Eat, Pray, Love – Pilgrimage and Practice

Can food, prayer, and love be the basis for pilgrimage? How do we as individuals and communities share food, prayer, and love as practices to enhance the spiritual life? Come let us explore the way of pilgrimage and the beauty of the little things.

Donna Sequeira, M.Div., ministers to those outside (and inside) religious communities through spiritual direction, teaching, and celebrating life transitions. She is a graduate of Starr King School for the Ministry and is the former Social Justice Coordinator for the Southeast District.

UU for Kids: Activity with Ruth Micklem

February 22

Lee Anne Washington: What I Like About Unitarian Universalism

Lee Anne will explore a synthesis of many paths to understanding the world we live in and our relationship to the ineffable.

Lee Anne has been an attorney, author, and educator for more than 25 years. She is a graduate of the College of William and Mary in Virginia and the University of Virginia Law School. Lee Anne is currently attending Christian Theological Seminary, in pursuit of a Masters in Divinity and ordination as a Unitarian Universalist minister.

President's Corner

by Dave Dustin

Winter's Peace

It's pretty quiet down here in the Northern Neck this time of the year. Most of our "outside time" consists of running from the house to the car and then from the car to whatever place you're visiting. So, there's no sunbathing or fishing, but an occasional warm day might allow for some gardening, boating, or hiking. We mostly observe the world through a windowpane.

However, there's still plenty to do indoors! The *Sundays at Two* lecture series has started. *Great Decisions*, a discussion series which focuses on foreign policy issues, is also in progress. And there are plenty of "All You Can Eat" events, which are mainly sponsored by churches or social organizations.

Cold wintery days give us permission to curl up and catch up on all the reading and organizing that got pushed aside in the warmer, busier months.

But, organizations cannot stop operating just because it's cold outside – and that goes for our fellowship as well!

There are still plenty of activities. And members of our congregation are happily working to keep our fellowship operating at peak performance levels.

Hank Stupi is organizing a showing of the video series about the history of the Unitarian Universalist religion, *The Long Strange Trip*, which begins on Wednesday, February 4th. This is a perfect opportunity to look at our UU past to see and appreciate the many trials and sacrifices that our forefathers endured to bring UUs into the present. After six weeks, we can look forward into our UU future and see what goals and opportunities we want to give our children and our community.

Various committees are working behind the scenes. Paula Greenwood is rallying her volunteers to ensure we all have a gourmet snack after each service, and Judi Caples and Eva Abel are making sure that their teams stay in contact with the members of our fellowship who are experiencing some sort of physical hardship – whether it's an illness or recovery from a recent surgery. (We have a few members in the latter category!) Bob Weekley has been meeting with members about updating the policies governing our Memorial Gardens, and Bill Gimpel and members of the Building Committee are working hard to make sure the plans for our new addition keep moving forward.

Of course, there are many others working behind the scenes to make sure our fellowship keeps functioning smoothly, and all their hard work and dedication are appreciated.

And, don't forget about Diana Jamison's Sunday morning meditation session. Diana has a loyal following who show up each Sunday morning at 9:30 A.M., and I've heard there is plenty of room for more participants.

While I'm mentioning members of the congregation, Bob and Sue Adriance will be leaving the warm southern hospitality of the Northern Neck to head west in April. We'll remember them with great appreciation every

time we sit on their welcome bench and admire the beautiful shrubs and bushes they've planted. We can promise to whistle a Bay Tones tune while we're working in the gardens!

-*Dave*

Phood and Philosophy

Phood and Philosophy, our monthly get-together for shared food and philosophical musings, will be held on **Saturday, February 14th, at 5:30 P.M.**, at **UUFR-VA** (366 James Wharf Road, White Stone).

The topic is **Violence and Institutional Systems**. What are tools or actions that deserve to be viewed as violence? Is violence necessarily physical? When are some forms natural, useful, wrongful, or deserving of attention as antithetical to UU Principles of social justice? How do you resolve conflicts in personal beliefs, legal standards, and corruption in their implementation? Please consider a tool used in violent ways, and a pattern or system used violently in society, worthy of our attention. Is there a favorite, or notable, protest chant you can lead us in chanting?

Please contact Terry Smith so we can set up enough chairs, though surprise arrivals can easily be accommodated. Plan to bring a dish and a bottle of wine to share.

Sunday Bulletins

by **Hank Stupi**

Just a reminder: Folks wishing to post announcements in the Sunday bulletins should contact me with their information. Please keep in mind that I generally print the bulletins a week in advance. Announcements should be limited to UUFR-VA activities. Non-UUFR-VA activities can be verbally announced at the beginning of the Sunday service.

Celebration of Life

by **Terrie and Dave Dustin**

You are cordially invited to attend the **Celebration of Life** in memory of **Eula Higdon** on **Sunday, February 22nd**, at **5:30 P.M.**

We will gather to enjoy the monthly Celtic Service of Light and Peace at Grace Episcopal Church in Kilmarnock. And, following the service, everyone is invited to the Fellowship Hall for cake and ice cream! We will have something for everyone - regular desserts, sugar-free and gluten-free.

Please call and leave your RSVP, along with any dietary restrictions, so we know how many desserts to prepare. We hope you will join us for a "sparkly" evening.

A Tour of UU

by **Hank Stupi**

Long Strange Trip, a six-film series documenting the history of Unitarian and Universalist thought since the earliest days of the Christian era, will be shown Wednesdays at 7:00 P.M. at the church, from February 4th through March 11th. After the one-hour film, we'll have a half hour of discussion. A wonderful storyteller, Ron Cordes, narrates the series. For more information about the series, please visit the following websites:

<http://www.uuworld.org/news/articles/290764.shtml>

<http://www.uufilms.com/>

Kids First January Dinner

by Dave Dustin

The Kids First Foundation sponsored its third dinner on January 21st. This dinner was hosted by the Morattico Baptist Church and catered by the Car Wash Café. Terrie and I attended as representatives of the Kids First Foundation.

Cynthia Bishop and Lisa Hudnall, the two Early Childhood Class teachers, attended along with Dan Russell, the Assistant School Superintendent. Anita Hart, Pepper Mann, and Terri Groh from Morattico Baptist Church helped set-up and serve the evening meal – provided by Susan Hill, owner of the Car Wash Café. Bill Warren, a Kids First Foundation Director, was the financial backer for this meal.

The menu consisted of a wonderful, slightly spicy chili, “Pigs in a Blanket,” string beans, and a fresh salad.

Participation by the parents of the two Early Childhood Classes was less than expected, but about 30 people, including adults, children, and the servers, participated in this dinner.

Mark Favazza, Branch Executive Director of the YMCA, was the main speaker for the evening. Mark gave an energetic, animated, and very informative talk that focused on the unhealthy snacks many parents unconsciously give their children every day. He pointed out that giving their children these unhealthy, sugar-laden snacks sets them up for almost certain failure in school. He also stressed that it can be cheaper and just as easy to give children healthy snacks.

The next dinner is planned for March.

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 23: *The Reluctant Fundamentalist* by Mohsin Hamid

March 23: *The Map of Love* by Ahdaf Soueif

April 27: *The Leopard* by Giuseppe di Lampedusa

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

Save the Date – April 25

by Bob Weekley

Seven UU churches in our region constitute the “Tidewater UU Cluster.” Annual meetings provide the opportunity for fellowship and learning from each other. The 2015 Tidewater Cluster meeting will be at the UU Community Church in Glen Allen on Saturday, April 25th. We’ve arranged for a dynamite speaker from Florida, and I’m told the music will be great. There will be workshops of interest to our members. Put it on your calendar. More details will be published soon.

Free ACA Enrollment Clinics

Enroll Virginia is sponsoring the following free enrollment clinics for 2015 Affordable Care Act (ACA) health insurance in the Northern Neck-Middle Peninsula region prior to the 2015 open enrollment deadline of February 15th:

- January 31st, 10:00 A.M. - 4:30 P.M.
Lancaster County library;
- February 7th, 10:00 A.M. - 4:00 P.M.
Westmoreland DSS;
- February 12th, Noon - 6:00 P.M.
Northumberland County library;
- February 13th, 1:00 P.M. - 6:00 P.M.
Essex County library; and
- February 14th, 10:00 A.M. - 4:00 P.M.
Westmoreland DSS.

Consumers seeking enrollment assistance at any of these events will receive priority if they contact Bill Botts or Melissa Walker prior to the event to receive prescreening and specific appointment times.

Consumers attending the events should bring:

1) proof of identification (photo ID, such as driver's license, social security cards for all family members, immigration status cards for all family members, if applicable, and certificates of naturalization, if applicable);

2) proof of family income (including 2013 income tax return, last 2014 paystub or W-2 or 1099 for 2014, and last 2015 paystub showing year-to-date income);

3) information about current health insurance (including Medicaid or FAMIS cards, employer insurance cards and information about the current employer plan and its benefit level, cost to employee, and open enrollment period dates);

4) the address of their email account (if consumer lacks an account, one will be created for them), preferably with a cell phone capable of retrieving their emails; and

5) their online Marketplace account information, if any (including their user or log-in number and their password and their three security questions and answers).

Finally, a new in-person assistor (IPA) with Navigator responsibilities has just been hired to specifically serve the Northern Neck/Upper Middle Peninsula region. Shirelle Bailey will be based at the Northern Neck Free Health Clinic in Kilmarnock, VA. She is currently receiving her training and hopes to become certified in the very near future.

Board of Stewards

Dave Dustin, President
Bill Gimpel, Vice President
Lynn Langley, Treasurer
Shirley Kinney, Secretary

Bob Weekley, Past President
Nancy Stupi, Program Chair
Judi Caples and Eva Abel, Membership Chairs

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)