



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

April 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

April 5

The UU Kids: Celebrating with Eggs

The UU Kids will explore and celebrate the history and traditions surrounding the connection between Easter and Eggs. We will all participate in a blessing of the Eggs and in a very special Easter Egg Hunt. Please join us for a unique service led by three eggseptional young people! Please bring a decorated, hard-boiled egg with you to the service.

April 12

Mike Knez: Conscious Discipline – First a Discipline Program for Adults, Then Children

Mike will overview the discipline program used in preschool classrooms in the Bridges Head Start program. Conscious Discipline® develops discipline within children rather than applying discipline to them; teaches lifelong skills rather than just managing behavior in the short term; and is relevant to anyone interested in learning a way of being, not just a way of being with children.

Mike lives in Middlesex County. He is a father, grandfather, and husband. He has worked the past three years as a Family

Advocate for Bridges Head Start which serves the Middle Peninsula. Before that, he worked at the Middle Peninsula-Northern Neck Community Services Board as a Family and Youth Educator, Mental Health Recovery Specialist, and Behavioral Specialist.

April 19

Margaret M. Sequeira: Faith and Doubt

Faith requires doubt, and life requires faith. We often talk about faith and about doubt, but what do those words mean? What is faith? How do we balance faith and doubt? What does faith require? Come as we explore the meaning and relationship between faith and doubt.

Margaret M. Sequeira, MTS, serves as the Consulting Minister for the UU Congregation of the Outer Banks in Kitty Hawk, NC. She is a candidate for Unitarian Universalist Ministry and has a Masters of Theological Studies in Ethics and Social Theory. She also blogs regularly at www.ScatteredRevelations.blogspot.com.

UU for Kids: *Activity with Caroline Shiflett*

April 26

Nancy Stupi: Soap Box Sunday

This is your opportunity to share your inspiration, your passion, your insight. What do you want to share with the congregation? Soap Box Sunday is back by popular demand. Volunteers will have three to four minutes to speak on a subject of their choosing. For ideas, you might choose to share a favorite reading or poem, an inspirational anecdote, a special pastime or joy, or a concern. Perhaps there is that inspirational piece that your grandmother kept in her cookbook or Bible. You might find it helpful to jot down your presentation in advance. The important thing is your sharing what is in your heart.

Guidelines? The speaker's time will be controlled, and we ask that no one raise partisan political matters.

Phood and Philosophy

Phood and Philosophy, our monthly get-together for shared food and philosophical musings, will be held on **Saturday, April 4th**, at **5:30 P.M.**, at **UUFR-VA** (366 James Wharf Road, White Stone).

The topic is: If given the job of rewriting the Ten Commandments, what would you include or exclude?

Please contact Diana, 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.

Spring Picnic

by **Hank Stupi**

An invigorating Spring Picnic and Sing Out will be held on **Sunday, April 26th**, at Gus and Vicki's house after the service. The picnic will be potluck-style, and directions will be included with the service's bulletin. Please plan to attend!

President's Corner

by **Dave Dustin**

You can pretend to care ... but, you can't pretend to show up.

Those are some powerful words!

An article in the current issue of UU World contains a great quotation. "You can pretend to care. You can't pretend to show up." The author is talking about today's UU members and how important it is to not just talk about an issue, but to do something about it ... show up. This could be by writing letters to the editor, by becoming actively involved in some sort of charitable activity, or by participating in social justice activities.

Reading this article was also very timely in another sense. Hank and Nancy have been hosting a weekly showing of the six-part series entitled "The Long Strange Trip." This DVD movie provided an excellent overview of the wondrous, and many times dangerous, "trip" that UUism traversed from its humble beginnings in Transylvania to very recent times.

The one key element of success that popped out in this "Long Strange Trip" is that someone kept "showing up" at a crucial time in the life of the UU movement. In 1553, Michael Servetus stood up against the Catholic Church and said: "I don't believe in the Holy Trinity!" He correctly stated that that concept isn't in the Bible and that it's a man-made construct, so he didn't believe it. Well, for his efforts, he was burned at the stake. But, his martyrdom provided strength for the many others that shared his beliefs and the UU movement continued to gain strength. Then, there was Thomas Aikenhead who, in 1697, was executed for stating that he didn't believe in the Holy Trinity. We tend to think these sorts of things don't happen anymore, but as late as 2008, Greg McKendry and Linda Kreager were killed by a politically minded gunman while attending a UU church service.

For many years Unitarian Universalists have stated some fairly obvious proclamations and gotten into big trouble for their efforts. Many have proclaimed, for instance: that Mary was not a virgin; there is universal salvation (everyone is saved, you don't have to belong to a particular religion in order to get into heaven); there's only one god (not three: the Father, Son, and Holy Ghost); and that Jesus was a good man but was not a "god."

For these many people who gave their lives for their beliefs, there should be some solace in knowing that their personal courage has helped those of us who come after them to stand up for what we believe, even in the face of expressions of dislike or threats of violence.

How does all that affect our small fellowship? Well, at the end of the "Long Strange Trip" film series, the narrator asked a simple question: "At some future time, what will we (as a religion) look back on and say? What were we thinking?" I would like to reword that statement a little bit and replace the "we (as a religion)" to "we (as a fellowship)."

So, I would ask each of you to think about this question: "In ten years from now, what would you look back on in our fellowship and say: What were we thinking?"

What issues are we avoiding that we should be addressing in our local community? Are there issues we would like to address but are concerned that if we stand up and say we are Unitarian Universalists, people will shy away from our ideas or helping hand?

Our forebears stood up for what they believed, even at the real risk of death. I think we can stand up for our issues and concerns if all we face is skepticism.

To say it another way: "You can pretend to care ... but, you can't pretend to show up."

Best Regards,

-*Dave*

Spring Cleaning 2015

by Dave Dustin

Yes, it's time once again for that annual rite of passage: Spring Cleaning. April 18th, starting at 8:00 A.M. Arrive when you can, but please bring your gloves, rakes, shovels, clippers, and a friend! It's time again to spruce up the grounds. There's lots to do, and many hands are needed, so please mark your calendar! We can all go to Rocket Billy's for lunch!

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:

April 27: *Frog Music* by Emma Donoghue

May 25: *The Leopard* by Giuseppe di Lampedusa

June 22: *Faith Fox* by Jane Gordam

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

Taking Turns

by Tom Kinney

UUA President Peter Morales writes in the latest UU World magazine, "You can pretend to care. You can't pretend to show up." Apparently professed caring vs. "showing up" is an issue with some members in some UU churches. Our lay-led fellowship is well supported. We "show up."

We have two weekly commitments. Someone needs to open the Sunday morning service and introduce the speaker, currently coordinated by Nancy Stupi. And we have our weekly Faith In Action four-person team serving nutritious snacks to at-risk three-year-

old early preschool children Wednesday mornings at Lancaster Primary School, under the direction of Dave Dustin. If we all take turns, that means a few minutes for each of us once per year to cover Sunday mornings. And it means a few minutes once per quarter supporting our Faith in Action Kids First program. We care, and we take turns.

Next Sunday, please seek out Nancy and Dave and say to each of them: “I care. I’ll show up.” You will be rewarded with broad smiles as you decide when would be best for you. You will find that, as you drive home, a broad smile will spread across your face when you recognize that you care and you will be taking your turn to “show up.”

UU Kids Update

by Kristi VanAudenhove

2015 has included some fun programs for our UU Kids, including the creation of Play-Doh totem poles representing the highlights of 2014 and our hopes for 2015,) a program that focused on the topic of “freedom” and “rights,” and cooking lessons with Chef Adam Ginsberg. We’ve been meeting twice a month – on the first and third Sundays. The first Sunday has included a UU lesson and the third Sunday has been an opportunity for another adult in the fellowship to spend time with the UU Kids – playing a game or teaching a skill. Many thanks to those of you who have stopped in to ask the kids about what they did for the day – and a special thanks to Mike Knez, for dropping in once in a while to help out with the program on a first Sunday!

I am seeking a volunteer for May 17th. If you would enjoy spending time with our UU Kids on that Sunday, please let me know and I will be happy to sign you up! We have three kids ranging in age 3+ to 11 (Billy, Gigi and Oliver) who attend regularly – and Billy always brings along mom or dad to help out. You can let me know on a Sunday when you see me or email me.

There are some ideas that came up during our meetings this past summer and fall about making our fellowship family-friendly. Those ideas were implemented in 2014 (offering a program for kids twice a month, making it possible for both kids and parents to build a stronger UUFR-VA connection, offering feedback on building expansion plans, and a special holiday get-together for the families with kids.) It would be great to see a few more ideas during 2015. If any of these catch your eye, let me know and I will try to help facilitate action:

- Beginning work on a playground for the kids;
- Planning a fun outdoor event at the fellowship to introduce UUFR-VA to family and friends who have children (and possibly to raise some money for the playground!); and
- Working on a solution to the challenge of having great indoor space for our kids to learn and play.

One other idea that does not require a lot of work, just a little planning, is to **consider which of our fellowship events can be child-friendly, and to let parents know in advance – so they can choose to participate.** The kids are feeling very much a part of things – so many of you have made a special effort to welcome them, to talk with them about their activities, and to encourage them to enjoy the refreshments after each service. As you plan for potlucks, picnics and other events, I am sure our UU Kids would appreciate being included in your plans!

Thanks everyone!

Have a UU Experience

by Bob Weekley

Celebrate Unitarian Universalism and meet new friends from our region at the **Third Annual UU Tidewater Cluster Meeting** on April 25 in Glen Allen, VA, from 9:30 A.M. to 3:30 P.M. The keynote speaker is the inspirational Kimberly Debus, who will come from Florida for this event. In addition,

workshops are offered on Religious Education, Stewardship, Social Justice, Fellowship, and Music. Lunch is included in the \$17 registration fee, and childcare is available. If you are interested in carpooling, check with me. Register in advance. Details are on the flyer in this issue.

Let's get together and represent UUFRR-VA at this regional event.

The flyer is a vertical rectangular graphic with a white background and a teal sidebar on the right. The main text is arranged in a central column. At the top, the words 'Generations Working Together' are stacked in large, colorful, sans-serif font: 'Gen-' in red, 'erations' in red, 'Working' in green, and 'Together' in blue. Below this is a yellow stylized tree icon. Underneath the tree, the text 'Annual Tidewater Cluster Meeting' is in black, with '4-25-15' in blue below it. To the right of the main text is a teal vertical bar containing white and yellow text. The bar starts with 'you're invited!' in red, followed by 'The Third Annual Tidewater Cluster Meeting' in yellow, 'Generations Working Together' in white, 'when Saturday, April 25, 2015 9:30 a.m. to 3:30 p.m.' in white, 'where Unitarian Universalist Community Church 11105 Cauthorne Rd, Glen Allen, VA 23059 Ph: (804) 752-6005' in white, 'registration \$17 includes lunch when you register in advance' in white, and 'sponsored by The UU Congregations of Fredericksburg, Glen Allen, Newport News, Norfolk, Rappahannock, Richmond, and Williamsburg' in white.

Generations Working Together

Annual Tidewater Cluster Meeting
4-25-15

share ideas!
Find Out How Other Local UU Churches Do Things

Meet new people, make new friends, learn new approaches

The workshops will include one from our keynote speaker, **Kimberly Debus**, on how to encourage church members of all ages to work together. The lay-led workshops include Religious Education, Stewardship, Social Justice, Fellowship and Music. With registration, you will get a boxed lunch (Turkey or ham sandwich or veggie wrap, with chips, a pickle, and a cookie. Sandwiches can be made with gluten-free bread.) Childcare is available if you register in advance. *Fee \$17, scholarships available.*

Register today by visiting
UCCGlenAllen.org
Click on **UCC Happenings**

you're invited!

The Third Annual Tidewater Cluster Meeting

Generations Working Together

when
Saturday,
April 25, 2015
9:30 a.m. to 3:30 p.m.

where
Unitarian Universalist
Community Church
11105 Cauthorne Rd,
Glen Allen, VA 23059
Ph: (804) 752-6005

registration
\$17 includes
lunch when you register
in advance

sponsored by
The UU Congregations of
Fredericksburg,
Glen Allen,
Newport News,
Norfolk,
Rappahannock,
Richmond, and
Williamsburg

Bay Center for Spiritual Development
Coming Home To Ourselves
restorative retreats for those who have been touched by cancer

Monday, April 13, 2015 and Monday, November 2, 2015 9am-4pm (lunch included)

"I have found things while I was lost that I might never have discovered if I had stayed on the path. I have lived through parts of life that no one in her right mind would ever willingly have chosen, finding enough overlooked treasure in them to outweigh my projected wages in the life I had planned." Barbara Brown Taylor

Coming Home to Ourselves, a retreat for those touched by cancer, offers a restorative day for anyone who finds themselves in the midst of the storm of cancer. These retreats will be about finding calm, compassion and clarity at the center of the storm. Each nourishing retreat offers ways to develop a greater capacity to meet their challenges with grace, one breath and one heart beat at a time, finding that life can be lived fully and richly whatever our individual circumstances.



Participants will arrive recognizing their own suffering; they will learn that they can't run away from the storm, but they can indeed find clarity, calm, and compassion at its center through the healing power of mindfulness and a tender heart, in hopes of transforming suffering into wisdom and grace. The retreat will be fully experiential: restorative yoga, meditation, music therapy, massage therapy, time for a walk or quiet reflection and a delicious anti-cancer lunch.

How can we navigate such a treacherous journey and not only preserve, but cultivate a real oasis of inner peace, inner calm and ease for ourselves amidst such a storm? How can we be with physical and emotional pain and suffering, and yet remain open, tender, resilient? This retreat is a salve for soothing the very real physical as well as emotional side effects of the cancer journey.

The retreat is led by a committed group of professionals in art, healthcare, music, yoga, massage therapy, psychotherapy and spiritual direction with a devoted team of hospitality volunteers.

*Diana Jamison, MSW and artist Suzanne Best, Yoga Professional Arthur Lopez, Musician
Sue Chewning, Massage Therapist Jane Cutler, Ph.D., Psychotherapist
Carol Burke, Spiritual Director Hospitality Team of Volunteers*

Catered by CarWash Cafe

Supported by a grant from **The Robert B. Lantz Foundation**

Suggested Donation: \$10 Please register: www.baycenterva.com
or call Carol Burke at 804-436-3191

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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)