



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

October 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

October 4

Donna Sequeira: The Art of Being Hidden: A Theology of Disability

By sharing some of her own story of having hidden 'disabilities,' Donna will reflect on how her images of the divine have been re-constructed, relationships have been re-defined and life has been re-imagined.

Donna Sequeira, M.Div. ministers as she is able 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. Donna lives in Richmond with her spouse, Margaret, and their daughter, Mollie.

UU For Kids Education Program:
"Where do we come from?"

October 11

Eddie Correia: Is Something Wrong with Islam?

Many Islamic countries are plagued by social unrest, political instability, widespread unemployment and repression of women. Even worse is the brutality of radical Islamic

movements such as ISIS. Is there something wrong with Islam that has contributed to these problems, or should we look only to other causes?

Eddie is a Washington, D.C. attorney and a university professor. Eddie has worked for the Senate Judiciary Committee and served in the Clinton Administration as Special Counsel to the President for Civil Rights in the White House. He is a member of the Board of Directors of the Lawyers' Committee for Civil Rights Under Law. He is the author of *The Uncertain Believer: Reconciling God And Science*, *Teaching Your Child About God In A Scientific World*, and two novels, *The George Washington Constellation* and *Elysia*.

October 18

Mark Favazza: Co-existing With Fear

The Buddhist nun Pema Chodron writes, "The next time you encounter fear, consider yourself lucky ... This is where courage comes in. Usually we think that brave people have no fear. The truth is they are intimate with fear." Fear is a natural, basic instinct of our ancestors' fight-or-flight reflex. Nowadays, we typically don't face the prospect of fighting off a sabretooth tiger but, starting a difficult conversation, stepping into

a new job, hearing an undesired medical diagnosis, facing financial reversal, or remembering a wrong done to us ... all can bring on a racing heart, a pounding head and repeated trips to the closest bathroom. Mark sees fear as a spiritual gift to help us gain true self-mastery and self-authentication – one that helps us grow, love and change through the lens of real courage, forgiveness, and opening of our hearts.

Mark is a graduate of Baylor University, Southwestern Seminary, and has served as a minister and executive director of several YMCAs.

**** UU For Kids Activity with
Suzanne Shepherd ****

October 25

Caroline Shifflett: Embracing the Imps

Join Caroline for a discussion about three real life, modern day imps.

Caroline Shifflett 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**

Fellowship: Group of people who share similar interests and companionship.

The UUFR-VA is by definition a fellowship of people who share similar interests and

companionship and, I must say, we do this rather well!

Last month we had the very unfortunate experience of losing one of our most cherished members and this loss will be deeply felt by our entire congregation for a long time to come. We also have had several members endure surgeries for sore knees, bad backs and we've had our share of normal illnesses such as colds and allergies.

These experiences have revealed several important things about our fellowship. First, it shows that we care a lot about each member and their individual contributions and, when called upon, our members step up to the challenge and do whatever is needed to care for those among us who need help.

Our Caring Circles spring into action to make sure those in need receive the attention and care when it's needed. Visitations, at home or in the hospital, food deliveries, and assistance dealing with healthcare issues – like doctor appointments and, when needed patient advocacy.

As I mentioned at a service recently, during our "Joys and Concerns," it's important for us to remember that for many of us, our congregation is the immediate family for many of our members. Many of us are "come heres" and do not live with a family member or have a family member living nearby. So, when a crisis happens, we must rely on people in our congregation to provide that immediate, and sometimes, long term care.

I would like to take this opportunity to thank all of those who, without a thought for themselves, step up to the challenge and provide that care that is so critical for some members of our fellowship!

You are the definition of a Fellowship! *Thank You!*

-Dave

Phood and Philosophy

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

Philosophy: UU's and others have championed action on social/moral issues over the centuries that have changed society. We'll be looking into the distant future at a list of imagined social/moral issues that might come to the fore. And let's philosophize about the need and/or appropriateness of action. Should we legalize polygamy and outlaw animal fur as fashion? Should we all wear body cams and update American indecent exposure laws? What rights should robots have as they can now generate emotional responses, self-replicate, and "suffer" the pains of war?

Phood: All are invited to please bring a dish to pass and share some joy with your favorite wine.

Budget Time

All Committee Chairs and Spending Centers are requested to provide their 2016 budget needs to a member of the Finance Committee no later than Sunday, October 18th. The Committee will then draft a 2016 budget proposal for the Board of Stewards review and revision in November. The proposed 2016 Budget, as revised, will be presented at the Annual Congregational Meeting on December 13th. Members have until the January 10th Board of Stewards meeting to provide additional input to the Board, at which time the 2016 budget will be adopted.

Thank you for your continued support. Your Finance Committee: MJ Anderson, Tom Foster, Paula Greewood, Barbara Haynes, Tom Kinney, Lynn Langley, and Marge Rowden

A New Addition To Your Church Library

Review by Tom Kinney

"Did Jesus Exist?"

The world seems full of conspiracy theorists hypothesizing that man's trip to the moon was more Hollywood than substance and the establishment of the Federal Reserve was a grand reach by government and its avid co-conspirators into our nation's banking system. The fake moon shot is easily dismissed whereas the move to the Fed organizing conference at Jekyll Island attracts more adherents.

A key difference between these two from the 1960's and 1940's is that the Jesus question is 2000 years old. Did Jesus really exist? Most of us know that there are no surviving official documents, Roman or Jewish, from his lifetime and the unofficial writings and letters contradict each other in substantive ways.

The New Testament scholar and author, Dr. Bart Ehrman, takes on the challenge in a very readable way clearly identifying the arguments on both sides through the decades of research examining thousands of texts and scraps thereof. And, in that process, uncovers additional information that should unsettle the Pope.

It's a good read for anyone interested in the process of untangling what the original Gospels probably said from what the scribes, copyists, and theologians wrote to create what they preferred the New Testament to say.

Check out the DVDs and books in our library. And, if you know of one that should be there, talk with librarian Chris Gimpel as we always have room for more good reads.

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:

October 28: *Middlemarch* by George Eliot “Big Book” only. It is a big book! Dinner and discussion at ICYCC at 6:00 P.M.

November 23: *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce

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

Raffle Tickets for LHS

Please support the Physics and Chemistry teacher of Lancaster High School in raising \$5,000.

We had 60 raffle tickets for five different Broadway shows in Richmond (Altria Theater.) The raffle tickets are \$10 each or three for \$20. The drawing will be held on October 22 at 6:00 P.M. The winner will receive orchestra seating for the Broadway show *and* \$100.

The 5 shows are:

Newsies

Joseph and the Amazing Technicolor Dreamcoat

The Lion King

Motown, The Musical

Ragtime, The Musical

Please see **Dave Dustin**, before or after services, to purchase your raffle tickets. Good Luck!

UUFRR-VA Activities at a Glance

October 2015	
Oct 3	Phood and Philosophy at the Kinneys'
Oct 11-13	Fall Retreat
Oct 16	Ladies Luncheon at Anna's Pizza - RSVP to Eve.
Oct 17	Richmond ComedySports at UUFRR-VA 7:00 to 9:00 P.M.
Oct 25	Sing Out
Oct 28	River Readers
November 2015	
Nov 8	Board Meeting
Nov 20	Ladies Luncheon at Lancaster Tavern - RSVP to Eve.
Nov 22	Sing Out
Nov 23	River Readers
Nov 29	Pot Luck Sunday
December 2015	
Dec 13	Annual Meeting
Dec 18	Kilmarnock Inn- RSVP to Eve.
Dec 20	Christmas Party at the Kinneys'

Please let the Calendar Girls know of any up-and-coming UUFRR-VA events

Peny Gallogly
Diana Jamison
Vicki Kinsel

Retreat News!

by Shirley, Thea, Pirkko, and Bill

Our annual Fellowship Retreat will be held from October 11th to 13th at beautiful Stratford Hall, which is about an hour's drive from UUFRR-VA. The committee has been hard at work, putting together an interesting and engaging program for you. We'll have varied activities, lots of discussion, some creative moments, some dramatic moments, wonderful companionship, and a peaceful setting.

The cost is \$150.58 per room per night, which includes taxes. If two people share a room, you can split the cost. If you find you'd love to attend, but can't find the funds to do it, then contact Dave Dustin, our esteemed President, who can tell you about our scholarship fund to help you out. Be sure to book early if you want two separate beds in a room. You will need to make your own reservations. (Call Lesley at 804-493-1966 to

reserve your room. Use a credit card to hold your reservation, but no money will be charged to the card until the day of the retreat.) There will be a sign-up poster in the UUFR-VA foyer, so add your name to the list as well.

Don't miss this great experience that will give you wonderful memories for years.

Sing Out Blues?

The Sing Out returns October 25th. Check with Diana for details.

Sponsored By
The Cabaret Committee



ComedySportz

An Improvisational Group Coming to UUFR

October 17, 2015 - 7 to 9 PM

Tickets On Sale Now

\$10 per seat.

Purchase tickets from Eva, Diana, MJ, Shirley or Cliff. Invite friends.

The Richmond ComedySports Team are an improvisational group that performs "clean comedy." They will be sending a group of five comedians to UUFR-VA for an evening of fun. Funding for the show is being provided, in part, through proceeds earned by the Cabaret. The rest of the funds are being raised through ticket sales. Check out their web site at comedysportzrichmond.com

Board of Stewards

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

Web Site

<http://www.uufrappahannock.org>

<http://www.uufr-va.org>

Bob Prescott, Webmaster

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

Newsletter

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