



# THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP  
OF THE RAPPAHANNOCK (UUFR-VA)

P.O. Box 1266  
White Stone, VA 22578

January 2016

## 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

### January 3

**Lee Anne Washington:** Women in the Bible - Part 2

Lee Anne will present a continuation of her "Women in the Bible" series.

Lee Anne Washington 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. She was raised in the United Methodist Church, lived ten years as a Modern Orthodox Jewess, and became a member of the Unitarian Universalist Fellowship of the Rappahannock last year. Lee Anne is at the halfway point of her seminary education, attending Union Presbyterian Seminary in Richmond, VA, in pursuit of a Masters in Divinity and ordination as a Unitarian Universalist minister. She is the author of *The Human Life Equation, A biblical case for choice*. Lee Anne is a native of the Northern Neck and lives in White Stone with her lovely teenaged daughter, Lucy.

#### **UU Kids: Questions about Tomorrow**

Exploring UU beliefs about where we are going ... next week, next year, and in the next century!

### January 10

**Hank Stupi:** God Is \_\_\_\_\_

If you google just the words, "God is," you'll be offered five suggestions, even before you hit the "Enter" key ... "good," "love," "real," "alive," and "dead." Each suggestion will lead to a different path. Just hit "Enter," and the first hit is a link to a song, "God Is," written by Rev. James Cleveland. Perhaps he has the answer! Hank will discuss that blank and how it has changed during his life. Feel free to come and share how you would fill in that blank. There will be ample time for lively discussion.

A member of the fellowship since 2009, Hank is the music coordinator for Sunday services at the UUFR-VA. He worked as a CPA for ten years before spending three years as an ASE certified automotive technician. After a back injury he became a professor at Montgomery College in Rockville, MD, where he taught accounting (and occasionally automotive technology) for 23 years. Hank retired and moved to Middlesex County with his wife, Nancy, in 2006.

## January 17

### **Rev. Hal White:** Aging from the Inside Out

Healthy aging means, for Hal, slow aging, thoughtful aging, mindful aging. It means thinking about our values and priorities, the people with whom we want to spend time, the activities that still give us joy, the places that feed our spirits. These are the things worth savoring as we age. And Hal thinks they best prepare us for our “end game.”

Rev. Hal White is a retired Episcopal priest and a Licensed Professional Counselor in the State of Virginia. He served churches in Southern Virginia, West Virginia, and Virginia. He lives with his wife, Sally, in Wicomico Church, VA.

**UU Kids:** Origami with Caroline Shifflett

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## January 24

### **Eddie Correia:** What Is Religious Liberty?

Often we hear claims that the government is intruding on our “religious liberty.” What is “religious liberty,” and how do we decide if the government has gone too far in interfering with it?

Eddie is a Washington, DC, attorney and a university professor. He 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*.

## January 31

### **Bill and Pam Gurley:** A Musical Morning

Bill and Pam Gurley have been making music together since their first date. In the years since that time, the music has grown and become an integral part of their lives. Through hundreds of performances and travels in and out of Virginia, the Gurleys have drawn an ever-widening circle of friends and music lovers around them. One reviewer described the music as “clean and polished, yet still rustic and natural ... musical communication on a deep, honest level.” That honesty, together with their obvious talents, has endeared the Gurleys to countless people over the years.

**Please join us for the 5th Sunday Potluck immediately following the service.**

### *President’s Corner*

by Ruth Micklem

Contemplating my first newsletter article as the newly elected president of the UUFR-VA has been a bit of a challenge. Thinking about what it means to be in a leadership position with the UUFR-VA, thinking about how to make this experience meaningful for myself and for the membership, and thinking about the opportunities to grow and expand the membership and the visibility of the fellowship throughout the Northern Neck and Middle Peninsula has occupied my mind since I agreed to take on the position.

So, for this first newsletter article I will share a few of those thoughts with you all and invite members of the congregation to share your thoughts, ideas, and feedback with me and others so that we can engage one another in that vital conversation about moving forward together.

I was asked recently to describe my leadership style. I really struggled with how to answer

that question, but it got me to thinking about the question and particularly with this new position with the UUFR-VA. I figured others might want to have some idea of what they can expect! I am totally an out of the box thinker – I like taking on problems and finding solutions that may seem way out there to some folks. I believe in possibility and I particularly enjoy helping folks find their strengths and utilizing them in ways they never thought possible. I like to listen to the thoughts and feelings of individuals and their differing perspectives – finding common ground, seeking and exploring new opportunities. Making this experience meaningful for me will mean engaging with members of the fellowship and hearing about their vision for the future, bringing together commonalities and strategically planning how to make things happen. Of course, it will also mean sharing my vision and connecting with others who share a similar vision and achieving progress towards that vision. It is my hope that this progress and opportunity for engagement and sharing will be meaningful for others as well.

It will take me a few months to learn my new job, build a working relationship with other board members, and find my place in a leadership role, but then it is my hope to actively engage with the fellowship and the community to move us forward in achieving a common vision.

My vision for the fellowship includes an intentional and focused path to expansion of the membership, particularly an expansion that actively promotes the engagement of youth and families that may be marginalized in our community. This will mean creation of an environment and space that is inviting to young people and their families and a welcoming and accepting congregation of difference, and a continuing willingness to challenge ourselves and one another when faced with discomfort and change.

I would like very much to see a religious education program for all ages come into fruition. Often, expanding the membership is a challenge because so many people don't understand Unitarian Universalism – expanding our understanding of others and the world around us requires frequent opportunities for education. Figuring out how the UUFR-VA can expand opportunities to educate our membership and the public on the principles of Unitarian Universalism is and has been a priority for me since I have been involved in this fellowship.

Lastly, I would like to see our fellowship actively involved in social justice and social change actions. There are many challenges facing us as a **nation**, a **community** and particularly those individuals who are marginalized in our community. UU Congregations around the world are taking on difficult and challenging social issues. They are educating their communities, making issues visible and creating meaningful and important changes for many members of our society. Addressing real social change may mean discomfort for some, and be energizing and cathartic for others, but any progressive thinking organization committed to promoting human dignity has a responsibility to see and act on oppressive and unjust actions and activities occurring in our communities. While social service is a necessary and important role of this fellowship, understanding and tackling the social justice issues that face us is equally important in my mind.

I am honored to be able to serve in the position of President of the UUFR-VA and look forward to working with each and every one of you in the upcoming year. I welcome your thoughts, concerns and ideas and look forward to a productive, stimulating and transparent 2016!

*-Ruth*

## Showing Up

by Dave Dustin

As part of the December 13th service, I did a reading of some information I found on a website of a fellow Unitarian Universalist Fellowship. After the service, several people mentioned to me how much they like this reading and asked if I would have it published in the January issue of *The Chalice*. So, as requested, here it is. Enjoy!

This reading is something I found on the Brockport Unitarian Universalist's webpage. It concerns why we should attend each Sunday.

Many people ask, "Why should I go to church?" The answer is community, fellowship. One person said, "You should go to church because someone there might need you."

Your presence, ideas, feelings, inspirations, motivations, compassion, and preferences are important parts of our congregational life if we are to grow in spirit.

It is in your singing, gratitude, questioning, knowledge, your listening, your speaking, your actions that you add to the richness of our congregational life.

There are many churches with large endowments sitting empty and dark on Sunday mornings, because their members have lost interest or failed to encourage the infusion of new members who bring with them new energy and ideas. Your presence is the most valuable gift you can share with us. You might need some one of us and/or we might need you. Unitarian Universalism is a covenantal church, which means that we promise to be there for each other.

Regardless of our ability to give money, your presence is the most valuable gift you can share with us.

It has been said that 80% of success in life is showing up. Your showing up is a gift to

the rest of us, and we hope a gift to yourself.

## Re: Hiring a Part-time Minister

by Bob Weekley

Hiring part-time ministerial support has been envisioned as part of the fellowship's plan for maintaining vitality, service to our congregation, and growth. The first step in finding the right minister is for the congregation to reach some consensus on what main functions would be desired in a part-time minister. A congregational survey pertaining to the duties of a part-time minister was taken. At the annual fellowship business meeting in December, I provided the results of that questionnaire. Since then, some additional responses have been received and are included in this report.

Questionnaire results are as follows: The two functions deemed most essential for a part-time minister are (1) leading Sunday services and providing talks at least once per month, and (2) performing rites of passage for the congregation and the community (memorials, marriages, coming of age, etc.). The two functions deemed next most essential are (3) encouraging spiritual development by providing adult religious education and talks, and (4) representing UUFR-VA in the wider community at meetings and events where pastoral attendance is appropriate. This could also include writing a minister's column in local news media. Next ranked on the list is providing pastoral care and counseling, as needed.

The detailed results of this survey are contained in an updated report that is available in the foyer. Please take a copy. If you won't be coming to UUFR-VA soon and would like a copy, I will send you one by email or mail as you prefer. Your additional thoughts, questions, or comments on having a part-time minister are welcome. Direct your

comments or questions to the Ministerial Study Committee (Janet Hemming, Lynn Langley, or Bob Weekley) or to our new president, Ruth Micklem.

## **Kids First News**

Our Faith In Action's largest program, Kids First, which establishes quality preschool for three-year-olds from generational poverty is expanding. As most of you know, our objective is to initiate classes in all four counties that our fellowship serves. The remarkable progress of our Lancaster County children has inspired Middlesex Public Schools to invite Kids First into their Elementary School.

On Monday, December 14<sup>th</sup>, the Middlesex School Board OK'd a Kids First class to begin in September of 2016. Organizing our fundraising began immediately. Two days later, the Mason and Lulu Cole Charitable Trust awarded Kids First \$11,000 toward the need to raise \$230,000 over the next three years. At year four, the classroom expenses portion of the program will be fully funded by the public school budget. In Lancaster, six churches are now involved in financial support and/or volunteering with the Kids First Nutrition Program. More churches have expressed interest. We will be inspiring Middlesex churches to do the same. Over 20% of our members live in Middlesex County, which strengthens our capabilities and connections in this expansion effort. What can you do to help? Talk with Lynn Langley or Tom Kinney on finances or with Dave Dustin on the Nutrition Program.

## **Reflections from a New UUFR-VA Member**

by **Scott Mabe**

Thank you, UUFR-VA members and friends, for making Beth and me feel so welcome. The fellowship is such a treasure and has become an important part of our lives.

First, as the new name tag maker, I will be reminding you to wear your name tags each week. While I am sure that most of us remember our own names most of the time, the name tags serve the important task of helping new members learn your name and feel accepted in the fellowship.

Second, Beth and I especially enjoy the Sunday gathering music experience from 10:20 A.M. to 10:30 A.M. that is provided by our talented musicians. As our music coordinator and program committee chair, Hank and Nancy Stupi, noted in the December 2015 issue of *The Chalice*, remaining quiet during the gathering music time is a sign of respect for the people who want to enjoy the music, as well as for the musicians themselves. Members who want to socialize and catch up with others could wait in the foyer during this time.

And last, since most Unitarian Universalists love to share their ideas and plans with others, keeping announcements brief may be difficult for most of us. If you are unable to have your announcement included in the bulletin, please make your verbal announcement as brief as possible.

## **Doctor's Prescription – Meditation?**

by **Bob Weekley**

Getting my regular checkup at Cardiovascular Associates of Virginia, I saw a notice posted by one of the board-certified cardiologists, Dr. Mark Warner. He was offering free training in meditation. This man of science cited the following benefits of a meditation practice:

- \* reduced death rate by fifty percent from heart disease according to a recent study,
- \* reduced risk of heart attack, stroke, and death from any cause by almost fifty percent,
- \* can lower blood pressure and reduce plaque in arteries.

Training in meditation is held every Sunday morning from 9:30 A.M. to 10:00 A.M. at our fellowship. All are welcome whether you have any experience in meditation or not. Don't come just for the medical benefits. A meditation practice can lighten your life with increased calm, mindfulness, and focus.

**A Note**

**from long-time member James Kenley (now 87 years and retired in Richmond)**

One chilly morning in the new Whitestone Church, the visiting minister began the sermon with the observation, gained while driving to church, of a flock of geese in a field, "most living creatures need like-minded associates, and they need a purpose." It was late fall and the flock was headed south. At times, I have had the feelings of a loner, but I have pondered the observation many times. Recently I have added five elements of "well-being." The five elements of well-being – purpose, social, financial, community, and physical – are here at Covenant Woods. We have frequent flocks in the adjacent fields. I enjoy watching them. There is usually one or two, obviously sentinels, keeping watch.

**UUFR-VA Activities at a Glance**

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

January 2016	
Jan 18	River Readers
Jan 24	Sing Out
Jan 31	Fifth Sunday Potluck

Peny Gallogly  
 Diana Jamison  
 Vicki Kinsel

**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:

**\* January 18:** *The Nightingale* by Kristin Hannah

\*Please note that the January date has been changed to the **third Monday**, and we will meet at **UUFR-VA**.

**February 22:** *Clash of Civilizations Over an Elevator in Piazza Vittorio* by Amara Lakhous

**March 28:** *The Paying Guests* by Sarah Waters

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

## WhaleCoast Alaska 2016

Have you ever dreamed of visiting Alaska? If so, **WhaleCoast Alaska 2016** is for you! Four Alaska UU fellowships invite you to experience our eco-cultural and spiritual program next summer! See Alaska through the eyes of local UUs in Anchorage, Fairbanks, Juneau, Seward, and Sitka with friendly homestays and unique tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, seals, and

otters. Visit Denali National Park. Experience Native Alaskan culture. Forget the cruise ships – our program is the best way to visit Alaska! Programs are led by Dave Frey, member of the Fairbanks UU congregation and Alaska travel expert. Find out more about this Alaskan trip of a lifetime. Visit [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org), email [dfrey@whalecoastak.org](mailto:dfrey@whalecoastak.org), or call 907-322-4966. We would love to share our Alaska with you!

## WhaleCoast Alaska 2016

**WHAT:** Four Unitarian Universalist Fellowships in Alaska invite you to our unforgettable, 23<sup>rd</sup> annual Alaska tour program.

**TOUR #1:** National Park Tour, June 11 to 20 -- \$2,879

**TOUR #2:** All-Alaska Tour, July 15 to 27 -- \$3,711

**WHERE:** From the coastal waters to the sunny Interior, from wilderness to modern cities. We experience the best of Alaska: Fairbanks, Denali Park, Anchorage, Juneau, Sitka, and Seward.

**SEE:**

- Wildlife: whales, seals, bears, moose, caribou, and more.
- Glaciers, islands, fjords, and mountain ranges.
- Native American artists and dancers.
- Alaska's finest museums.
- Spectacular travel by train and plane.



**STAY:** Real Alaska! UU homestays, meals, and dinner parties with Alaska UUs who treat you like company.

*Director: Dave Frey, longtime Fairbanks UU*

*More information: [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org)*

*Email: [dfrey@WhaleCoastAK.org](mailto:dfrey@WhaleCoastAK.org)*

**Address:** 675 Gold Vein Road, Fairbanks, AK 99712

**Telephone:** 907-322-4966

**Deadline:** March 1 or until 36 guests register

### Board of Stewards

Ruth Micklem, President  
Bill Gimpel, Vice President  
Lynn Langley, Treasurer  
Shirley Kinney, Secretary

Bob Weekley, Past President  
Nancy Stupi, Program Chair  
Jan Mosher, Membership Chair

### Web Site

<http://www.uufrappahannock.org>

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

Bob Prescott, Webmaster

### Newsletter

Deadline for articles: 20<sup>th</sup> of the month  
Bob Prescott, Editor ([editor@uufrappahannock.org](mailto:editor@uufrappahannock.org))