



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFRA-VA)

P.O. Box 1266
White Stone, VA 22578

February 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

February 7

Sara Mackey: Falling Apart

The Dean of Union Presbyterian Seminary at Charlotte, Richard Boyce, writes that one of the things that captivates him about the sacred text, and the Christmas story in particular, is how things are always just about to fall apart. Join us and Sara Mackey to speculate about the energy we spend trying to hold things together, and what happens when, in spite of all our best efforts, things fall apart.

Sara Mackey has been a friend of UUFRA-VA since her seminary days, when the fellowship was meeting in the Woman's Club down the road. She lives in Richmond and currently works at Union Presbyterian Seminary, where she earned her Masters of Divinity. 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.

UU Kids: Exploring the Question - Does God Exist?

February 14

Scott Mabe: In Love With Love

Scott will outline how love songs, romantic movies, biological research, and psychological theory have attempted to explain the elusive concept of love. He will also share some of the things that he learned about love from the women and men with whom he worked in couples counseling. Then, members of the fellowship will be invited to share their experiences and insights about love.

Scott Mabe and his wife, Beth, are recent members of the Unitarian Universalist Fellowship of the Rappahannock. Before his retirement, Scott was a family and couples counselor for 25 years and later taught psychology at Rappahannock Community College for 15 years.

February 21

Mike Knez: Why Do I Come To This Place?

Mike will explore the questions: Why do I come to the sanctuary of the Unitarian Universalist Fellowship of the Rappahannock? What brought me here to begin with? Why do I keep coming back? What do I hope to

find here? What do I intend to do here? He will also ask these questions of those that show up to hear him speak. An additional question might be: Why did you choose to come here this morning after considering all the worthwhile things you could be doing?

Mike Knez has been a member of the UUFRA since 2008. He has lived in Middlesex County for going on 26 years now. A military brat and a bit of a nomad in his younger years, it has been the longest he has ever lived in one locale. He is a father of three, a grandfather of two, and a husband of one. He has worked the past three years plus as a family advocate for Bridges Head Start, which serves the Middle Peninsula. It is finally a job he loves. Before that he worked at the Middle Peninsula-Northern Neck Community Services Board, providing mental health support services in a variety of job titles, and as a prevention specialist/family educator. He had a mental health crisis of his own while working as a mental health recovery specialist. He views his attendance at the UUFRA as part of his recovery plan.

UU Kids: In honor of February being “Teen Dating Violence Prevention Month,” Kristi and the Kids will be doing the “You-niverse” activity from the acclaimed “Do You” Uncurriculum, designed to develop healthy relationship skills through creative expression.

February 28

Margaret Sequeira: Humanists And Spiritual Practice

Often articles, books, and descriptions of spiritual practices assume a faith in God, yet Unitarian Universalism includes atheists, agnostics, and humanists. Does that mean then that humanists don't need or have spiritual practices? What might humanists have to teach those who have a more theistic understanding about spiritual practice?

Margaret M. Sequeira, MTS, is currently seeking her next professional opportunity after serving as the Consulting Minister for the UU Congregation of the Outer Banks. She possesses a Masters of Theological Studies from the Jesuit School of Theology of Santa Clara and is a candidate for UU ministry. She blogs regularly at scatteredrevelations.net. She lives in Richmond with her spouse, Donna, and their daughter, Mollie.

President's Corner

by Ruth Micklem

We're taking a post-holiday respite for The Corner. Look for new insights and observations in March.

News and Update from the Building Expansion Team

by Bill Gimpel

The Building Expansion Team has met with the Board of Stewards and held a “Town Meeting” to listen to and discuss questions and ideas regarding the concept drawings. We have begun the process of developing cost estimates with various alternatives.

We are exploring a relationship with Engineering Design Associates in Wicomico Church to provide construction drawings that will include some necessary detail to assist our cost estimating.

Once we have firm cost estimates, we will present them to the congregation for further discussion. Stay tuned!

Phood and Philosophy Phorcast

by Shirley Kinney

Our monthly dinner discussion group here at UFR-VA begins its new season starting in February. We meet at the home of one of us or at the UFR-VA building. We bring food. We bring wine. We bring an eager mind and a willingness to discuss whatever sounds interesting to the host. Each dinner is hosted by one of us UU's – either in their home or at the building.

The host provides the topic to be discussed for the evening. The rest bring food and wine. Sound simple? Sound fun? It is. It is.

Usually about a dozen people show up at 5:30 P.M. on the first Saturday of the month. It's a relaxing evening with stimulating (we hope!) discussion. If you would like to participate, just watch the newsletter for more details. If you would like to host, please contact Shirley Kinney and let her know which month you prefer.

If no one signs up to host a month's discussion, then we won't schedule a Phood and Philosophy for that month.

Kids First Foundation News!

by Terrie Dustin

The White Stone Baptist EMMAS Group will sponsor the upcoming Kids First Quarterly Dinner at Lancaster Primary School on February 10th. [The EMMAS is a women's missionary group of White Stone Baptist Church that focuses on community support. It includes members and non-members of the church.]

The EMMAS will be providing the dinner, desserts, drinks, and all necessary plastic and paper products for an estimated 70 people. This normally costs about \$300, so the Kids First Foundation (KFF) is very appreciative of their generosity.

The dinner will have a Valentine theme and will have the usual Tri-Star Gift Certificates, along with small Valentine gifts for the children. Any contributions of cooking-related items for the children's gifts would be welcomed (e.g., little spatulas, little rolling pins, cookie cutters, measuring cups or measuring spoons, pot holders, or tea towels.) Just leave them in a bag in the UU kitchen marked "KFF 2/10 Dinner."

We are pleased to have Mark Favazza as our speaker that evening. Cynthia Bishop plans to have a slide show of the children's school day – which should be fun for everybody! Thanks to all for your continued interest and support.

The Science of Happiness

by Hank Stupi

I am enrolled in a free online eight-week course, The Science of Happiness. It requires about five hours of my time each week. I just finished week three. I am learning a lot and highly recommend it. Not being a science guy, I was somewhat apprehensive about that aspect, but so far the science has primarily been easily understandable research-based social science offering practical tips on living a happy and meaningful life. It is self-paced and must be completed by June 30th. So, even though the course is designed to be completed in eight weeks, you are not locked into that time constraint ... I'm pretty sure you can enroll anytime, as long as you finish it by June 30th.

About a year ago, Margaret Sequeira mentioned that she completed this course, which is offered by Berkeley, University of California, through EdX, a quality provider of many online courses. I previously took their online Vocal Recording Technology course, which was great.

Learn more about The Science of Happiness and sign up at:

<https://www.edx.org/course/science-happiness-uc-berkeleyx-gg101x-2#>

Thank You Sunday

Let's make next Sunday "Thank You Sunday." Remember to turn to the member next to you to say "thank you." The thank you is for the dedication of all to making UUFR-VA strong and financially secure. Your Sunday generosity meets our operating needs without the need for an every-member canvas to collect pledges.

Your generosity is also recognized in our "vote with your checkbook" method of gauging support for our projects and endowments. Treasurer Lynn's foyer poster lists many projects completed and a few now fully funded ready for action. We have four actively seeking your votes/funds: the children's playground, refilling the member crises fund, the building expansion, and the newly established ministerial study activity are ready for your vote with a check dropped into the Sunday morning basket with the project noted.

Our four endowments are: (1) Building and Grounds Support, which keeps ownership of our Home of Our Own from being a financial burden on the fellowship, (2) Pathways of Remembrance Memorial Area Maintenance, primarily funded by the families of our deceased members, (3) Servetus Community Outreach, funding our Faith In Action and other educational, health, and conservation programs in our four counties, and (4) our newly funded Ministerial Support Endowment, to reduce the financial burden of any future contract for professional staff.

Thanks to all from your Finance Committee: MJ Anderson, Paula Greenwood, Barbara Haynes, Tom Kinney, Lynn Langley, and Marge Rowden.

Library News of the Shelves

by Chris Gimpel – Volunteer Library Worker

There are a number of intriguing books and CDs available to all. I am very slowly organizing them into broad subjects and

adding some temporary sticky labels to the shelves. There is a place for materials newly returned, as well as a spot for new acquisitions.

Never mind the checkout cards and card pockets in the books; just sign the clipboard with your name, date, and title. Check off your name when you return an item. If you just happen to have materials in your possession that are not signed out, please add the titles to the clipboard. There may be someone waiting for what you have. There are no time limits or fines, thank goodness, so read away.

Maybe sometime there will be an inventory. No promises though!

2016 Sunday Service Calendar

by Nancy Stupi

I'm busy working on scheduling speakers for Sunday services for 2016. The 2016 calendar is slowly filling up. I'm in pretty good shape as far as outside speakers go, but I am in need in speakers from within our ranks. It's not my style to walk around church with paper in hand cajoling folks into giving a talk, but please know that I am more than happy to hear from those of you interested in sharing your thoughts and perspectives to a warm, respectful fellowship that is the UUFR-VA. We do have seasoned speakers, and I think we also have many who have things to say, but don't feel comfortable at the podium. Maybe 2016 is the year to test the waters (probably warm and inviting) and step out of your comfort zone, where the magic lies, as so many of our speakers have encouraged us to do over the last couple of years. Maybe even a joint service with a friend within the fellowship would make for a less threatening experience. Please contact me, talk about it, and perhaps get something on the schedule. You can email me or call.

Looking forward to hearing from you!

UWomenspirit Spring Retreat - May 11-15, 2016

UWomenspirit is a non-profit, volunteer-run organization that has hosted all-women retreats since 1987. Their retreats emphasize and celebrate the Divine Feminine in her many forms. Their next retreat will be held on May 11-15, 2016, at The Mountain Retreat and Learning Center in Highlands, NC.

The theme for this event is We Walk With Her, as One, which will emphasize our connection to Mother Earth.

For more information, please visit the website: <http://www.uuwomenspirit.org/>

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 22: *The Nightingale* by Kristin Hannah

March 28: *Clash of Civilizations Over an Elevator in Piazza Vittorio* by Amara Lakhous

April 25: *The Paying Guests* by Sarah Waters

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

Sponsor a Child

On April 8, 2016, almost 100 Lancaster Primary School third-grade students will, once again, travel to Washington, DC. This will be the sixteenth year students will be boarding chartered buses and spend a full day touring our nation's capital. For some students, this will be their first and only opportunity to visit our nation's capital. The students will visit the National Zoo; tour the monuments, memorials, and museums; and visit the White House and the United States Capitol. The trip is provided by the Lancaster Education Foundation (LCVEF).

LCVEF is a 501c(3) organization, whose mission is to enhance and advocate educational excellence and expand learning opportunities for students in the Lancaster County Public Schools. Your tax-deductible contribution of \$50 will open the eyes and mind of one child. Please send your donation to:

LCVEF
P.O. Box 928
Kilmarnock, VA 22482
Web site: www.LCVEF.com

Thank you for your generosity.

UUFRR-VA Activities at a Glance

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

February 2016	
Feb 20	Fellowship Sanctuary reserved for Private Event
Feb 22	River Readers

Peny Gallogly Diana Jamison Vicki Kinsel

Let the Party Begin

by Eve Jordan

The UU Ladies' Luncheon will begin again in March. Our first venture will be at the Indian Creek Yacht and Country Club, back by popular demand. We will meet on Friday, March 18th, at 12:15 P.M. Usually our luncheon starts at 11:30, but some of our members are enrolled in Great Decisions at the Lancaster Library, which is over at noon. Below is the tentative schedule for 2016:

March 18	12:15 P.M.	Indian Creek Country Club
April 15	11:30 A.M.	Golden Eagle Golf Course & Restaurant
May 20	11:30 A.M.	Rappahannock Grill
June 17	11:30 A.M.	Anna`s Pizza
July 15	11:30 A.M.	Lively Oaks
August 19	11:30 A.M.	Tides Inn
September 16	11:30 A.M.	The Works In Urbanna (trying something new!)
October 21	11:30 A.M.	The Historic Tavern in Heathsville (also new)
November 18		Lancaster Tavern
December 16		Kilmarnock Inn

Board of Stewards

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

Dave Dustin, 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: 20th of the month
 Bob Prescott, Editor (editor@uufrappahannock.org)