



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

April 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

April 3

Rev. Jim Moseley: The Banquet
Trump Avoided

The story Jim will tell is a takeoff from an encounter in Luke's writings about a rich man hosting a great banquet to which none of his prestigious and wealthy friends attended. The lessons in Jim's takeoff story are not so much about the foolish host but about the foolishness of those who cherish being seen and admired because they associate with the powerful.

Reverend Jim Moseley is the Executive
Presbyter of New Castle Presbytery, which
serves 53 congregations and connected
ministries located in Delaware and on
Maryland's Eastern Shore.

UU Kids: Stuff Happens!

Mike Knez will lead the session, exploring
such questions as "Why do bad things
happen?" and "Might something that is bad
for one person be good for someone else –
and if so, is it a good thing or a bad thing?"
from a UU perspective. The kids will also
consider the importance of working to redress
bad things no matter why they happen.

April 10

John Whitley: Living the Action of
Immediate Witness

The UUA General Assembly (GA) 2015
adopted an Action of Immediate Witness
(AIW) supporting the Black Lives Matter
Movement. AIWs are the products of
considerable thought, collaboration, and
commitment. The AIW process allows
Unitarian Universalists to respond to social
issues deemed urgent. If GA delegates adopt
an AIW, then the Unitarian Universalist
Association (UUA), other UUA leaders,
congregations, districts, and Unitarian
Universalists organizations may use it as a
basis for public statements on the matter and
are urged to act on it. Explore why and how
others are living the charge of the AIW and so
can UUFV-VA.

John Whitley is a Professional Learning
Specialist with Consulting Services Group,
previously affiliated with Virginia's PBS
TeacherLine/ WHRO-Public Media.

April 17

Shirley Kinney: Fairy Tales Can Come True

We teach our children to “face reality,” to “grow up and face the facts.” Perhaps, we need a little more of “Go wish on a star and dream of possibilities.” Join us while we walk down the path of our imaginations, through the looking glass and perhaps encounter Gandalf.

Shirley Kinney, a retired elementary school teacher and law firm administrator, creates whimsical fantasy figures from clay and cloth and whatever is available. She is active in the UU fellowship, having served as President, Program Chair, and currently as the Secretary of the Board of Stewards. Among her many contributions, Shirley leads us in song on the piano most Sundays and guides us through our ‘Imagine That!’ program.

The UU Kids Plant a Spring Garden

The UU Kids will build a raised bed and plant lettuce, carrots and radishes. All ages are welcome!

April 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 Correia 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*.

President’s Corner

by Ruth Micklem

I have very much enjoyed the warm spring-like days and nights we have had of late – walking the dogs at night and hearing the peepers in February, robin redbreasts eagerly pulling worms from the dirt, opening our window to sleep and hearing the waves crash on the shore and falling asleep to the sounds of emerging spring nights.

While on a morning walk, noticing the buds on trees, daffodils blooming, feeling the sun on my face and the intermittent warm breezes wafting through the trees, I thought about change; the changing seasons, the excitement of spring bringing new life, and the many transitions that come about each annual cycle. I also thought about the despair that I see on a daily basis in my work, the feelings of hopelessness that many young people have expressed to me and the increased presence of anger, hate and rage on television and through social media as we approach the 2016 presidential elections.

So much transition is going on at once – an emerging spring that brings life and warmth, beauty and opportunity. Of course, it doesn’t come without a downside – like damaging storms and tornados and the dreaded Virginia hot and humid summer. Spring means excited anticipation of school years ending, planning seeds in the garden, future growth, vacation planning and renewed energy at the prospect of going outdoors. We know as we enter winter that spring will come – that we will go through a darker and colder time and a brighter and warmer time will come again. I know that the individuals that I work with will

have better days ahead and that their lives can change. I also know that it requires change in factors outside of their personal lives and individual actions. And I have seen and experienced incredible change over the past eight years. I know that many lives have been positively impacted by much of the change in America – and I know that that change brings with it a down side.

Right now, in this Country, and in our community, we are experiencing resistance to change– a hanging on to winter, to old ideas, to a darker and colder place – a place and a time that felt very secure and safe to many but was very scary and dangerous to many others. Many are holding onto a time when the worth and dignity of many people was not valued, where justice, equality, and compassion in human relations was not routinely practiced.

I believe that we will not return to that place and time. That spring has come and that positive change has occurred. However, maintaining that movement to light and warmth, joy and new life - and expanding the spiral - will require our awareness and our action.

As we celebrate the coming of spring, let's ask ourselves as individuals and as a fellowship, what can we do to ensure the continuation of our transformation from old beliefs and behaviors that held onto racism, sexism, homophobia, xenophobia and other oppressive ideas and values? How can we, as a UU fellowship that holds Unitarian Universalist values and principles that include working towards the goal of world community with peace, liberty and justice for all, maintain and expand those values beyond our safe home in the woods into our community and beyond?

-Ruth

Choice at the end

by Hank Stupi

Prior to joining UUFR-VA, and prior to even hearing about Unitarian Universalism, I became a member and supporter of Compassion & Choices, the oldest, largest and most active organization working to improve care and expand choice at the end of life. Recently, I opened the Spring, 2016, edition of UU World and saw, on the inside cover, a full-page ad for Compassion & Choices coupled with a color photo of the First Unitarian Church of Portland, Oregon. The connection between the two was not clear until I read the six-page article, “Choice at the end” by Elaine McArdie. I had known that Oregon was the first state to give terminally ill people the right to seek a prescription to end their lives. What I did not know was that the law was drafted in a dilapidated office in an annex at First Unitarian in Portland by a handful of committed church members, including Barbara Coombs Lee, member of First Unitarian Church of Portland and long-time president of Compassion & Choices. Even before they sat down to draft the law, their church had become a critical site in the maturation and legitimization of the modern aid in dying movement. Since passage of the law in Oregon, assisted dying laws for terminally ill and mentally competent adults have been enacted in Montana, Washington, Vermont, and California. Compassion & Choices is tirelessly working to expand that list. I encourage you to read the article and learn more about this important movement.

Our Niche – Step Two

On June 1, 2014, our membership voted 92% to make our Faith In Action Niche to establish in our public schools a High Quality Early Preschool for at-risk three-year-olds — with a nutrition component. And to do that, step-by-step, in each of the four counties of our UUFR-VA community, we're following a proven formula of “what works” to break the

cycle of generational poverty. Now known as our Kids First Initiative, *Step One* was Lancaster County, whose program shifts to 100% public funding next year. *Step Two* is Middlesex County where classes begin this year and transition to full public funding in 2019.

We must raise \$230,000 for each step to equip the classroom, support teacher salaries, and fund the nutrition program. That total was achieved in nine months for Lancaster County. Our members made sixty individual donations, totaling \$54,900, ranging from \$15,000 to \$50. Businesses, foundations, trusts, other individuals, and eight churches have contributed to this program. Our fellowship has become the “go to” organization to make this permanent change for the better, our Kids First community outreach niche.

April 1st is the kick-off date for raising a like amount for *Step Two*, for the children of Middlesex County. Your contributions are critical to achieving this next step in our Faith In Action niche program. Please drop a check in the basket on Sunday, made out to **UU Fellowship of the Rappahannock**, and earmarked either “Niche” or “Kids First.” Treasurer Lynn will make sure that it is credited to the right account.

Thank You for your past and future support from our UUFR-VA Directors of Kids First: MJ Anderson, Judi Caples, Dave Dustin, Tom Kinney, Vicki Kinsel, Lynn Langley, and Bob Weekley.

Project Starfish Still Standing!

by **Diana Jamison**

The Yoga Retreat Folks want to sell our earrings at their May Retreat. We have a small supply made by *The Women of The Haven*, but we need more. Ruth and I will host an Earring Making Party at UUFR-VA on April 16th, starting at 1:00 P.M. If you have the time and interest, please join us.

Fruits and Vegetables for the Three-Year-Olds

by **Lois Williams**

This is the second year that Kids First Foundation (KFF) has sponsored a class of twelve three-year-olds at Lancaster Primary School, paired with the pre-existing three-year-old class, also serving twelve students. And this is the second year for the KFF Nutrition component that endeavors to encourage these children’s appreciation of a variety of foods for healthy eating patterns that will last a lifetime.

The Nutrition program is under the direction of Dave Dustin and his wife, Terrie. They got the program up and running and do much of the planning. I’ve enjoyed being part of this year’s UUFR-VA team that also includes Paula Greenwood and Chris and Bill Gimpel. Somehow, we’ve been dubbed with the Southern honorific for a respected older woman, so we’re Miss Terrie, Miss Paula, Miss Chris and Miss Lois, and, correspondingly, Mr. Dave and Mr. Bill!

Each Wednesday, UUFR-VA team members serve a fruit or a vegetable to the 24 children at 10:30 a.m. We go into the classrooms while the children are in the gym, so we have a few moments for set-up. The teacher and the assistant take an active role in our presentations, each at a table of six children, helping with the lesson. Sometimes that day’s leader has portioned out the servings at home, and some days, cutting the food is part of the lesson.

The fall started with “Apples” and then “Pears,” with apples and pears in different colors neatly sectioned into eight pieces with a wedger. Miss Chris’s “Beets” experience featured a small cup of diced beets (for easy capture with a spoon), along with showing and talking about a big leafy fresh beet.

“Mashed Potatoes” (and Miss Terrie’s “My Little Potato” song) resulted in more of the children taking a helping of mashed potatoes

at this year's KFF Thanksgiving Dinner for Families. After the children ate mashed "Sweet Potatoes," Mr. Bill used toothpicks to suspend a sweet potato in a glass jar, and over the winter the children watched it grow roots.

Winter brought "Grapes and Raisins," "Bananas" and "Clementines" experiences. Mr. Dave's "Pears" presentation included a lesson on cutting a canned pear half into bite-sized pieces – "Hold down the pear with a fork and cut it by sawing back and forth with the knife." The follow-up "Pineapples," with canned pineapple rings, was a second chance to cut with a plastic knife.

With spring, Miss Terrie is tying a series of vegetable experiences to a children's book, *We Plant Vegetable Soup*. Miss Lois' "Peas" featured a small serving of peas along with a few fresh snow peas, and each child touched some pea seeds. For "Corn," children ate small cups of corn and part of a corn muffin as Miss Paula used the words *ear, kernel, cob, stalk* and *corn meal*.

Miss Terrie's "Carrots" experience is coming up, followed by "Tomatoes," "Vegetable Soup" and "Tomato Soup." May will bring "Strawberries" and an end-of-year "Strawberry Shortcake" experience.

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 25: *The Paying Guests* by Sarah Waters

May 23: *Euphoria* by Lily King

June 27: *The Light Between Oceans* by M.L. Stedman

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

UUFRR-VA Activities at a Glance

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

April 2016	
Apr 15	UU Ladies' Luncheon Golden Eagle Golf Course & Restaurant 11:30 A.M.
Apr 16	Earring Making Party UUFRR-VA 1:00 P.M.
Apr 24	Sing Out UUFRR-VA 7:00 P.M.
Apr 25	River Readers Lancaster Community Library 2:30 P.M.
Future Events	
Oct 15	Cabaret
Dec 18	Christmas Party @ the Kinneys'

Peny Gallogly Diana Jamison Vicki Kinsel

FROM: Glenn Sturm, Essex Resource Council & Virginia Cooperative Extension

"People would do fine if they would only go out and get a job!"

If only it were that simple. What's it like to

- Work two jobs and make sure your children's homework is done before you start making dinner for your family?
- Find a sports scholarship for your children and then not have the money to buy them protective clothing?
- Lose your car repair loan application because the wait at the bank was too long and you would be fired if you arrived at your shift late again?



These are real life examples of what it's like to live in poverty. Do you know what that's like? One in every nine Essex residents do, and so do 45 million Americans. They face tough challenges every day for their families to survive. The Essex Resource Council challenges you to participate in its

Poverty Simulation

Presented by the Essex Resource Council and Virginia Cooperative Extension

May 3rd, 2016

1:00-4:00 pm

First Baptist Church Loretto

5340 Tidewater Trail, Loretto

The experience is divided into four 15 minute sessions, each of which represents a week in which you must provide for your family, manage emergencies and daily living expenses as well as maintain your home.

I participated in a similar event last year and was shocked at how hard it was to manage the role I was given— and I'm a professional educator who works "in the system." I regularly work with economically disadvantaged individuals and families and thought I understood the challenges they face. How far from the truth. That's why we are challenging you, as a member of the Essex County Community, to participate in this poverty simulation.

You'll learn what it's like to have limited transportation options. You'll understand better why it's hard to "eat healthy" when food choices are pre-defined. You'll work harder to accommodate the person who comes to register one minute before you close for the day. And you'll learn how simply understanding what it's like to live in poverty can help you be part of solving the issue because, unless you are actually living it, you have no idea what it's like to survive from day to day.

YOU CAN MAKE A DIFFERENCE. We know you care about our community; that's why we're inviting you. Participation is limited so please respond quickly so we can open spaces to other change-makers if you're not available.

Contact Glenn Sturm by April 15th to register or for more information

804-693-2602 or gjsturm@vt.edu

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)