



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

June 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

June 5

Scott Mabe: Why Forgiveness?

Scott will expand on his recent program, *In Love With Love*, to address the issue of forgiveness and why it is so important to us. He will outline what forgiveness is and what it is not. He will discuss why it is so difficult to forgive others who have hurt us. He will describe the difference between forgiveness and reconciliation. Finally, he will suggest how to go about forgiving another (as well as ourselves). Then, members of the fellowship will be invited to share their experiences and insights about forgiveness.

Prior to his retirement, Scott Mabe was a family counselor for 25 years, and later taught sociology and psychology at Rappahannock Community College for 15 years.

UU Kids: The Future and Me

We will talk about the question young people are asked so often: "What do you plan to do with your life?" We will consider the idea of planning for the future, explore the concept of having a personal "calling," and talk about where happiness fits in.

June 12

Rev. Hal White: Generativity

The act of giving ourselves to the needs of the rest of the world is the single most important function of old age.

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.

June 19

Suzanne M. Best: Yama and Niyama – Living A Yogic Life

To many people, the word "yoga" conjures visions of humans twisted into various pretzel shapes. But a yogic life is more than asana or physical postures. Yoga is "the union between the individual soul and the universal soul." The Yoga Sutras of Patanjali delineates Ashtanga Yoga's eight-fold path for this union. Asana, or the physical aspect of yoga, is just one limb. The first two limbs are yama and niyama. They consist of ten moral principles. Suzanne will examine these ten guidelines for living a life of integrity and peace.

Suzanne M. Best, E-RYT® 500, is owner and president of Santosa Studio, LLC, in Kilmarnock, VA (www.santosastudio.com). She is a certified Yoga Integrated Science® graduate and ambassador, AFAA certified personal trainer, AFAA certified group exercise instructor, Second Dan black belt, Bay Center for Spiritual Development board member, and a member of the International Association of Yoga Therapists.

June 26

Donna and Margaret Sequeira: It's Time: Marriage Equality ... Now What?

Since the Supreme Court's historic marriage equality decision, there have been a variety of state, local, and religious actions which have been used to continue discrimination on the basis of sexual orientation and gender identity. What are we to do as a people of faith to go beyond marriage equality? How do we continue to be a sanctuary and ally to the LGBTQIA community? Join Donna and Margaret, in this month of Pride, as they explore these and other concerns as we all move beyond marriage equality.

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.

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.

President's Corner

by Ruth Micklem

A rabbi spoke with God about heaven and hell. "I will show you hell," God said, and they went into a room which had a large pot of stew in the middle. The smell was delicious, but around the pot sat people who were famished and desperate. All were holding spoons with very long handles which reached to the pot, but because the handles of the spoons were longer than their arms, it was impossible to get the stew back into their mouths. "Now I will show you heaven," God said, and they went into an identical room. There was a similar pot of stew, and the people had identical spoons, but they were nourished and happy. "It's simple," God said. "You see, they have learned to feed one another."

-Medieval Jewish story

-From: A Chosen Faith - An Introduction to Unitarian Universalism

Recently I was re-reading the book, *A Chosen Faith - An Introduction to Unitarian Universalism*, and was moved by this story. It speaks to my understanding of a community, a world that feeds rather than starves one another. The quote reminded me of one of my favorite books, *The Kin of Ata*, in which a tormented man finds himself in the midst of a community of people whom he views as very strange. One of the rituals of these people is to eat from the same "pot" of food and to not feed themselves, but to literally feed one another. He finds this unsettling and inefficient in the beginning, but as he begins to understand and respect these strangers, he also begins to understand the value and meaning of feeding one another. Recognizing that we each have the capacity to serve, comfort, and sustain one another, we may look around and ask, then, why aren't we all feeling like we are in heaven?

I believe here at the UUFR-VA, we have learned the deeply satisfying ritual of "feeding

one another,” and many of us have experienced the satisfaction and joy of both feeding and being fed. We feel proud of our accomplishments and enjoy the supportive community we have been part of creating. We feed one another with intellectual stimulation, support in times of crisis, shelter for worship and a place to gather together, a sense of community, and a connection to something larger than ourselves. We even share food with each other each Sunday, during potlucks every fifth Sunday, and at holiday gatherings. We feed ourselves with the joy of connecting with one another and with the opportunity to make friends and nurture our relationships. We often feel a great sense of satisfaction with what we have and may feel like we don’t want to change or disturb what we have here at UUFR-VA. We have found our tribe, and it is good! We may say to ourselves, “I have found a community that allows me to be me and accepts me for who I am and for what I may think and believe – almost heaven!”

So when the question of “Do we want a minister for our congregation?” comes up, we may ask why? We have been feeding each other just fine all along! We minister to each other and feed each other – do we need a minister to do that for us?

Questions to ponder: Is feeding each other enough? Are we feeding all members of our congregation? Are we focused on feeding ourselves still? Does the story above speak to just those within our tribe or to the larger community in which we are connected? I do know that when I feel fed, I have the energy and resources to go out and feed others. To explore the needs beyond myself is to open up to the possibility of helping others get their needs met. Sometimes I need a little push to get there, and sometimes I just need someone to feed and comfort me.

I do believe that as Unitarian Universalists we are called upon to learn to feed others. We are called to extend beyond our own needs

and to understand that just as we need to be fed, we need to feed each other, even those we may consider to be undeserving.

I believe a minister can help us do just that: To feed and be fed, to extend our love and support into the larger community, helping us to be better connected to the community. By feeding us when our individual needs extend beyond the capacity of our current membership, by challenging us when we get stuck on just feeding ourselves, and through gently reminding us to consider and feed those whom we may marginalize unintentionally or intentionally, a minister can be a partner with each of us on this journey.

In the upcoming months, as we engage in conversation about hiring a minister for the UUFR-VA, I urge us all to be open to the possibility of entering into whatever you conceive heaven to be. Let us ask ourselves if we are feeding each other or if we are still trying to get the spoon into our own mouths.

-Ruth

UU Fashion News

by Shirley Kinney

About eight years ago, UUFR-VA gave us all the opportunity to become more fashionably, yet casually, dressed. The fellowship responded with a resounding “Yes! Order me some of that!” And, soon, everyone was decked out in tee-shirts and golf shirts and sweatshirts and hats decorated with our UU chalice and our fellowship’s name. It was a lovely sight.

But, sadly, not all of you had discovered UUFR-VA at that time and missed out on this wonderful opportunity.

Fear not. You have not been forgotten.

Soon, we will be sending you information and an order form. You can purchase your very own UUFR-VA shirts and hats! We have even added a fleece selection this time, so those old-timers among us can add to their

UUFRR-VA clothing selection. We'll let you select your favorite color and your favorite size. Prices will be modest.

These shirts and hats are a great way to advertise the presence of UUFRR-VA in the Northern Neck. You will be our very own stylishly clad walking billboards.

Lynn Langley and I are putting together the details for you at this very moment. An email blast will be sent as soon as possible, letting you know best how to send us your order.

UUFRR-VA Home Team

by Bob Weekley

To maintain and enhance the beautiful building and grounds at UUFRR-VA, many volunteers have joined the "Home Team." To share the tasks among many hands we have divided the work into eleven categories so that people can sign up for their favorite project. The categories (opportunities) are: Memorial Area; Labyrinth and Nature Path; Landscaping, Plantings, and Butterfly Garden; Sanctuary Electronics; Building Systems and Safety; Building Interior Décor and Arrangement; Kitchen and Bathroom Supplies; Building Exterior; Mowing, Parking Area, Driveways; Playground; and New Projects.

To be part of the "Home Team," just add your name to the list maintained in the foyer. Guidance for the projects is attached to the list. There is something for everyone, so sign up soon if you haven't already. The coordinators (and source of project information) are Dave Dustin and me.

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:

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

July 25: *The Relic Master* by Christopher Buckley

August 22: *To be Sung Under Water* by Tom McNeal

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.

June 2016	
June 17	UU Ladies' Luncheon Anna's Pizza 11:30 A.M.
June 27	River Readers Lancaster Community Library 2:30 P.M.
On Hiatus	Sing Out
Future Events	
Oct 15	Cabaret
Dec 18	Christmas Party @ the Kinneys'

Peny Gallogly Diana Jamison Vicki Kinsel

Camp Kekoka Yoga Retreat Breakfast



The UUFRA-VA Volunteer Team served breakfast to some 65 campers and staff on Saturday, May 21. You probably know the team members (l to r): Elaine Weekley, Terrie Dustin, Dave Dustin, Judi Caples, Bob Weekley, Janet Hemming, and Fran Schelling.

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)