

THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFRA-VA)

P.O. Box 1266
White Stone, VA 22578

September 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

September 4

Scott Mabe: Acts of Kindness

Scott will explore the need for acts of kindness in a time of increasing social incivility. He will suggest ways of expressing acts of kindness and outline the benefits (to the giver as well as the receiver) of acts of kindness.

Scott earned his graduate degree at the University of North Carolina at Chapel Hill. Prior to his retirement, he was a family counselor for 25 years, and later taught sociology and psychology at Rappahannock Community College for 15 years.

UU Kids: Celebrating summer vacation.

September 11

Phil Stone: From Ancient Rooms and Sands – Learning and Experiencing Prayer as Meditation

A presentation and experience of meditation as a way to bond with the indwelling presence of Eternal Love that encompasses all creation. Joining Phil will be Lynne Larson and Isabelle Robinson.

Phil Stone is a graduate of The Shalem Institute of Spiritual Formation, also past President of Shalem Board of Directors. He studied leadership of spiritual retreats and contemplative prayer groups. He leads a weekly Centering Prayer Group in Vienna, VA. He frequently leads retreats on prayerful meditation and Christian mystics and saints. He has an interest in metaphysical spirituality and attends programs at The Monroe Institute.

Lynne Larson is a Spiritual Director and has studied at the Cayce Institute where she learned about past life regression. She attends Near Death Experience meetings regularly. By profession, she is a Dream Analyst as well as a Spiritual Director. She leads retreats and workshops on dreams, mystics, Celtic Spirituality, and meditation.

Isabelle Robinson is the Coordinator of Contemplative Outreach in Northern Virginia, which sponsors retreats, spiritual speakers, and monthly centering prayer education and prayer. She is also a certified teacher of Centering Prayer.

September 18

Shirley Kinney: Two Women and a Cellist

We are living in a confusing, troubling, terrifying world. Sanity seems to be in short supply. Shirley Kinney shares the stories of three people caught up in the midst of confusion and war and terror.

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.

September 25

Donna Sequeira: Education – Moments of Revolution

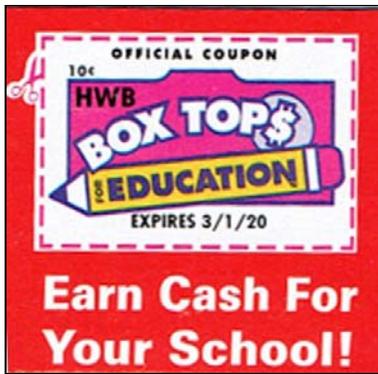
Education has long been a value to Unitarian Universalists, including being involved in promoting and implementing public education in the United States. We will explore some of the ways that education has been involved in transforming our world and look at some current opportunities for revolution. As schools begin once again, come and explore how education continues to be an important touchstone for our tradition.

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.

Fall Picnic

The fall picnic will be held on **Sunday, September 25th**, immediately after the service. This year we will be going to Janet Hemming's house. It is only a 10-minute drive from UUFR-VA.

Please bring a lawn chair if you have one and a dish to share. Janet will provide tea and soft drinks. Bring wine or beer if you wish. In the event of inclement weather, we will hold an indoor picnic at UUFR-VA.



Box Tops for Education

by Shirley Kinney

To help the Middlesex Kids First class, UUFR-VA is collecting Box Tops for Education labels from General Mills products. You can help by ripping off these labels from the tops of General Mills packages and putting them in the collection box, in the foyer, under our nametags. These labels are from all sorts of products -- tissues, cereals, crescent rolls, mixes, and lots, lots more. Check the boxes in your pantry and see what you use that might help in this campaign. Every top you donate brings a dime to the schools. Not a lot, you might say, but lots of dimes added together make a large check to the school.

UU Tidewater Cluster Meeting: Workshop on Church Growth

by Bob Weekley

The churches and fellowships of the Virginia Tidewater area are sponsoring a meeting on Saturday, September 10th, 9:00 A.M. to 3:00 P.M. at the UU Community Church of Glen Allen. This workshop on church growth is offered by Kathy McGowan, our regional consultant. With members from other UU churches, we'll examine the dynamics of growth in a congregation. What do we need to know about how growth changes us? How do we know if we are ready for growth? Make plans to join with other UUs to delve into important issues

surrounding ideas about the growth of our congregations and Unitarian Universalism. Lunch is included in the registration fee.

Go to:

<http://uuccglenallen.org/events/church-growth-workshop/> for registration

procedures and additional information.

Deadline for registration is September 7th at 4:00 P.M.

What's a Cabaret?

by Diana Jamison

cabaret - a floor show of dancing, singing, or other light entertainment at a nightclub.

This question got me to thinking about all the folks who have joined in fellowship with UUFR-VA over the past couple of years, some of whom have not heard about our Cabaret. So, here is a little history.

In September 2013, several UUs pooled their talent, transformed the UUFR-VA Sanctuary into **The Butterfly Club** and presented one glorious evening of **Love and Love Gone Wrong Songs**. As described by a friend, the room was, indeed, full of love. **Anything Goes** was our second performance in November 2014. As a result of these two shows, the Cabaret Performers had enough money to build a stage (thank you, Tom Kinney) and to partially fund the **ComedySports Club** the following year.

This year, 2016, **The Butterfly Club** and **Cabaret Performers** will present **Show Tunes**. Mark your calendar for **October 15th from 7:00 P.M. to 9:00 P.M.**, and plan to purchase your tickets the minute they go on sale - which will be **September 1st**. Seating is limited to places at the tables. There are only 58 places. Finger foods and a cash bar will be provided.

Tickets may be purchased by catching me on a Sunday morning, by contacting me.

The Kids are Back

by Kristi VanAudenhove

The UU Kids program will be back in session from September through May!

We will be starting the year with a Teen Group and a Pre-School Group, and we'll expand if kids join us in the 5-12 age group. These groups will meet the first Sunday of the month for 45 minutes of religious education, after starting the morning out with the larger fellowship.

Teen Group (13-17 year olds): Our teens will be exploring the "Building Bridges: World Religions Program" throughout the year. Approaching the subject from both a historical and curious perspective, they will start with some of the world's most ancient indigenous religions and work their way along a timeline that includes Judaism, Buddhism, Christianity, Islam and Humanism. You can view the curriculum on the UUA web-site – although we will be adapting the curriculum to our small group and their particular interests, as well as our limited time.

Pre-School Group (3 to 5 year olds): Our younger kids will get a fun introduction to UUFR-VA through "Chalice Children" activities that include fun things, like making a play-dough chalice and learning some UU songs.

On the third Sunday of each Month, young people of all ages will join together for the full hour. Plan to bring your children back to the kids' room when you arrive (and teens can decide if they would like to join the service or join the UU Kids for some fun!) Toddlers are welcome to join the activities as well! Our activities will include seasonal crafts, outdoor play, storytelling, music-making and more.

If you would like to help out with one of the RE groups (Teens or Pre-School), or if you

would like to plan an activity for a "third Sunday" we would *love* to have you! To volunteer, or to find out more about plans for each month, contact me.

"Home Team" Home Runs

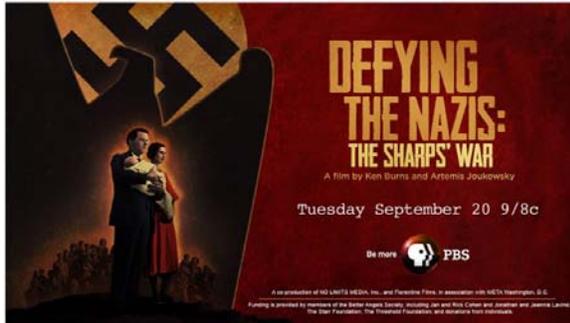
by Bob Weekley

The fellowship's recently formed "Home Team" is making great changes and improvements on the natural grounds around our church building. Members and friends signed up to take "ownership" of specific areas; such as, the nature area, the memorial area, the labyrinth, and the building itself.

In case you haven't noticed, little by little, we are getting ahead of the forces of nature. The memorial area has had obstructing limbs removed and received a general cleanup. Our beautiful labyrinth has never looked as good as now. The nature area is better marked. The new children's playground is taking shape. The butterfly garden, with its prolific plants, is a magnet to many butterflies. These are just a few of the works of love from the "Home Team."

Some have asked what are the "do's and don't's" in specific areas. You, yourself, can answer that without referring to some "higher authority." Weeds, seedlings, out-of-control plantings are fair game. New ideas are welcome. If you need funds or contracting, check with Dave Dustin or me.

Thanks to all on the "Home Team" for pitching in. Everyone is grateful for your contribution of labor and ideas. If you haven't joined, just add your name to the list in the foyer and talk to others on the list.



Ken Burns Explores Unitarians' WWII Story

by Bob Weekley and Hank Stupi

On September 20th at 9:00 P.M., PBS will broadcast a new Ken Burns special about Unitarian minister Rev. Waitsill Sharp, titled *Defying the Nazis: The Sharps' War*. Burns' documentary is an account of a daring rescue mission that occurred on the precipice of World War II. Tom Hanks plays the Rev. Sharp. This is the heroic story of how Rev. Sharp and his wife, Martha, from Wellesley, MA, left their children behind in the care of their parish and boldly committed to multiple life-threatening missions in Europe. Over two dangerous years, they helped to save hundreds of imperiled political dissidents and Jewish refugees fleeing the Nazi occupation across Europe.

On a personal note, the co-director with Ken Burns, Artemis Joukowsky III ("Timmy"), the grandson of Waitsill and Martha Sharp, is a close friend of Bob Weekley's daughter. They met in Africa when they were together in Gambia on a Crossroads Africa summer. Bob met Timmy and spent time with him at the UU General Assembly in Louisville a few years back. (He's a Facebook friend now.)

The Fall 2016 issue of *UU World*, page 38, has an article providing more information about this amazing UU story and the Ken Burns documentary. Some additional resources are listed, including Timmy's forthcoming book. For more information, visit <http://www.defyingthenazis.org/>

Family-to-Family Program

Offered by The Mid-Tidewater Chapter of the National Alliance on Mental Illness



Family-to-Family consists of 12 classes for persons who care for, or are related to, individuals affected with Bipolar Disorder, Major Depression, Schizophrenia, Schizoaffective Disorder, Panic Disorder, Obsessive/Compulsive Disorder, Co-occurring Brain Disorders and Addictive Disorders, Post-Traumatic Stress Disorder, and Borderline Personality Disorder.

For more information on NAMI - National Alliance on Mental Illness, check out www.nami.org

- Classes are structured to help family members understand and provide support while maintaining their own well-being.
- Participants receive current information about mental illness, medications, and research on effective treatments; strategies for medication adherence; guidance on locating services within the community; and appropriate ways to deal with crises and relapse.
- There is **No Charge** for this program.
- Worldwide over 300,000 family members have attended this program, finding it informative and extremely helpful.

When:	Classes will be held every Wednesday and Friday, starting September 28, 2016, from 6:00 P.M. to 8:00 P.M. for six weeks
Where:	Riverside Walter Reed Hospital Board Room 7519 Hospital Drive Gloucester, VA 23061

Registration is required for this FREE six-week Family-to-Family course.

To register, or for more information, please call: 804-684-1480 (*Leave a Message!*) **or** e-mail namimidtidewater@gmail.com

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:

September 26: *The Little Bride* by Anna Solomon

October 12: *Wolf Hall* by Hilary Mantel
“Big Book” only
Dinner and Discussion at ICYCC

November 28: *we are all completely beside ourselves* by Karen Joy Fowler

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.

September 2016	
Sep 11	UUFRR-VA Board Meeting Following the Service
Sep 16	UU Ladies' Luncheon Something Different in Urbanna 11:30 A.M.
Sep 25	UU Picnic Janet Hemmings' Home Following the Service
Sep 26	River Readers Lancaster Community Library 2:30 P.M.
On Hiatus	Sing Out
Future Events	
Oct 15	Cabaret
Dec 18	Christmas Party @ the Kinneys'

Board of Stewards

Ruth Micklem, 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

Dave Dustin, Past President
Nancy Stupi, Program Chair
Janet Hemming, Membership Chair

Newsletter

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