



# THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP  
OF THE RAPPAHANNOCK (UUFRA-VA)

P.O. Box 1266  
White Stone, VA 22578

January 2017

## 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 1

#### **Hank Stupi:** Why I Believe in Reincarnation

After a brief recap of his spiritual journey, Hank will share how he came to believe in reincarnation and how that belief affects his life today. Come with an open mind and you may leave at least willing to consider reincarnation as a possibility.

A member of the fellowship since 2009, Hank is the Music Coordinator for Sunday services at the UUFRA-VA. He worked as a CPA for ten years before spending three years as an ASE certified automotive technician. He then 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.

**UU Kids:** TBA

### January 8

#### **Rev. Alane Cameron-Miles:** Consciousness, Neuroscience, Self-Awareness, and Relating to Life's Big Problems

Part one of a three-part series about the big questions. The cosmos in our heads. Are we the captain or are we the ship? What does science say? What does dying say? What would a religion that understood science, dying, compassion, and wonder have to say about the weight of everyday being?

Rev. Alane Cameron Miles received a Master of Divinity degree from Union Theological Seminary and has served the UU Community Church in Glen Allen, VA, and the First UU Church of Richmond, VA. She works for Hospice of Virginia and is the host of Death Club Radio on Richmond Independent Radio, WRIR 97.3 ([www.wrir.org](http://www.wrir.org)), Thursdays at 12:30 P.M.

### January 15

#### **Rev. Jennifer Ryu:** To Accept the Things I Cannot Change

Throughout our lives we must face painful situations that we cannot change. In these moments, we can choose a path that brings

more life, or we can choose a path that limits life. Rev. Jennifer Ryu reflects on the upcoming presidential inauguration through the lens of her work as a hospital chaplain.

Rev. Jennifer Ryu was ordained by the Williamsburg Unitarian Universalist congregation in 2006. She is currently working and learning at Riverside Hospital as a Resident Chaplain.

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## January 22

### **Sara Mackey:** What We Don't Believe In When We Don't Believe In God

When somebody asks you if you believe in God, what do you think they're asking? Do you mean the same thing by the word "God" that the other person means? How can you know? Join us and Sara Mackey as we consider together what we might be missing – or what others might be missing – when we think we understand each other.

Sara Mackey has been a friend of UUFR-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 M.Div. 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.

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## January 29

### **Donna Sequeira:** When Multifaith Comes Home

We live in a time when more and more of our families are multifaith. As our families grow, when people grow up and embark on their own journeys of faith, we suddenly find ourselves in a multifaith family that could be any combination of traditional faith communities, seekers, and those that have no particular faith identity. How does being part

of a multifaith family change and shape us? How are our own faith journeys informed by others? What are both the gifts and some of the challenges of living in a multifaith family?

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.

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



### **Peny Gallogly: Who's Who at UU**

**By Eve Jordan**

What an interesting life Peny has had! Her father was career military and because they traveled so much, she sometimes was in two to three schools per year – living in one place for more than three years was highly unlikely! For college she went to Colorado State University with the intention of becoming a veterinarian. However, chemistry was the rock in her shoe: no matter how hard she

studied, this was not an easy subject to master and, as it is a key to being a vet, she decided to change her major to art. After two years, she moved to the University of Maryland, and her field of study became Fine Arts with a concentration in Lithography! She also went half-way to a Master's degree in writing – and had a career writing technical manuals! Go figure!

After graduation from college, she still had the urge to travel before entering into full-fledged adulthood, so she traveled – to Australia. There, she met her future husband. She has two children, Jon, who lives with his wife in Thornton, a suburb of Denver, and Frances, who lives in Edgewater, Md., with her husband and four children.

So you have to wonder how this led to writing technical manuals and software documentation – this is one sharp cookie! Her husband was employed by various technical companies in the Washington, D. C. area, and talked about his work and Peny listened. She learned to ask him technical questions, and became proficient enough that she subsequently was employed in the field.

She started training dogs in 1993 after her children left home. She and her husband had a Golden Retriever (who had been a stray) and a terrier mix pound puppy. While they were looking for something they both enjoyed and could do together, they attended a basic dog obedience class sponsored by Fairfax County. When she acquired an Italian Greyhound, Peny became interested in competition. Now she has two Italian Greyhounds (adorable dogs!) and this is her breed! She loves to perform and compete with her dogs. She prefers to compete in performance events (such as obedience and agility) because she knows judging breed conformation can be very subjective

Peny always had a Pollyanna attitude about life. After getting divorced, she found out about Reiki (movement of energy within the body) and took a class. It was a very

profound experience for her. She began to understand the importance of balance and harmony in her life and gradually came to be in touch with Spirit. For her, gratitude is the key to her success. She knows that she is worth it, she is willing, and she has learned to be curious and expect miracles. She always believes that *Something Wonderful Is Happening* (even if she cannot quite figure out what), and it is – time after time, small miracles occur here and there in her life.

When she moved to the Northern Neck in 2012, she found Unity, which meets twice each month. At the suggestion of a member of the congregation, she was directed on a non-Unity Sunday to the Unitarian fellowship. The following Sunday, the UU congregation gathered for the Sing Out! and Peny, who loves to sing, knew she had found a spiritual home.

Her business card, Spritely Healing and Healing is, like Peny, multi-dimensional. She does Energy Clearing, Balancing and Harmonizing (You and Your Animals), Animal Communication, Dog Training Basic and Advanced (Obedience, Rally and Agility), and Bead Creations.

She is a fascinating woman, a gifted healer, infusing all she does with love and compassion, and is a champion for four legged animals. At the bottom of her card she is summed up: What would you attempt to do if you knew you could not fail? Let Your Dreams Take Flight!

Thank you, Peny, for a sharing your amazing journey with us.

## **Librarian's Corner**

**by Chris Gimpel**

We've been fortunate to receive several new books donated to our UUFR-VA Library.

Sara Mackey provided us a copy of *World Peace and Other 4th-Grade Achievements* by John Hunter. Sara gave a sermon on this topic this fall.

Catherine Tuerk gave us a copy of her own *Mom Knows- Reflections on Love, Gay Pride, and Taking Action*, by Catherine Tuerk. Catherine and her husband were UUFR-VA visitors on November 13th and announced that they had carried pre-election signs in front of the White House on a weekly basis.

We send sincere thanks to Sara and Catherine, and ask that those interested these book check out our wonderful library.



## 108 Minutes of Restoration

On December 18<sup>th</sup>, **Susan Johnson** of *InsideOut Yoga* hosted her annual solstice event, “108 Minutes of Restoration” in the candlelit sanctuary at the UUFR-VA. The theme was “The Art of Stillness.”

Over 25 people attended, bringing a total of \$260 in donations to benefit UUFR-VA’s Kids First program. They also brought cans of food for the Food Bank. The 108-minute practice began with restorative yoga and ended with 20 minutes of yoga nidra (yogic sleep).

“Restorative yoga is a slow, deeply nurturing practice supported by props to help you completely relax and let go,” said Susan.

“Yoga nidra brings you to a state of consciousness between waking and sleeping, similar to the “going-to-sleep” stage. It’s among the deepest possible states of relaxation while still remaining awake.”

Caroline Shifflett, who was there with her husband, Dr. Matt, loved the practice. “It was profoundly calming to take a break from the hectic pace of the holidays to practice the art of relaxation and stillness as a group,” she said.

Peny Galloghy, MJ Anderson, and Bob & Elaine Weekley also attended. There was a reception afterward with wine and hors d'oeuvres.

This was the seventh solstice event hosted by Susan which directly benefitted the UUFR-VA. She holds classes here 5-6 days a week. A new class called, “Yoga for Healthy Aging” is starting February 8<sup>th</sup> at 11:00 A.M. UUFR-VA members receive a 10% discount on all yoga classes. For more information, please visit [insideoutyoga.org](http://insideoutyoga.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:

**January 23:** *The Marriage of Opposites* by Alice Hoffman

**February 27:** *The Wonder* by Emma Donoghue

**March 27:** *Commonwealth* by Ann Patchett

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

## UUFR-VA Activities at a Glance

December 2016	
Jan 20	<b>UU Ladies' Luncheon - 11:30 A.M.</b> The Local in Irvington
Jan 23	<b>River Readers - 2:30 P.M.</b> Lancaster Community Library

Peny Gallogly   Diana Jamison   Vicki Kinsel

### Board of Stewards

Ruth Micklem, President  
Bill Gimpel, Vice President  
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Dave Dustin, Past President  
Nancy Stupi, Program Chair  
Janet Hemming, 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)