



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

February 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

February 5

Peny Gallogly: Giving Your Body a Tune-Up

Peny will introduce the concept of toning your chakras and lead you in the experience. Come and learn that each of us has the ability to use our own self-created sounds to heal and transform, and we don't need to be professional singers to do it. During the service, we will be using our voices – through toning – to resonate with our chakras, helping to bring our body-mind-emotion-spirit into balance and harmony.

Peny Gallogly spent most of her professional life creating technical training and software documentation. For fun, and because she cares about enhancing human-dog relationships, Peny has been teaching people how to train their dogs since 1993, as well as training and competing with her own dogs in obedience and agility. In 2005, she was introduced to energy medicine. Since then, she has studied a variety of energy healing modalities, including sound healing. She volunteers regularly for the Northern Neck Kennel Club and the Animal Welfare League.

UU Kids: We will be continuing to explore the World of Wonder curriculum with a

session on “Lifecycles.” We will focus on two critters with amazing lifecycles: caterpillars and frogs. We'll be hopping around and learning about the wonder of imaginal cells.

February 12

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), Thursdays at 12:30 PM.

February 19

Eddie Correia: Applying Ethical Theories to Some Hard Moral Problems

Eddie Correia is a Washington, DC, attorney and a university professor at American University's law school, where he teaches a course on religion and the law. 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*.

UU Kids: We'll be playing some animal-themed games together. Can we all work together to get the baby chicks back in the barn? Which team will win at animal charades? Can we make up a brand new animal?

The older kids will continue their learning about Quaker beliefs this month, and we'll explore the role of the Quakers in the Underground Railroad. We will also be taking a field trip to attend a Quaker Meeting later in the month.

We've launched a closed Facebook UUFRA-VA family group for reminders, pictures, and messages. If you would like to be part of the group, just let me know!

February 26

Rev. Laura Jackson: Music and the God Connection

Music *is* the universal language. While music can trigger emotions from supreme ecstasy to the depths of your soul, music reaches far beyond the spoken word. Going from the describable to the experiential, could music be

“the God connection?” Let's journey together through music, vibration, and science and find out.

Rev. Laura Jackson is a speaker, author, coach, and musician. While Rev. Laura is emerging as a nationally-recognized speaker on Earth Changes, she speaks on many topics, bridging Edgar Cayce's readings and ancient prophecies with modern science and quantum physics.

Attention! Attention!

by Dave Dustin

GA and SUUSI Planning Information for 2017

The Unitarian Universalist General Assembly (GA) takes place each year in June. Each year it's held on the opposite side of the country, and this year, we're very lucky, because it's being held in New Orleans, LA, during the week of June 21st to 25th. The GA is a once-in-a-lifetime experience which should, if at all possible, be experienced by every UU at least once! This year is your chance to mingle with UUs from around the world, and it's being held right in our back yard!

UUs have another interesting and exciting opportunity to mingle with other UUs and this one is even closer to home! The annual Southeastern Unitarian Universalist Summer Institute (SUUSI) camp is being held during the week of July 16th to 22nd on the campus of Western Carolina University, Cullowhee, NC ... just a “few” miles south of White Stone. SUUSI offers many programs and events that allow you to explore your spirituality by attending workshops, singing songs, and attending discussion groups.

If you would like to attend one, or both, of these events please contact them at:

UU GA 2017: <http://www.uua.org/ga>

Registration for SUUSI 2017 is not open yet, but if you would like to get information about this event go to: <http://www.suusi.org>.

If you would love to attend one of these activities, talk with any Board member, and if you need a little financial help, please get in touch with our President, Ruth Micklem. She can help you with the details ... it's all completely anonymous, so don't hesitate to inquire!

Notes from the UK

by Pam Collins

Some of you knew that I and my PA family would be attending the December wedding of my granddaughter, Becky.

The flight was horrendous. A five hour-delay in Dulles! We knew we would not make our connection at Newark – and when we did, it was three hours late. Then, a further delay when one of the passengers decided to leave the flight. (He'd had enough!) But that meant unloading the baggage and reloading. We arrived at the wedding venue with only an hour to spare.

The "Wedding of the Year" was wonderful. Pictures to follow.

Here is a "poem" written to describe the flight:

T'was the Wedding before Christmas and all through the night
The phones were all ringing with news of the flight.

The snacks were laid out on the table with care
In hopes the Americans soon would be there.

On the way to the airport, Nick saw the plane
So they whooped and they hollered and they called us by name ...

Hi, Gamma; Hi, Anna; Hi, Willie and Kate;

Hi, Jimmy and Meghan, you're not yet too late.

The plane had arrived and the suitcases too -
What a blessing!

Thinking of you all. I have heard about your snow, and have seen some pictures.

Here, it is simply wet, cold, and gloomy. I would prefer the snow.

Visit to magnificent gardens at Bodnant in North Wales. A very natural, casual setting on hilly ground. Snowdrops in bloom, also small purple lilies, the odd daffodil, witch hazel, and many more. Waterfalls cascading from Snowdonia.



The weather was sunny, but cold so near the end that we were delighted to find a huge fire blazing with log seats around, where we could sit and toast our frozen knees and drink coffee while watching small children toast marshmallows.

A reminder of just one of the beautiful places to be found in remote corners of this amazing world!



Best wishes to Everyone!

**Sunday Morning Meditation –
the Perfect Way to Start Your
Week**

by **Bob Weekley**

A reminder: Every Sunday morning - 9:30 A.M. to 10:00 A.M. in the sanctuary – before the morning service at UUFR-VA, we gather for a time of meditation. We start with a short reading, then words to guide us into the spirit of meditation. A half hour of joining our spirits together in silent meditation offers the possibility of tranquility and optimism as we face the week ahead. Everyone is welcome.

Sponsor a Child

On March 31, 2017, almost 85 Lancaster Primary School third-grade students will, once again, travel to Washington, DC. This will be the seventeenth 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 and memorials, visit museums, and see the White House and the United States Capitol. The trip is provided by the Lancaster County Virginia 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: <http://www.LCVEF.com>

Thank you for your generosity.



Amazing Chile – A Travel Show

by **Bob Weekley**

From the stark contrast of the world's driest desert, with its dramatic volcanoes, canyons, and rock formations, to the glaciers, ice fields, and fjords of the south - from the Andes to Patagonia – this was Elaine and Bob Weekley's travel adventure in October 2015. Everyone is invited to a slide presentation and discussion of their trip on Tuesday, February 28, at 7:00 P.M., at the Unitarian Universalist Fellowship of the Rappahannock, 366 James Wharf Road, White Stone. Please join us.

Join Diana Jamison in Project Starfish!

Project Starfish, a fundraising project for The Haven, is in its third year of operation. The project was spearheaded by **Diana Jamison**, who was given \$100 by the Unitarian Universalist Fellowship and challenged to find a way to make a difference with it in her community. She created a template and taught friends and women of The Haven to make paper collage starfish earrings. Each unique pair is packaged with the Starfish Story. The earrings have sold well in the Rappahannock Art League (RAL) Studio Gallery Gift and Christmas Shop. The profits from the sales are donated to The Haven, and are used to purchase arts and crafts supplies

for the women and children who are temporarily residing at The Haven.

Diana is organizing an earring-making circle, to be hosted by The Studio Gallery, from 10:30 A.M. to Noon on February 23rd. Bring your friends and creative energy to help make a new supply of earrings. You will be making a contribution to both RAL and The Haven.

There is no fee involved. However, a small donation will be accepted to help defray the supply costs. Diana will supply the earring findings, paper, and glue. Please RSVP to me so we will know how many tables to set up.

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 27: *The Wonder* by Emma Donoghue

March 27: *Commonwealth* by Ann Patchett

April 24: *The Little Red Chairs* by Edna O'Brien

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

UUFRA-VA Activities at a Glance

February 2017	
Feb 17	UU Ladies' Luncheon - 11:30 A.M. The Golden Eagle Restaurant (across from Rappahannock-Westminster Canterbury)
Feb 23	Starfish Earring-Making - 11:30 A.M. Rappahannock Art League
Feb 27	River Readers - 2:30 P.M. Lancaster Community Library
Feb 28	Amazing Chile - 7:00 P.M. UUFRA-VA

Peny Gallogly); Diana Jamison); Vicki Kinsel

Board of Stewards

Ruth Micklem, President
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Dave Dustin, Past President
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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)