



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFRA-VA)

P.O. Box 1266
White Stone, VA 22578

August 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

August 6

Rev. Hal White: Suffering

As John Habgood, a retired Bishop of York, England, said, "Religion in its simplest terms is about making sense of life, of this life first of all and particularly of those aspects of it which challenges and disturbs. That is why suffering and ways of responding to it have always been central to religion."

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. Hal helps facilitate a cancer support group at Rappahannock General Hospital and grief support groups at the Bay Center for Spiritual Development. He lives with his wife, Sally, in Wicomico Church, VA.

UU Kids: During summer vacation the UU Kids Program will be on a limited schedule, meeting only on the first Sunday of the month, following our usual first-Sunday schedule. We will be playing games and enjoying the outdoors - "no lessons" for the summer!

August 13

Rev. Laura Jackson: What Is *Your* Vibration Saying?

While most of us grew up with the awareness of only five senses, are you aware of the enormous role that energy plays in your life, your relationships, and your dreams and desires? The frequency of energy translates into vibration. Join us and discover what it all means – energy, frequency, and vibration – and learn how raising your vibration can affect every aspect of your life.

Rev. Laura Jackson is a national speaker, author, coach, and musician. Through her companies, Soul Action and Quantum Communications, LLC, Laura helps people recognize opportunities to positively shift their lives and live their *soul* purpose. Laura paints a beautiful mosaic by interweaving ancient prophecies and Edgar Cayce's readings with quantum physics and future visioning, viewing it all through the metaphysical lens (the deeper meaning). She shares how you can transcend our rapidly changing world and step into a whole new life filled with infinite possibilities.

August 20

Donna Sequeira: Pride and Witness – Spiritual Practices for Today’s World

Queer, disability scholar, and activist, Eli Clare writes, “Witness pairs grief and rage with remembrance. Pride pairs joy with a determination to be visible.” From Clare's writing and Donna’s reflection, we will discuss how pride and witness might be spiritual practices that we need at this moment in history. As a disabled person who suffers with chronic pain, we will look at how we use pride and witness on a personal level to help us cope. What pain in your own life or in your communities might be transformed through witness and pride?

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.

August 27

Mike Knez: Play – It’s Not Just Another Four Letter Word

Mike Knez is a long-time member of UUFR-VA. A military brat and a bit of a nomad in his younger years, he has settled down in Middlesex County for close to three decades. He is a father of three, a grandfather of two, and a husband of one. He works as a family advocate for Bridges Head Start which serves the Middle Peninsula. He has also worked at the Middle Peninsula-Northern Neck Community Services Board, providing mental health support services in a variety of job titles and as a prevention specialist/family educator. He had a mental health crisis of his own while working as a mental health recovery specialist. He views his attendance at the UUFR-VA as part of his recovery plan.

Leadership Corner

What Does the Membership Committee Really Do?

by Janet Hemming

You probably know some of the activities that are coordinated by the Membership Committee – like Caring Circles, Sunday morning greeters, refreshments, and potlucks. But there is a lot more that happens behind the scenes. ***Our goal is to support existing members and attract new members.***

The Membership Committee meets most months, and a part of the agenda is a discussion of members who are sick, have not been to service lately, or have a problem like getting to service. The Caring Circle Chairs help us keep in touch with any issues members may have. One of the programs started by the Membership Committee is the Lay Pastoral Care and another is the Crisis Management Fund. Both of these programs were developed to meet the needs of our members who are experiencing hardships. We also help coordinate meals when a member comes home from the hospital or experiences a loss.

The committee developed guidelines for holding memorial services at UUFR-VA, and those guidelines are updated after each service as we learn what needs to be done to better help the families. We have even helped with a service for UUs from another state whose parents lived in the Northern Neck. At least once a year we publish the UUFR-VA Directory so everyone can have current information on UUFR-VA members and friends (that’s what we call people who attend regularly but have not officially joined). A database is maintained for all members past and present and the visitors who have asked to receive The Chalice.

We provide packets of information for new members and ensure that each new member is officially welcomed during a Sunday service. Keeping the information in this packet

current takes time as things at UUFR-VA don't stand still for long.

Coordinating activities that help get our name into the community is another goal of our group. Each year, we work with the Yoga Retreat staff at Camp Kekoka to provide a breakfast. A table is set up at the breakfast with information about UUFR-VA, and we talk to attendees who may be interested in finding a spiritual home.

We stock the console table in the foyer with information about UU and UUFR-VA and provide a packet of information that visitors can take home with them. A guideline was developed for our greeters so we can be sure that visitors to UUFR-VA are warmly welcomed and their questions are answered.

In the past, we worked with the Program Committee to sponsor a presentation about "Being Prepared," including the legal documents that you need and checklists to handle the death of a loved one. This year we are working with Cliff Schelling to present a series called "Finding your Way." You can read more about that in *The Chalice*. These programs are open to UUFR-VA members and the community.

It sounds like a lot of work, but we also have a lot of fun and support each other to complete our tasks. We would like to add to our group – so if you are interested, please let us know. It would be great to have a newer member of UUFR-VA or someone who has children that attend UU for Kids.

Membership Committee Members: Judi Caples, Janet Hemming, Celane Roden, Marge Rowden, Elaine Weekley

Caring Circle Chairs: Paula Greenwood, Barbara Haynes, Marge Rowden

Save the Date

by Diana Jamison

Join **The Gurleys and Friends** in concert on **September 16th** at UUFR-VA. Doors open at 6:30 P.M., and the concert begins at 7:00 P.M. There will be a cash bar, and CDs will be available.

The concert is supported by the Cabaret Committee, and donations (\$20, more or less) will be accepted at the door. Profits will be donated to the Kids First Program.

A New Mission Paradigm

by Hank Stupi

On Sunday, July 2nd, Susan Moseley gave a wonderful presentation at UUFR-VA about her recent trip to Guatemala with a group of teenagers from Westminster Presbyterian Church (WPC), her church in Delaware, where she is the church educator. She told us that the many church denominations, particularly the Presbyterian Church (USA), are now calling on congregations to reexamine their purpose for engaging with second- and third-world villages. Susan's youth trip to Guatemala was just such a shift – a movement from projects for people to partnerships with people.

Susan shared her UUFR-VA talk on a WPC blog which has received the honor of being the second best performing post on the WPC page ever! If you attended Susan's service, you'll want to check it out to see the photos, as well as a short video of people playing the "nine-square" game that she told us about. If you were unable to attend, reading it would be time well spent. Here's the link to her blog: <https://wpcguatemala.wordpress.com/2017/07/11/a-new-mission-paradigm/#more-354>

Add to the Retreat's Fun!

by Shirley Kinney

You've been signing up fast for the UUFR-VA retreat at Chanco on the James on October 8, 9, and 10. But there is still room for you, and it will be *so* much more fun if you attend.

It's a terrific way to spend time together, relaxed, and with no pressures. The best way to build a feeling of family is through shared experiences. And this will be an especially fun experience. There will be many varied activities as we go on an imaginary journey to a lovely peaceful unknown land where you will figure out how to make your way through some interesting fun situations.

And, of course, there will be plenty of time for exploring, kayaking, and walking.

The cost is quite reasonable, but if you need some help, UUFR-VA does have some funds for a scholarship to help out. The registration fee, which includes both lodging and meals is:

- \$200 per person for a single occupancy room,
- \$125 per person for a double room, or
- \$50 per person if you bring a tent and plan to camp.

That fee also includes a meeting room, access to kayaks, and an evening bonfire. Your only job now is to reserve a spot by signing the poster board in the foyer and sending your check to Lynn, made payable to UUFR-VA. You can also notify me (and still send your check to Lynn).

Faith In Action Philanthropy

by Tom Kinney

A member recently approached one of our Trustees, asking if they could also establish a community support endowment or bequest like the Servetus Fund. The advantages they

saw were that UUFR-VA endowments have no paid employees and have produced net returns that exceed by 2 to 3% other area organizations that employ financial management companies. That efficiency translates to a larger impact for their invested funds. Your Trustees are open to discussing with any member motivated toward establishing such an endowment.

Guidelines to avoid proliferation of Trustee workload would be that the objective of any new endowment would correspond with at least one of the three foci of the Servetus Fund: health and education for prenatal through preschool programs for families from difficult economic circumstances, post-high school scholarships for children from poverty, and grants to support and promote local creative arts, including, but not limited to, music, dance, drama, writing, fabric arts, and various fine crafts, excepting traditional arts, such as painting, drawing, and sculpture, that are otherwise already well supported in the community. Grants from any new endowment would be awarded in the donor-chosen name. All endowments would be open to donations from others that share the endowment's focus.

Please discuss details with Trustees Barbara Haynes, Janet Hemming, or me to explore what might work for all.

Special Program on the Horizon

by Elaine Weekley

Special, indeed! We are all on our journey - and Cliff Schelling will present a seven-week series on "Finding Your Way." The evening programs will begin in October. Details will follow soon.



Pictured: Terrie and Dave Dustin

Who's Who at UU: Dave Dustin

by Eve Jordan

Dave's 1969 Yearbook states his future ambition as to be a Game Warden and, sure enough, 48 years later he can rightfully check that box. Living on the Rappahannock River, he enjoys his "DRIP - Dustin Research and Investigation Pier" where he has trained osprey and eagles to come to his whistle for treats of fish and chicken. He encourages his own little ecosystem with his crabs, oysters, and 3K worms, where Terrie can boast some of the best and biggest flowers on their little loop on Close Quarters Drive.

The DRIP lends itself to hours of enjoyment, as Dave and Terrie can watch the beautiful sunrises and sunsets, pods of dolphin swimming by, and boats and barges at work and at play. Evenings also occasionally provide watching launches from Wallop's Island on the Eastern Shore, or local displays of fireworks, which Virginians seem to set off for every possible occasion.

A lifelong astronomy buff, Dave and his friends loved to watch the night sky for the ever-changing constellations and events. In his twenties, Dave built his own telescope – which included grinding his own 8-inch mirror - and then he and a friend would take it to Boy Scout and Church Camps for talks

and demonstrations, once even going to the Naval Academy in Annapolis. To this day, August always brings out the cushions and chairs to lay back and watch the annual Perseid meteor shower, which has always proven to be a delight due to the dark uncluttered sky of the Northern Neck.

Dave's path to being a Game Warden was fraught with twists and turns as "Life is what happens in between the things you plan."

Dave was the third child in a typical working class family in rural Howard County, in a little community called Scaggsville. Here, boys wore blue jeans with five-inch cuffs and girls wore dresses. Dave grew up climbing trees, building tree houses and falling out of them, riding horses and falling off of them, and playing Cowboys and Indians with all the neighborhood kids. The boys would climb the huge 200-foot Dairy water tower on a dare and ice skate on the Dairy's runoff pond in the winter, developing skills to impress the girls. The shame was that the "stink pond," as it was called, left you smelling worse than skunk cabbage, so impressing girls was not a successful endeavor. All of these (mis)adventures resulted in two broken arms and a serious eye injury all by the time Dave went to sixth grade. Twist and turn #1.

The 1950's had its own blend of community events that shook the nuts right out of the trees, so to speak. One of which was the neighborhood's United Methodist Church's Annual Talent Show! This was a conglomeration of all of the families within five miles, regardless of religion. It was a country version of the southern Holly Ball where all of the kids were put on parade and parents were able to see what friendships to encourage and which ones to try to avoid.

This herculean effort was led by Reverend Vinyard, as he and a band of volunteer mothers planned, practiced, and sewed costumes for all the neighborhood children. Kids learned how to march, twirl batons, dance, sing, and do acrobatics. Adults would

do comedy skits and musical numbers. All of these combined would always produce Scaggsville's own **Greatest Show on Earth!** Dave, being slight but strong, could steal the girl's hearts with his gymnastic talents. All the girls sighed as his tanned torso would walk up and down the stage steps and across the stage on his hands. Here was Scaggsville's version of a nerdy, bespectacled Clark Kent who bloomed into our very own Super Man. Twist and Turn #2.

Much like the old folk tale of the donkey in the well, misfortune was turned into good fortune through tenacity. Be it skill or sheer self-preservation, Dave zipped through the terrible teens like the Road Runner. He avoided falling anvils and exploding bombs by adopting the practice of updating his goals and skill sets every five years, always learning something new.

Whereas middle and high school were a report card challenge, hindsight shows that it was more a fact of disinterest due to boredom. Ushering out those tedious years, Dave entered Twist and Turn #3 and into the world of education - by choice. For the next 27 years, he would work full-time at Johns Hopkins University/Applied Physics Lab (JHU/APL) and attend college classes at night. First he got his certificate in computer programming from Control Data, then his AA degree from HCC in 1979. Finally he got his Bachelor's degree in Computer Science in 1994, having taken classes at both the University of MD and Johns Hopkins University in Baltimore.

Dave had finally found his niche. Surrounded by wonderful mentors and co-workers at APL, Dave enjoyed a 40-year career in diverse and challenging positions. Primarily focused on Cyber Security, Dave was able to experience extensive travel with experiments both on land, in the air, and on the sea. Over the years he has supported a myriad of defense-related programs both as an APL employee, a government contractor for the

FAA, and with his own company, **Dustin Security Solutions, Inc.** Dave has earned a well-deserved reputation for honor and ethics in all of his endeavors.

Woven into this tapestry of his life, Dave has enjoyed a 45-year marriage to his childhood sweetheart, Terrie. They have three children, Chris, Lara, and Brooke, and four diverse and entertaining grandchildren, all of whom love to join Pop-O and Grammie-T on the DRIP. Be it laying on their bellies watching the sparkle of the bioluminescence or laying on their backs counting shooting stars, Dave continues to enjoy his family and all the marvels of nature.

So, if Dave doesn't get preoccupied with the story of the "Walrus and the Carpenter" and fall into despair about the demise of his oysters, ask him to tell you a tale of his adventures, he has a million of them, and you can rest assured they will all be true.

New Books

by Shirley Kinney

A new book has been added to our UUFRA-VA library in the foyer. As always, you are encouraged to check out our library books. Perhaps you've been dying to do a Sunday talk, but didn't know what to talk about? One of these books would be a great jumping-off place.

Perhaps you've been wanting to increase your knowledge of the world's religions? Perhaps you just want to satisfy that insatiable craving for knowledge you've always had? Here's the place to satisfy all these needs.

Nelson's Illustrated Encyclopedia of the Bible

Edited by John Drane

This book is the one resource that will satisfy your curiosity about the Bible and the remarkable people and events in it. These people lived, worked, and worshiped in cultures that changed the world. The volume

draws on scholarship in archaeology and theology and gives a close-up view of the amazing civilizations where people lived under the perceived protection or punishment of their gods, where the mundane and the miraculous overlap.

The seven divisions of the volume allow you to quickly find the answers to your questions:

1. Outline of Biblical history – Overview of the main turning points, with maps and timelines.
2. People and empires – Detailed information on the nations that flourished at the time of the Jews and early Christians to understand how they influenced the history and culture of the Bible.
3. The world of the Bible – A survey of life in Biblical times, including the natural world, the family, work, and society.
4. Religion and worship – Ancient beliefs and practices.
5. The life and teaching of Jesus.
6. The Bible, book by book – Information on writers, and historical settings.
7. Rapid fact finder.

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:

August 28: *The High Mountains of Portugal* by Yann Martel

September 25: *The Little Paris Bookshop* by Nina George

October 18: *Barkskins* by Annie Proulx
 “Big Book” Only
 Dinner and Discussion at ICYCC

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

UUFRR-VA Activities at a Glance

August 2017	
Aug. 18	Ladies’ Luncheon - 11:30 A.M. at The Tides Inn in Irvington
Aug. 28	River Readers - 2:30 P.M. at Lancaster Community Library
Sep. 16	The Gurleys and Friends - 6:30 P.M. at UUFRR-VA
Oct 8	UUFRR-VA Congregational Retreat - Chanco on the James

Peny Gallogly; [Diana Jamison](#); [Vicki Kinsel](#)

Board of Stewards

Ruth Micklem, President
Bill Gimpel, Vice President
Lynn Langley, Treasurer
Shirley Kinney, Secretary

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